



# MY DENVER

## AUGUST 2018 | Back 2 School

### MONTBELLO RECREATION CENTER



MY Denver Activity Hours 12:00PM - 4:00PM (August 1st- 17th)  4:00PM - 6:30PM (Starting August 27th) Ages 8- 18	MON	TUE	WED	THU	FRI
<b>August 1st-17th</b> Activity #1: 12:30PM - 1:30PM Activity #2: 2:00PM - 3:00PM Activity #3: 3:15PM - 4:00PM  <b>August 27th-31st</b> Activity #1: 4:00PM - 5:30PM Activity #2: 5:15PM - 6:30PM			<b>1</b> <u>Activity #1</u> *Monopoly <u>Activity #2</u> Dirt Pudding <u>Activity #3</u> Basketball Training	<b>2</b> <u>Activity #1</u> *Drawing Contest <u>Activity #2</u> Charades <u>Activity #3</u> Choices & Course	<b>3</b> <u>Activity #1</u> Open Game Room <u>Activity #2</u> Dance Contest <u>Activity #3</u> Dodgeball
	<b>6</b> <u>Activity #1</u> Knock Out <u>Activity #2</u> Nature Walk <u>Activity #3</u> *Paper Planes	<b>7</b> <u>Activity #1</u> Neon Slime <u>Activity #2</u> Coloring Contest <u>Activity #3</u> 21 (Basketball)	<b>8</b> <b>ROCKIES GAME</b> Field Trip Day Sign Up With Your Center MY Denver Instructor	<b>9</b> <u>Activity #1</u> Agility Course <u>Activity #2</u> Board Games <u>Activity #3</u> Open Game Room	<b>10</b> <u>Activity #1</u> Heads Up <u>Activity #2</u> *Connect 4 <u>Activity #3</u> Kickball
*Theme Related Activities  <b>Lunch/Snacks</b> Mondays - Fridays 12:30PM-2:00PM 2:30PM - 4:00PM Sat/Sun 12:30PM-1:30PM <i>This institution is an equal opportunity provider</i>	<b>13</b> <u>Activity #1</u> Flag Football <u>Activity #2</u> *Edible Volcanos <u>Activity #3</u> Silly Putty	<b>14</b> <u>Activity #1</u> Hot Lava <u>Activity #2</u> Paper Planes <u>Activity #3</u> Teach Me How to Floss	<b>15</b> <u>Activity #1</u> *Sidewalk Chalk <u>Activity #2</u> *DIY Tornadoes <u>Activity #3</u> 3 point Contest	<b>16</b> <u>Activity #1</u> Dodgeball <u>Activity #2</u> Buddy Building <u>Activity #3</u> *The Domino Effect	<b>17</b> <u>Activity #1</u> *Yoga/Mindfulness <u>Activity #2</u> Checkers <u>Activity #3</u> Fitness Course
	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
	<b>No MY Denver Programming Instructor Training Week</b>				
<b>Activity Key</b> Urban Arts and Culture Sports and Wellness Science, Technology, Education Community Engagement Social Recreation Engage	<b>27</b> <u>Activity #1</u> Capture the Flag  <u>Activity #2</u> *Wakanda Mask	<b>28</b> <u>Activity #1</u> Horse (Basketball)  <u>Activity #2</u> Sports Trivia	<b>29</b> <u>Activity #1</u> *Wakanda Mask  <u>Activity #2</u> Jumbo Scrabble	<b>30</b> <u>Activity #1</u> Tag  <u>Activity #2</u> *Organization Skills	<b>27</b> <u>Activity #1</u> The Longest Yard  <u>Activity #2</u> *Book Covers

