



Join us for drop-in MY Denver programming:

August 1st - August 18th

12:00pm - 4:00pm

&

August 28th - September 1st

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.

Questions and more information:

August

SFSP 2017 BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
	<ul style="list-style-type: none"> Banana Muffin Yogurt with Granola <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> French Toast Muffin (DF) Snow Flurries Cereal <p style="text-align: right;">2</p>	<ul style="list-style-type: none"> Plain Whole Wheat Bagel with Cream Cheese (DF) Cinnamon Dipper Doodle Bar <p style="text-align: right;">3</p>	<ul style="list-style-type: none"> Lemon Muffin (DF) Honey Buttons Cereal Bar <p style="text-align: right;">4</p>
<ul style="list-style-type: none"> (DF) Zees Zees Berry Apple Bar (DF) Cocoa Critters Cereal <p style="text-align: right;">7</p>	<ul style="list-style-type: none"> Blueberry Bagel with Cream Cheese Banana Muffin <p style="text-align: right;">8</p>	<ul style="list-style-type: none"> String Cheese with Skeeter Cinnamon Grahams (DF) Honey Buttons Cereal <p style="text-align: right;">9</p>	<ul style="list-style-type: none"> Cinnamon Crumbles Yogurt with Educational Snacks <p style="text-align: right;">10</p>	<ul style="list-style-type: none"> Plain Whole Wheat Bagel with Cream Cheese (DF) Snow Flurries Cereal <p style="text-align: right;">11</p>
<ul style="list-style-type: none"> (DF) Honey Buttons Cereal (DF) Zac Omega Strawberry fruit filled Bar <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> (DF) Cocoa Critters Cereal French Toast Muffin <p style="text-align: right;">15</p>	<ul style="list-style-type: none"> Plain Whole Wheat Bagel with Cream Cheese Yogurt with Honey Grahams <p style="text-align: right;">16</p>	<ul style="list-style-type: none"> (DF) Snow Flurries Cereal Lemon Muffin <p style="text-align: right;">17</p>	<ul style="list-style-type: none"> Cinnamon Crumbles Cinnamon Dipperdoodle Bar with String Cheese <p style="text-align: right;">18</p>
<ul style="list-style-type: none"> (DF) Honey Buttons Cereal Yogurt with Educational Snacks <p style="text-align: right;">21</p>	<ul style="list-style-type: none"> String Cheese with Cinnamon Grahams (DF) Zac Omega Strawberry fruit filled Bar <p style="text-align: right;">22</p>	<ul style="list-style-type: none"> Plain Whole Wheat Bagel with Cream Cheese Banana Muffin <p style="text-align: right;">23</p>	<ul style="list-style-type: none"> (DF) Zees Zees Berry Apple Bar (DF) Cocoa Critters Cereal <p style="text-align: right;">24</p>	<ul style="list-style-type: none"> Blueberry Bagel with Cream Cheese Breakfast Cinnamon Crumble <p style="text-align: right;">25</p>
<ul style="list-style-type: none"> Cinnamon Grahams & string cheese (DF) Zac Omega Strawberry Fruit filled Bar <p style="text-align: right;">28</p>	<ul style="list-style-type: none"> Banana Muffin Yogurt with Granola <p style="text-align: right;">29</p>	<ul style="list-style-type: none"> French Toast Muffin (DF) Snow Flurries Cereal <p style="text-align: right;">30</p>	<ul style="list-style-type: none"> Plain Whole Wheat Bagel with Cream Cheese (DF) Cinnamon Dipper Doodle Bar <p style="text-align: right;">31</p>	

What's New?

When was the last time you had a fresh fruit in place of a glass of juice at breakfast?

Lunch: 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.

