



**Join us for drop-in MY Denver activities  
with Sydney:**

**Monday and Wednesday  
4:00pm-6:30pm**

**MY Denver Cardholders can access any  
[Denver Recreation Center.](#)**

**To find other MY Denver program calendars please  
visit [www.denvergov.org/mydenvercard](http://www.denvergov.org/mydenvercard).**

**Questions and more information:  
[MYDenver@denvergov.org](mailto:MYDenver@denvergov.org)**

**To find free meal offerings please scroll down to  
see a list of sites and meal calendars.**

OCTOBER SNACK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <ul style="list-style-type: none"> <li>• Goldfish Pretzels</li> <li>• Sunflower Seeds</li> </ul>	2 <ul style="list-style-type: none"> <li>• Cinnamon Rumbles Six-Grain Crackers</li> <li>• Honey Wheat Crackers</li> </ul>	3 <ul style="list-style-type: none"> <li>• Cheddar Goldfish</li> <li>• Educational Snacks</li> </ul>	4 <ul style="list-style-type: none"> <li>• Honey Grahams</li> <li>• “Hot &amp; Spicy” Goldfish Cheese Crackers</li> </ul>	5 <ul style="list-style-type: none"> <li>• String Cheese</li> <li>• Colored Goldfish Cheese Crackers</li> </ul>
8 <ul style="list-style-type: none"> <li>• Educational Snacks with Juice</li> <li>• Goldfish Pretzels</li> </ul>	9 <ul style="list-style-type: none"> <li>• Honey Wheat Crackers</li> <li>• Cinnamon Grahams</li> </ul>	10 <ul style="list-style-type: none"> <li>• String Cheese</li> <li>• Cheddar Goldfish</li> </ul>	11 <ul style="list-style-type: none"> <li>• Sunflower Seeds</li> <li>• Educational Snacks</li> </ul>	12 <ul style="list-style-type: none"> <li>• String Cheese</li> <li>• Honey Grahams</li> </ul>
15 <ul style="list-style-type: none"> <li>• Colored Goldfish Cheese Crackers</li> <li>• String Cheese</li> </ul>	16 <ul style="list-style-type: none"> <li>• Honey Grahams</li> <li>• Honey Wheat Crackers</li> </ul>	17 <ul style="list-style-type: none"> <li>• Educational Snacks</li> <li>• “Hot &amp; Spicy” Goldfish Cheese Crackers</li> </ul>	18 <ul style="list-style-type: none"> <li>• Goldfish Pretzels</li> <li>• String Cheese</li> </ul>	19 <ul style="list-style-type: none"> <li>• Cinnamon Grahams</li> <li>• Educational Snacks</li> </ul>
22 <ul style="list-style-type: none"> <li>• Educational Snacks with Sunbutter</li> <li>• Honey Wheat Crackers</li> </ul>	23 <ul style="list-style-type: none"> <li>• Cheddar Goldfish with Juice</li> <li>• Cinnamon Grahams</li> </ul>	24 <ul style="list-style-type: none"> <li>• Sunflower Seeds</li> <li>• Ranch Rumbles Six-Grain Crackers</li> </ul>	25 <ul style="list-style-type: none"> <li>• String Cheese</li> <li>• Goldfish Pretzels</li> </ul>	26 <ul style="list-style-type: none"> <li>• Honey Grahams</li> <li>• Colored Goldfish Cheese Crackers</li> </ul>
29 <ul style="list-style-type: none"> <li>• Educational Snacks</li> <li>• “Hot &amp; Spicy” Goldfish Cheese Crackers</li> </ul>	30 <ul style="list-style-type: none"> <li>• Cinnamon Grahams</li> <li>• String Cheese</li> </ul>	31 <ul style="list-style-type: none"> <li>• Cheddar Goldfish</li> <li>• Honey Wheat Crackers</li> </ul>		

DID YOU KNOW?