# August

## 2018 BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
		<ul style="list-style-type: none"> <li>Plain Bagel &amp; Cream Cheese/Fruit or Pineapple Juice</li> <li>Yogurt &amp; Educational Snacks/Fruit or Pineapple Juice</li> </ul> <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> <li>(DF) Multigrain Cheerios with Mini Dipperdoodle Bar/Fruit or Orange Juice</li> <li>Lemon Muffin/Fruit or Orange Juice</li> </ul> <p style="text-align: right;">2</p>	<ul style="list-style-type: none"> <li>Breakfast Cinnamon Crumble/Fruit or Pineapple Juice</li> <li>(DF) Cocoa Critters Cereal/Fruit or Pineapple Juice</li> </ul> <p style="text-align: right;">3</p>
<ul style="list-style-type: none"> <li>Dipperdoodle Bar</li> <li>(DF) Honey Buttons Cereal</li> </ul> <p style="text-align: right;">6</p>	<ul style="list-style-type: none"> <li>(V) Apple Cinnamon Muffin &amp; Hard Boiled Egg</li> <li>Yogurt with Granola</li> </ul> <p style="text-align: right;">7</p>	<ul style="list-style-type: none"> <li>Cinnamon Crumbles/Fruit or Orange Juice</li> <li>(DF) Snow Flurries Cereal/Fruit or Orange Juice</li> </ul> <p style="text-align: right;">8</p>	<ul style="list-style-type: none"> <li>Cinnamon Grahams &amp; Cinnamon Rumbles/Fruit or Pineapple Juice</li> <li>Blueberry Burst Bagel &amp; Cream Cheese/Fruit or Pineapple Juice</li> </ul> <p style="text-align: right;">9</p>	<ul style="list-style-type: none"> <li>French Toast Muffin/Fruit or Orange Juice</li> <li>(DF) Cinnamon Chex with Zac Attack Strawberry Fruit Filled Bar/Fruit or Orange Juice</li> </ul> <p style="text-align: right;">10</p>
<ul style="list-style-type: none"> <li>Yogurt with Honey Grahams</li> <li>(DF) Zee Zees Cinnamon Crisp Bar</li> </ul> <p style="text-align: right;">13</p>	<ul style="list-style-type: none"> <li>Cinnamon Crumbles</li> <li>(DF) Multigrain Cheerios with Mini Dipperdoodle Bar</li> </ul> <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> <li>Plain Bagel &amp; Cream Cheese/Fruit or Pineapple Juice</li> <li>Cinnamon Grahams &amp; Cinnamon Rumbles/Fruit or Pineapple Juice</li> </ul> <p style="text-align: right;">15</p>	<ul style="list-style-type: none"> <li>French Toast Muffin/Fruit or Orange Juice</li> <li>(DF) Cocoa Critters Cereal/Fruit or Orange Juice</li> </ul> <p style="text-align: right;">16</p>	<ul style="list-style-type: none"> <li>Lemon Muffin/Fruit or Pineapple Juice</li> <li>(DF) Corn Chex with Zac Attack Strawberry Fruit Filled Bar/Fruit or Pineapple Juice</li> </ul> <p style="text-align: right;">17</p>
<ul style="list-style-type: none"> <li>(DF) Zac Omega Fruit-Filled Blackberry Bar</li> <li>(DF) Snow Flurries Cereal</li> </ul> <p style="text-align: right;">20</p>	<ul style="list-style-type: none"> <li>(V) Apple Cinnamon Muffin &amp; Hard Boiled Egg</li> <li>Yogurt with Granola</li> </ul> <p style="text-align: right;">21</p>	<ul style="list-style-type: none"> <li>Lemon Muffin/Fruit or Orange Juice</li> <li>Blueberry Burst Bagel &amp; Cream Cheese/Fruit or Orange Juice</li> </ul> <p style="text-align: right;">22</p>	<ul style="list-style-type: none"> <li>Cinnamon Crumbles/Fruit or Pineapple Juice</li> <li>(DF) Corn Chex with Zac Attack Strawberry Fruit Filled Bar/Fruit or Pineapple Juice</li> </ul> <p style="text-align: right;">23</p>	<ul style="list-style-type: none"> <li>(DF) Honey Buttons Cereal/Fruit or Orange Juice</li> <li>French Toast Muffin /Fruit or Orange Juice</li> </ul> <p style="text-align: right;">24</p>
<ul style="list-style-type: none"> <li>Yogurt with Honey Grahams</li> <li>(DF) Zee Zees Cinnamon Crisp Bar/Fruit</li> </ul> <p style="text-align: right;">27</p>	<ul style="list-style-type: none"> <li>Cinnamon Crumbles</li> <li>(DF) Cheerios/Zac Attack Fruit- Filled Apple Bar</li> </ul> <p style="text-align: right;">28</p>	<ul style="list-style-type: none"> <li>(DF) Cocoa Critters Cereal/Fruit or Pineapple Juice</li> <li>French Toast Muffin/Fruit or Pineapple Juice</li> </ul> <p style="text-align: right;">29</p>	<ul style="list-style-type: none"> <li>Plain Bagel &amp; Cream Cheese/Fruit or Orange Juice</li> <li>(DF) Corn Chex with Mini Dipperdoodle Bar/Fruit or Orange Juice</li> </ul> <p style="text-align: right;">30</p>	<ul style="list-style-type: none"> <li>(DF) Snow Flurries Cereal/Fruit or Pineapple Juice</li> <li>Lemon Muffin/Fruit or Pineapple Juice</li> </ul> <p style="text-align: right;">31</p>