o Vegetable of the day



August

SFSP 2017 LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
	<ul style="list-style-type: none"> (DF) Spaghetti & Meatballs with steamed carrots Chicken Taco Trio with wholegrain tortillas & corn (V) Sunny Sandwich Kit (sunbutter & jelly) with celery sticks & string cheese (DF) Island Chicken Wrap with Caribbean Sauce <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> Firecrackers Chicken with Sesame Noodles & sunflower seeds BBQ Chicken with Cheesy Rice (V) Super Power Kit! Educational snacks, Yogurt, pretzel goldfish, sunflower seeds & carrots Turkey & Cheddar Sandwich on a wholegrain bun with lettuce <p style="text-align: right;">2</p>	<ul style="list-style-type: none"> (V) Cheese Pizza with a wholegrain crust & baby carrots Pure Beef Cheeseburger with baby carrots Chicken Caesar Wrap with lettuce (DF) Chicken Salad Sandwich on a wholegrain bun with lettuce <p style="text-align: right;">3</p>	<ul style="list-style-type: none"> Pasta with Zesty Beef & corn Mac & Cheese with Chicken Sausage & baby carrots (V) Veggie Chef's Salad with wholegrain croutons & lettuce Mighty Meaty Deli Combo Sandwich with baby carrots <p style="text-align: right;">4</p>
<ul style="list-style-type: none"> (DF) Sloppy Joe with celery sticks Chicken Fajita Burrito with fajita vegetable mix (V) Cheddar Cheese Sandwich on a wholegrain bun with lettuce Garden Ranch Salad with Chicken & pretzels <p style="text-align: right;">7</p>	<ul style="list-style-type: none"> (DF) The Revolution Dog on a wholegrain bun with baby carrots (V) Five Cheese Lasagna with carrots (DF) Chicken Salad Sandwich on a wholegrain bun with lettuce Honey Mustard Chicken Wrap with lettuce <p style="text-align: right;">8</p>	<ul style="list-style-type: none"> Beefy Bean & Cheese Burrito with baby carrots BBQ Chicken with Cheesy Rice & braised greens Super Power Kit! Honey Wheat Crackers, educational snacks, Sunbutter, string cheese & celery Mighty Meaty Deli Combo Sandwich with baby carrots <p style="text-align: right;">9</p>	<ul style="list-style-type: none"> (DF) Crispy Chicken Sandwich (V) Spaghetti Marinara (V) Sunny Sandwich Kit (sunbutter & jelly) with celery sticks & string cheese Chicken Caesar Salad with lettuce, wholegrain croutons & smart crackers <p style="text-align: right;">10</p>	<ul style="list-style-type: none"> (V) Cheese Pizza Panda Pie with celery sticks (DF) Chicken Bites with wholegrain breading & corn BBQ Chicken Wrap with lettuce Ham & Cheese Sandwich on a wholegrain bun with lettuce <p style="text-align: right;">11</p>
<ul style="list-style-type: none"> (DF) The Revolution Dog on a wholegrain bun with baby carrots Buffalo Chicken Sandwich on a wholegrain bun with lettuce (V) Taco Dippers Kit Turkey & Cheddar Sandwich on a wholegrain bun with lettuce <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> Baked Mac & Cheese & Baked Beans with braised greens Beefy Bean & Cheese Burrito with baby carrots (DF) Tiki Teriyaki Chicken Wrap with lettuce Mighty Meaty Deli Combo Sandwich with baby carrots <p style="text-align: right;">15</p>	<ul style="list-style-type: none"> Chicken Taco Trio with wholegrain tortillas & corn (DF) Chicken Teriyaki with Brown Rice & broccoli (V) Super Power Kit! Yogurt, educational snacks, pretzel goldfish, sunflower seeds & carrots (DF) Chicken Salad Sandwich on wholegrain bun <p style="text-align: right;">16</p>	<ul style="list-style-type: none"> (DF) Chicken Bites with wholegrain breading & corn Creamy Chicken Alfredo (V) Veggie Taco Salad with lettuce, pinto beans & goldfish Ham & Cheese Sandwich on a wholegrain bun with lettuce <p style="text-align: right;">17</p>	<ul style="list-style-type: none"> (V) Egg & Cheese Panda Pie with celery sticks Cheesy Chicken Quesadilla with cucumber (V) Sunny Sandwich Kit (sunbutter & jelly) with celery sticks & string cheese Chicken Caesar Wrap with lettuce <p style="text-align: right;">18</p>
<ul style="list-style-type: none"> Five Cheese Lasagna with carrots Southern BBQ Chicken Sandwich on a wholegrain bun with carrots (V) Hummus Dippers with broccoli, tomatoes & string cheese Mighty Meaty Deli Combo Sandwich with baby carrots <p style="text-align: right;">21</p>	<ul style="list-style-type: none"> (DF) Classic Spaghetti & Meatballs with steamed carrots Chicken Taco Trio with wholegrain tortillas & corn (V) Cheddar Cheese Sandwich on wholegrain bun with lettuce BBQ Chicken Wrap with lettuce <p style="text-align: right;">22</p>	<ul style="list-style-type: none"> (V) Cheesy Ravioli with carrots (DF) The Revolution Dog on a wholegrain bun with baby carrots Turkey & Cheddar Sandwich on a wholegrain bun with lettuce (V) Super Power Kit! Honey Wheat Crackers, string cheese, cheddar goldfish, sunflower seeds & carrots <p style="text-align: right;">23</p>	<ul style="list-style-type: none"> (DF) Crispy Chicken Sandwich on wholegrain bun with lettuce (V) Bean & Cheese Burrito with baby carrots Garden Ranch Salad with Chicken with pretzels (V) Sunny Sandwich Kit (sunbutter & jelly) with celery sticks & string cheese <p style="text-align: right;">24</p>	<ul style="list-style-type: none"> (V) Cheese Pizza with a wholegrain crust & baby carrots Pure Beef Cheeseburger with baby carrots Chicken Caesar Salad with lettuce, wholegrain croutons & smart crackers (V)(DF) Egg Salad Sandwich on a wholegrain bun with lettuce <p style="text-align: right;">25</p>
<ul style="list-style-type: none"> Cheesy Chicken Quesadilla with cucumber Chicken Potstickers with celery Sesame Chicken Salad with lettuce, cabbage, cucumber carrots & smart crackers (V)(DF) Egg Salad Sandwich on wholegrain bun with lettuce <p style="text-align: right;">28</p>	<ul style="list-style-type: none"> (DF) Spaghetti & Meatballs with steamed carrots Chicken Taco Trio with wholegrain tortillas & corn (V) Sunny Sandwich Kit (sunbutter & jelly) with celery sticks & string cheese (DF) Island Chicken Wrap with Caribbean Sauce <p style="text-align: right;">29</p>	<ul style="list-style-type: none"> Firecrackers Chicken with Sesame Noodles & sunflower seeds BBQ Chicken with Cheesy Rice (V) Super Power Kit! Educational snacks, Yogurt, pretzel goldfish, sunflower seeds & carrots Turkey & Cheddar Sandwich on a wholegrain bun with lettuce <p style="text-align: right;">30</p>	<ul style="list-style-type: none"> (V) Cheese Pizza with a wholegrain crust & baby carrots Pure Beef Cheeseburger with baby carrots Chicken Caesar Wrap with lettuce (DF) Chicken Salad Sandwich on a wholegrain bun with lettuce <p style="text-align: right;">31</p>	