Revolution Foods is proud to serve fresh food made with real ingredients. Our meals are always:

- Designed with Kids
- Created by Chefs
- Nutritionally Balanced
- Made with High-Quality Ingredients

Learn more about us on our \*new\* website at [revolutionfoods.com](http://revolutionfoods.com)

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

OCTOBER SUPPER GRAB & GO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</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>2</p> <ul style="list-style-type: none"> <li>Popcorn Chicken Bites with Buffalo Sauce</li> <li>Honey Wheat Crackers with Sunbutter, String Cheese and Celery</li> </ul>	<p>3</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>4</p> <ul style="list-style-type: none"> <li>Chicken Salad Slider with Broccoli</li> <li>Cinnamon Grahams, Sunbutter, String Cheese and Celery</li> </ul>	<p>5</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>8</p> <ul style="list-style-type: none"> <li>Cheese Slider with Sunflower Seeds and Cucumbers</li> <li>Cinnamon Grahams, Sunbutter, String Cheese and Celery</li> </ul>	<p>9</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>10</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>11</p> <ul style="list-style-type: none"> <li>Hot N Spicy Goldfish with String Cheese, Sunflower Seeds and Carrots</li> <li>Ham Slider with carrots</li> </ul>	<p>12</p> <ul style="list-style-type: none"> <li>Popcorn Chicken Bites with Honey Mustard Dressing</li> <li>Educational Snacks with Sunflower Seeds, String Cheese and Carrots</li> </ul>
<p>15</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>16</p> <ul style="list-style-type: none"> <li>(DF) Honey Mustard Chicken Slider</li> <li>Cinnamon Grahams, Hard Boiled Egg, String Cheese and Carrots</li> </ul>	<p>17</p> <ul style="list-style-type: none"> <li>Popcorn Chicken Po Boy Sandwich</li> <li>Cheddar Goldfish with Sunflower Seeds, String Cheese and Carrots</li> </ul>	<p>18</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>19</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>22</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>23</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>24</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>25</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>26</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>29</p> <ul style="list-style-type: none"> <li>(DF) Honey Mustard Chicken Slider</li> <li>Goldfish Pretzels with Sunflower Seeds, String Cheese, and Carrots</li> </ul>	<p>30</p> <ul style="list-style-type: none"> <li>Chicken Ranch Slider with Chopped Lettuce</li> <li>Honey Wheat Crackers with Sunbutter, String Cheese and Celery</li> </ul>	<p>31</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>		

DID YOU KNOW?

Revolution Foods is proud to serve fresh food made with real ingredients. Our meals are always:

- Designed with Kids
- Created by Chefs
- Nutritionally Balanced
- Made with High-Quality Ingredients

Learn more about us on our \*new\* website at [revolutionfoods.com](http://revolutionfoods.com)