## Welcome Back!

Start your day (and your new school year!) off right with a healthy breakfast.

Not only is breakfast the **most important meal of the day**, but it's also one of the key ways to **maximize your daily energy and increase concentration** throughout the whole day!

**Breakfast:** choice of 1% or fat-free milk; fresh fruit served daily except when fruit juice is offered twice per week.

*This institution is an equal opportunity provider*



# August

## CACFP SNACK

Monday	Tuesday	Wednesday	Thursday	Friday
		<ul style="list-style-type: none"> <li>• Yogurt</li> <li>• Goldfish Pretzels</li> </ul> <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> <li>• Sunflower Seeds</li> <li>• Cinnamon Grahams</li> </ul> <p style="text-align: right;">2</p>	<ul style="list-style-type: none"> <li>• String Cheese</li> <li>• Educational Snacks</li> </ul> <p style="text-align: right;">3</p>
<ul style="list-style-type: none"> <li>• Honey Grahams</li> <li>• Blazin Hots Seeds</li> </ul> <p style="text-align: right;">6</p>	<ul style="list-style-type: none"> <li>• Cheddar Goldfish</li> <li>• Cinnamon Grahams</li> </ul> <p style="text-align: right;">7</p>	<ul style="list-style-type: none"> <li>• Honey Wheat Crackers</li> <li>• Goldfish Pretzels</li> </ul> <p style="text-align: right;">8</p>	<ul style="list-style-type: none"> <li>• Educational Snacks</li> <li>• String Cheese</li> </ul> <p style="text-align: right;">9</p>	<ul style="list-style-type: none"> <li>• Colored Goldfish Cheese Crackers</li> <li>• Yogurt</li> </ul> <p style="text-align: right;">10</p>
<ul style="list-style-type: none"> <li>• Goldfish Pretzels</li> <li>• Educational Snacks with Sunbutter</li> </ul> <p style="text-align: right;">13</p>	<ul style="list-style-type: none"> <li>• Cinnamon Grahams</li> <li>• Honey Wheat Crackers</li> </ul> <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> <li>• Yogurt</li> <li>• Cheddar Goldfish</li> </ul> <p style="text-align: right;">15</p>	<ul style="list-style-type: none"> <li>• Sunflower Seeds</li> <li>• Hot &amp; Spicy Goldfish Cheese Crackers</li> </ul> <p style="text-align: right;">16</p>	<ul style="list-style-type: none"> <li>• String Cheese</li> <li>• Honey Grahams</li> </ul> <p style="text-align: right;">17</p>
<ul style="list-style-type: none"> <li>• Honey Wheat Crackers</li> <li>• Colored Goldfish Cheese Crackers</li> </ul> <p style="text-align: right;">20</p>	<ul style="list-style-type: none"> <li>• Goldfish Pretzels</li> <li>• String Cheese</li> </ul> <p style="text-align: right;">21</p>	<ul style="list-style-type: none"> <li>• Hot &amp; Spicy Goldfish Cheese Crackers</li> <li>• Honey Grahams</li> </ul> <p style="text-align: right;">22</p>	<ul style="list-style-type: none"> <li>• Yogurt</li> <li>• Cheddar Goldfish</li> </ul> <p style="text-align: right;">23</p>	<ul style="list-style-type: none"> <li>• Blazin Hots Seeds</li> <li>• Cinnamon Grahams</li> </ul> <p style="text-align: right;">24</p>
<ul style="list-style-type: none"> <li>• Honey Wheat Crackers</li> <li>• Educational Snacks with Sunbutter</li> </ul> <p style="text-align: right;">27</p>	<ul style="list-style-type: none"> <li>• Cheddar Goldfish</li> <li>• Cinnamon Grahams</li> </ul> <p style="text-align: right;">28</p>	<ul style="list-style-type: none"> <li>• String Cheese</li> <li>• Sunflower Seeds</li> </ul> <p style="text-align: right;">29</p>	<ul style="list-style-type: none"> <li>• Goldfish Pretzels</li> <li>• Educational Snacks</li> </ul> <p style="text-align: right;">30</p>	<ul style="list-style-type: none"> <li>• Yogurt</li> <li>• Honey Grahams</li> </ul> <p style="text-align: right;">31</p>

## Welcome Back!

Revolution Foods is proud to serve fresh food made with real ingredients. There's a lot you won't find in our meals, including:

- × No artificial colors, flavors, or sweeteners
- × No high fructose corn syrup, MSG
- × No partially or fully hydrogenated fats or oils
- × No added nitrites/nitrates



**Snack:** fresh fruit available daily except when sunbutter, string cheese, or juice is served.

*This institution is an equal opportunity provider*

# August

## 2018 FULL FRESH LUNCH/SUPPER

Monday	Tuesday	Wednesday	Thursday	Friday
		<ul style="list-style-type: none"> <li>(V) Bean &amp; Cheese Burrito with baby carrots</li> <li>Chicken Salad Sandwich on a wholegrain bun with lettuce</li> <li>Sesame Chicken Salad with lettuce, cabbage, cucumber, carrots &amp; smart crackers</li> </ul> <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> <li>(DF) Sloppy Joe with celery sticks</li> <li>(V) Sunny Sandwich Kit (sunbutter &amp; jelly) with celery sticks &amp; string cheese</li> <li>(V) Hummus Dippers with broccoli, tomatoes &amp; string cheese</li> </ul> <p style="text-align: right;">2</p>	<ul style="list-style-type: none"> <li>Chicken Enchiladas with corn</li> <li>Ham &amp; Cheese Sandwich on a wholegrain bun with lettuce</li> <li>Supper Power Kit! RF Crackers Pretzel Goldfish, Sunbutter, String Cheese &amp; Celery</li> </ul> <p style="text-align: right;">3</p>
<ul style="list-style-type: none"> <li>(V) Five Cheese Lasagna with carrots</li> <li>Mighty Meaty Deli Combo Sandwich on a wholegrain bun with baby carrots</li> <li>Chicken Caesar Wrap with lettuce</li> </ul> <p style="text-align: right;">6</p>	<ul style="list-style-type: none"> <li>(V) Veggie Chef's Salad with goldfish pretzels</li> <li>Turkey &amp; Cheddar Sandwich on a wholegrain bun with lettuce</li> <li>(V) Veggie Chef's Salad with goldfish pretzels</li> </ul> <p style="text-align: right;">7</p>	<ul style="list-style-type: none"> <li>(DF) Chicken Teriyaki with Brown Rice</li> <li>(V) Cheddar Cheese Sandwich on a wholegrain bun with lettuce</li> <li>Chicken Ranch Wrap with lettuce and baby carrots</li> </ul> <p style="text-align: right;">8</p>	<ul style="list-style-type: none"> <li>(DF) The Revolution Dog on a wholegrain bun with baby carrots</li> <li>(V) Sunny Sandwich Kit (sunbutter &amp; jelly) with celery sticks &amp; string cheese</li> <li>Buffalo Chicken Wrap with lettuce</li> </ul> <p style="text-align: right;">9</p>	<ul style="list-style-type: none"> <li>(V) Cheesy Pizza Bite Meal with baby carrots</li> <li>Ham &amp; Cheese Sandwich on a wholegrain bun with lettuce</li> <li>Supper Power Kit! Cheddar Goldfish, RF Crackers, String Cheese, Sunflower Seeds &amp; Carrots</li> </ul> <p style="text-align: right;">10</p>
<ul style="list-style-type: none"> <li>(DF) Chicken Bites with wholegrain breading &amp; corn</li> <li>(V) Hummus Dippers with broccoli, tomatoes &amp; string cheese</li> <li>Turkey &amp; Cheddar Sandwich on a wholegrain bun with lettuce</li> </ul> <p style="text-align: right;">13</p>	<ul style="list-style-type: none"> <li>Chicken Taco Trio with wholegrain tortillas &amp; corn</li> <li>Chicken Salad Sandwich on a wholegrain bun with lettuce</li> <li>(V) Southwest Veggie Wrap with lettuce</li> </ul> <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> <li>Cheeseburger with baby carrots</li> <li>Honey Mustard Chicken Wrap with lettuce</li> <li>(V) Cheddar Cheese Sandwich