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

**Vegetarian (V)** options available daily – if not listed on the menu, available upon request.

# OCTOBER SUPPER FULL FRESH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> <li>• (DF) Classic Spaghetti and Meatballs with carrots</li> <li>• Mighty Meaty Deli Combo Sandwich on a wholegrain bun with baby carrots</li> <li>• (DF) (V) Egg Salad Sandwich on a wholegrain bun with lettuce</li> </ul>	<ul style="list-style-type: none"> <li>• (DF) Chicken Potstickers with celery</li> <li>• Chicken Caesar Wrap with lettuce</li> <li>• Supper Power Kit! RF Crackers Pretzel Goldfish, Sunbutter, String Cheese &amp; Celery</li> </ul>	<ul style="list-style-type: none"> <li>• Pepper Jack Cheeseburger with baby carrots</li> <li>• (V) Cheddar Cheese Sandwich on a wholegrain bun with lettuce</li> <li>• Garden Ranch Salad with Chicken &amp; pretzels</li> </ul>	<ul style="list-style-type: none"> <li>• (DF) Citrus Drumstick with Rice</li> <li>• Honey Mustard Chicken Wrap with lettuce</li> <li>• (V) Sunny Sandwich Kit (sunbutter &amp; jelly) with celery sticks &amp; string cheese</li> </ul>	<ul style="list-style-type: none"> <li>• (V) Cheese Pizza Panada Pie</li> <li>• (V) Veggie Chef's Salad with goldfish pretzels</li> <li>• Ham &amp; Cheese Sandwich on a wholegrain bun with lettuce</li> </ul>
<ul style="list-style-type: none"> <li>• Creamy Chicken Alfredo with butternut squash</li> <li>• Turkey &amp; Cheddar Sandwich on a wholegrain bun with lettuce</li> <li>• Supper Power Kit! Cheddar Goldfish, RF Crackers, String Cheese, Sunflower Seeds &amp; Carrots</li> </ul>	<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) Southwest Veggie Wrap with lettuce</li> </ul>	<ul style="list-style-type: none"> <li>• Teriyaki Glazed Chicken Sandwich on a wholegrain bun with lettuce</li> <li>• BBQ Chicken Wrap</li> <li>• (V) Cheddar Cheese Sandwich on a wholegrain bun with lettuce</li> </ul>	<ul style="list-style-type: none"> <li>• (V) Cheesy Pizza Bite Meal with baby carrots (V) Veggie Taco Salad with lettuce, pinto beans, &amp; goldfish</li> <li>• Chicken Salad Sandwich on a wholegrain bun with lettuce</li> </ul>	<ul style="list-style-type: none"> <li>• (V) Broccoli Mac &amp; Cheese</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>
<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>	<ul style="list-style-type: none"> <li>• Chicken Taco Trio with wholegrain tortillas &amp; corn</li> <li>• Garden Ranch Salad with Chicken &amp; pretzels</li> <li>• (V) Cheddar Cheese Sandwich on a wholegrain bun with lettuce</li> </ul>	<ul style="list-style-type: none"> <li>• Firecracker Chicken with Sesame Noodles &amp; sunflower seeds</li> <li>• Teriyaki Glazed Chicken Sandwich on a wholegrain bun with lettuce</li> <li>• (V) Southwest Veggie Wrap with lettuce</li> </ul>	<ul style="list-style-type: none"> <li>• (DF) Chicken Bites with wholegrain breading &amp; corn</li> <li>• (V) Sunny Sandwich Kit (sunbutter &amp; jelly) with celery sticks &amp; string cheese</li> <li>• Buffalo Chicken Wrap with lettuce</li> </ul>	<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>
<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>• (DF) (V) Egg Salad Sandwich on a wholegrain bun with lettuce</li> </ul>	<ul style="list-style-type: none"> <li>• (V) Green Chile &amp; Cheese Tamale with rice, black beans &amp; corn</li> <li>• Honey Mustard Chicken Wrap with lettuce</li> <li>• (V) Taco Dippers Kit</li> </ul>	<ul style="list-style-type: none"> <li>• (V) Cheese Pizza Panada Pie</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>	<ul style="list-style-type: none"> <li>• (V) Broccoli Mac &amp; Cheese</li> <li>• Turkey &amp; Cheddar Sandwich on a wholegrain bun with lettuce</li> <li>• (DF) Sesame Chicken Wrap with cabbage coleslaw</li> </ul>	<ul style="list-style-type: none"> <li>• Cheeseburger 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>
<ul style="list-style-type: none"> <li>• Buffalo Chicken Pizza with a Wholegrain Crust &amp; baby carrots</li> <li>• (V) Cheese Pizza</li> <li>• (V) Southwest Veggie Wrap with lettuce</li> <li>• Turkey &amp; Cheddar Sandwich with lettuce</li> </ul>	<ul style="list-style-type: none"> <li>• Cheesy Chicken Quesadilla with cucumber</li> <li>• Sesame Chicken Salad with lettuce, cabbage, cucumber, carrots &amp; smart crackers</li> <li>• (DF) (V) Egg Salad Sandwich on a wholegrain bun with lettuce</li> </ul>	<ul style="list-style-type: none"> <li>• (DF) Chicken Potstickers with celery</li> <li>• Supper Power Kit! RF Crackers Pretzel Goldfish, Sunbutter, String Cheese &amp; Celery</li> <li>• Mighty Meaty Deli Combo Sandwich on a wholegrain bun with baby carrots</li> </ul>		

## DID YOU KNOW?

Revolution Foods is proud to serve fresh food made with real ingredients. Our meals are always:

- Designed with Kids
- Created by Chefs
- Nutritionally Balanced
- Made with High-Quality Ingredients

Learn more about us on our \*new\* website at [revolutionfoods.com](http://revolutionfoods.com)

**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.



**City of Denver, Office of Children's Affairs  
Snacks and Supper Program Site  
Overall Operation Dates: October 1, 2017 – September 30, 2018**