on a wholegrain bun with lettuce</li> </ul> <p style="text-align: right;">15</p>	<ul style="list-style-type: none"> <li>(DF) Chicken Potstickers with celery</li> <li>(V) Veggie Taco Salad with lettuce, pinto beans, &amp; goldfish</li> <li>Mighty Meaty Deli Combo Sandwich on a wholegrain bun with baby carrots</li> </ul> <p style="text-align: right;">16</p>	<ul style="list-style-type: none"> <li>(V) Broccoli Mac &amp; Cheese Meal</li> <li>Ham &amp; Cheese Sandwich on a wholegrain bun with lettuce</li> <li>Supper Power Kit! Yogurt, RF Crackers, Colors Goldfish, Sunflower Seeds &amp; Carrots</li> </ul> <p style="text-align: right;">17</p>
<ul style="list-style-type: none"> <li>Cheesy Ravioli with carrots</li> <li>Chicken Caesar Wrap with lettuce</li> <li>Turkey &amp; Cheddar Sandwich on a wholegrain bun with lettuce</li> </ul> <p style="text-align: right;">20</p>	<ul style="list-style-type: none"> <li>Mac &amp; Cheese with Chicken Sausage &amp; carrots</li> <li>(V) Taco Dippers Kit</li> <li>Chicken Salad Sandwich on a wholegrain bun with lettuce</li> </ul> <p style="text-align: right;">21</p>	<ul style="list-style-type: none"> <li>Firecracker Chicken with Sesame Noodles &amp; sunflower seeds</li> <li>Garden Ranch Salad with Chicken &amp; pretzels</li> <li>(V) Sunny Sandwich Kit (sunbutter &amp; jelly) with celery sticks &amp; string cheese</li> </ul> <p style="text-align: right;">22</p>	<ul style="list-style-type: none"> <li>(V) Cheese Enchiladas with corn</li> <li>Buffalo Chicken Wrap with lettuce</li> <li>Mighty Meaty Deli Combo Sandwich on a wholegrain bun with baby carrots</li> </ul> <p style="text-align: right;">23</p>	<ul style="list-style-type: none"> <li>(V) Cheese Pizza with a Wholegrain Crust &amp; baby carrots</li> <li>Ham &amp; Cheese Sandwich on a wholegrain bun with lettuce</li> <li>Supper Power Kit! RF Crackers Pretzel Goldfish, Sunbutter, String Cheese &amp; Celery</li> </ul> <p style="text-align: right;">24</p>
<ul style="list-style-type: none"> <li>(DF) The Revolution Dog on a wholegrain bun with baby carrots</li> <li>Mighty Meaty Deli Combo Sandwich on a wholegrain bun with baby carrots</li> <li>(V) Hummus Dippers with broccoli, tomatoes &amp; string cheese</li> </ul> <p style="text-align: right;">27</p>	<ul style="list-style-type: none"> <li>(V) Green Chile &amp; Cheese Tamale with rice, black beans &amp; corn</li> <li>(DF) (V) Egg Salad Sandwich on a wholegrain bun with lettuce</li> <li>Santa Fe Chile Chicken &amp; Black Bean Wrap with lettuce</li> </ul> <p style="text-align: right;">28</p>	<ul style="list-style-type: none"> <li>(DF) Crispy Chicken Sandwich on a wholegrain bun with lettuce</li> <li>Ham &amp; Cheese Sandwich on a wholegrain bun with lettuce</li> <li>(V) Sunny Sandwich Kit (sunbutter &amp; jelly) with celery sticks &amp; string cheese</li> </ul> <p style="text-align: right;">29</p>	<ul style="list-style-type: none"> <li>(V) Broccoli Mac &amp; Cheese Meal</li> <li>BBQ Chicken Wrap with lettuce</li> <li>(V) Cheddar Cheese Sandwich on a wholegrain bun with lettuce</li> </ul> <p style="text-align: right;">30</p>	<ul style="list-style-type: none"> <li>(V) Cheesy Pizza Bite Meal with baby carrots</li> <li>Supper Power Kit! Cheddar Goldfish, RF Crackers, String Cheese, Sunflower Seeds &amp; Carrots</li> <li>Chicken Caesar Salad with lettuce, wholegrain croutons, &amp; smart crackers</li> </ul> <p style="text-align: right;">31</p>

## Welcome Back!

Celebrate the new school year by trying something new!



Did you know... it can take several tries (sometimes up to 10 or even 20!) to like a new food? **What do you want to try this month?**

Supper: choice of 1% or fat free milk. fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

*This institution is an equal opportunity provider*

# August

## 2018 Super Snacks

Monday	Tuesday	Wednesday	Thursday	Friday
		<ul style="list-style-type: none"> <li>Chicken Bites with Carrots</li> <li>Cinnamon Grahams with Sunbutter, String Cheese and Celery Kit</li> </ul> <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> <li>Cheese Slider with Sunflower Seeds and Cucumbers</li> <li>Goldfish Pretzels with Sunflower Seeds, String Cheese, and Carrots</li> </ul> <p style="text-align: right;">2</p>	<ul style="list-style-type: none"> <li>(DF)BBQ Chicken Slider with Chopped Lettuce</li> <li>Honey Wheat Crackers with Sunbutter, String Cheese and Celery</li> </ul> <p style="text-align: right;">3</p>
<ul style="list-style-type: none"> <li>Turkey Slider with Sunflower Seeds and Carrots</li> <li>Hot N Spicy Goldfish with String Cheese, Sunflower Seeds and Carrots</li> </ul> <p style="text-align: right;">6</p>	<ul style="list-style-type: none"> <li>Popcorn Chicken Bites with Honey Mustard Dressing</li> <li>Honey Wheat Crackers with Sunbutter, String Cheese and Celery</li> </ul> <p style="text-align: right;">7</p>	<ul style="list-style-type: none"> <li>Chicken Ranch Slider with Chopped Lettuce</li> <li>Cheddar Goldfish with Sunflower Seeds, String Cheese and Carrots</li> </ul> <p style="text-align: right;">8</p>	<ul style="list-style-type: none"> <li>Chicken Salad Slider with Broccoli</li> <li>Cinnamon Grahams, Hard Boiled Egg, String Cheese and Carrots</li> </ul> <p style="text-align: right;">9</p>	<ul style="list-style-type: none"> <li>Sir Racha's Chicken Slider</li> <li>Goldfish Pretzels with String Cheese, Sunbutter and Celery</li> </ul> <p style="text-align: right;">10</p>
<ul style="list-style-type: none"> <li>Cheese Slider with Sunflower Seeds and Cucumbers</li> <li>Educational Snacks with Sunflower Seeds, String Cheese and Carrots</li> </ul> <p style="text-align: right;">13</p>	<ul style="list-style-type: none"> <li>(DF)BBQ Chicken Slider with Chopped Lettuce</li> <li>Cheddar Goldfish with Sunflower Seeds, String Cheese and Carrots</li> </ul> <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> <li>Fiesta Chicken Slider with Celery</li> <li>Honey Wheat Crackers with Sunbutter, String Cheese and Celery</li> </ul> <p style="text-align: right;">15</p>	<ul style="list-style-type: none"> <li>Turkey Slider with Sunflower Seeds and Carrots</li> <li>Cinnamon Grahams, Sunbutter, String Cheese and Celery</li> </ul> <p style="text-align: right;">16</p>	<ul style="list-style-type: none"> <li>Popcorn Chicken Bites with Honey Mustard Dressing</li> <li>Hot N Spicy Goldfish with String Cheese, Sunflower Seeds and Carrots</li> </ul> <p style="text-align: right;">17</p>