Name of Open Sites	Address	Start Date	Days and Times of Food Services	Type of Meal
Ashland Recreation Center	2475 W Dunkeld Pl, Denver, CO 80211	10/2/2017	Monday – Thursday 3 – 6 pm  Wednesdays 2 – 6 pm	Snacks Only
Athmar Recreation Center	2680 W Mexico Ave, Denver, 80219	10/2/2017	Monday – Friday  4 – 5 pm	Snacks Only
Aztlan Recreation Center	4435 Navajo St, Denver, 80211	10/2/2017	Monday – Friday  4 – 5 pm	Snacks Only
Eisenhower Recreation Center	4300 Dartmouth Ave, Denver, 80222	10/2/2017	Monday – Friday  4 – 7 pm	Snacks Only
Glenarm Recreation Center	2800 Glenarm Place, Denver, 80205	10/2/2017	Monday – Friday  5 – 8 pm	Snacks Only
Reckidz @ Green Valley Ranch	4890 Argonne Way, Denver, 80249	10/2/2017	Monday – Friday  3 – 4:30 pm	Snacks Only
Green Valley Ranch Recreation Center	4890 Argonne Way, Denver, 80249	10/2/2017	Monday – Friday  5 – 6 pm	Supper Only
Harvard Gulch Recreation Center	550 E Iliff Ave Denver, 80210	10/2/2017	Monday – Friday  4 – 6 pm	Snacks Only
Harvey Park Recreation Center	2120 S Tennyson Way, Denver, 80219	10/2/2017	Monday – Friday  3:30 – 7 pm	Supper Only
Hiawatha Davis Recreation Center	3334 Holly St, Denver, 80207	10/2/2017	Monday – Friday  3 – 5 pm	Snacks Only
La Alma Recreation Center	1325 W 11th Ave, Denver, 80204	10/2/2017	Monday – Friday  4 – 6 pm	Supper Only

Name of Open Sites	Address	Start Date	Days and Times of Food Services	Type of Meal
La Familia Recreation Center	65 S. Elati St, Denver, 80223	10/2/2017	Monday – Friday 3 – 7 pm	Supper Only
Montbello Recreation Center	15555 E 53rd Ave, Denver, 80239	10/2/2017	Monday – Friday 2:30 – 4 pm (Snacks) 4:30 – 6 pm (Supper)	Snacks and Supper
Montclair Recreation Center	729 Ulster Way, Denver, 80220	10/2/2017	Monday – Friday 3:30 - 4 pm	Supper Only
Rude Park Recreation Center	2855 W Holden Pl, Denver, 80204	10/2/2017	Monday – Friday 4 – 5:15 pm	Supper Only
St. Charles Recreation Center	3777 Lafayette St, Denver, 80216	10/2/2017	Monday – Friday 3 – 7 pm Night Moves (Friday and Saturday Evenings) 6 – 9 pm	Supper Only
SOAR @ Schmitt Elementary	1820 S. Vallejo St, Denver, 80223	10/2/2017	Monday – Friday 3:15 – 4:15 pm	Snacks Only
Stapleton Recreation Center	5090 Broadway, Denver, 80216	10/2/2017	Monday – Friday 3 – 6:30 pm	Supper Only
Swansea Recreation Center	2650 E. 49 <sup>th</sup> Ave, Denver, 80216	10/2/2017	Monday – Friday 3:30 – 5:30 pm	Supper Only
<b>ENROLLED SITE:</b> Girls Inc. of Metro Den.	1499 Julian St. Denver, 80204	10/2/2017	Monday – Friday 3 – 5 pm	Supper Only
<b>ENROLLED SITE:</b> Impact360	1325 Glenarm Pl. Denver, 80204	10/2/2017	Tuesday – Friday 3 – 5 pm (Snacks) 6 – 7 pm (Supper) Saturday 9 – 11 am (Snacks) 12 – 2 pm (Lunch)	Snacks and Supper
Impact360 at West High School	951 Elati St, Denver, CO 80204		Tuesday – Friday 3 – 5 pm (Snacks) 5:30 – 7 pm (Supper) Saturday 9 – 11 am (Snacks) 12 – 2 pm (Lunch)	
<b>ENROLLED SITE:</b> Marie L. Greenwood Elementary School	5130 Durham Ct, Denver, CO 80239	10/2/2017	Monday – Friday 3 – 4 pm	Supper Only