<ul style="list-style-type: none"> <li>Chicken Ranch Slider with Chopped Lettuce</li> <li>Goldfish Pretzels with String Cheese, Sunbutter and Celery</li> </ul> <p style="text-align: right;">20</p>	<ul style="list-style-type: none"> <li>Chicken Salad Slider with Broccoli</li> <li>Cinnamon Grahams, Hard Boiled Egg, String Cheese and Carrots</li> </ul> <p style="text-align: right;">21</p>	<ul style="list-style-type: none"> <li>Popcorn Chicken Bites with Honey Mustard Dressing</li> <li>Cheddar Goldfish with Sunflower Seeds, String Cheese and Carrots</li> </ul> <p style="text-align: right;">22</p>	<ul style="list-style-type: none"> <li>Sir Racha's Chicken Slider</li> <li>Honey Wheat Crackers with Sunbutter, String Cheese and Celery</li> </ul> <p style="text-align: right;">23</p>	<ul style="list-style-type: none"> <li>Turkey Slider with Sunflower Seeds and Carrots</li> <li>Educational Snacks with Sunflower Seeds, String Cheese and Carrots</li> </ul> <p style="text-align: right;">24</p>
<ul style="list-style-type: none"> <li>Fiesta Chicken Slider with Celery</li> <li>Honey Wheat Crackers with Sunbutter, String Cheese and Celery</li> </ul> <p style="text-align: right;">27</p>	<ul style="list-style-type: none"> <li>Chicken Bites with Carrots</li> <li>Hot N Spicy Goldfish with String Cheese, Sunflower Seeds and Carrots</li> </ul> <p style="text-align: right;">28</p>	<ul style="list-style-type: none"> <li>Turkey Slider with Sunflower Seeds and Carrots</li> <li>Educational Snacks with Sunflower Seeds, String Cheese and Carrots</li> </ul> <p style="text-align: right;">29</p>	<ul style="list-style-type: none"> <li>Cheese Slider with Sunflower Seeds and Cucumbers</li> <li>Cheddar Goldfish with Hard Boiled Egg, String Cheese and Carrots</li> </ul> <p style="text-align: right;">30</p>	<ul style="list-style-type: none"> <li>(DF)BBQ Chicken Slider with Chopped Lettuce</li> <li>Cinnamon Grahams, Sunbutter, String Cheese and Celery</li> </ul> <p style="text-align: right;">31</p>

## Welcome Back!

Celebrate the new school year by trying something new!



Did you know... it can take several tries (sometimes up to 10 or even 20!) to like a new food? **What do you want to try this month?**

Supper: choice of 1% or fat free milk. fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

*This institution is an equal opportunity provider*