What's New?

What plant based protein choices can you make in place of meat or poultry at lunch time?

Beans, cheese, tofu and fish.

Lunch: 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.

o Vegetable of the day



August

SFSP 2017 SNACK

Monday	Tuesday	Wednesday	Thursday	Friday
	<ul style="list-style-type: none"> Honey Wheat Crackers Salsa Fresca Rumbles six grain crackers <p>1</p>	<ul style="list-style-type: none"> Sunflower Seeds Cheddar Goldfish <p>2</p>	<ul style="list-style-type: none"> Honey Grahams Strawberry or Strawberry-Banana Yogurt <p>3</p>	<ul style="list-style-type: none"> Pretzel Goldfish Zac Attack Strawberry fruit filled Bar <p>4</p>
<ul style="list-style-type: none"> Granola with String Cheese Honey Wheat Crackers with Sunbutter <p>7</p>	<ul style="list-style-type: none"> Strawberry or Strawberry-Banana Yogurt Cheddar Goldfish <p>8</p>	<ul style="list-style-type: none"> Educational Snacks Blazin Hots Sunflower Seeds <p>9</p>	<ul style="list-style-type: none"> Honey Grahams String Cheese <p>10</p>	<ul style="list-style-type: none"> Sunflower Seeds Ranch Rumbles six grain crackers <p>11</p>
<ul style="list-style-type: none"> Cheddar Goldfish with 100% juice Educational Snacks with string cheese <p>14</p>	<ul style="list-style-type: none"> Blazin Hots Sunflower Seeds Cinnamon Grahams <p>15</p>	<ul style="list-style-type: none"> Salsa Fresca Rumbles six grain crackers Cinnamon Dipperdoodle Bar <p>16</p>	<ul style="list-style-type: none"> Sunflower Seeds Honey Wheat Crackers <p>17</p>	<ul style="list-style-type: none"> Honey Grahams Pretzel Goldfish <p>18</p>
<ul style="list-style-type: none"> Granola with String Cheese Honey Wheat Crackers with Sunbutter <p>21</p>	<ul style="list-style-type: none"> Blazin Hots Sunflower Seeds Pretzel Goldfish <p>22</p>	<ul style="list-style-type: none"> Strawberry or Strawberry-Banana Yogurt Educational Snacks <p>23</p>	<ul style="list-style-type: none"> Honey Grahams Cheddar Goldfish <p>24</p>	<ul style="list-style-type: none"> Cinnamon Dipperdoodle Bar Ranch Rumbles six grain crackers <p>25</p>
<ul style="list-style-type: none"> Educational Snacks with Sunbutter Blazin Hots Sunflower Seeds with 100% fruit juice <p>28</p>	<ul style="list-style-type: none"> Honey Wheat Crackers Salsa Fresca Rumbles six grain crackers <p>29</p>	<ul style="list-style-type: none"> Sunflower Seeds Cheddar Goldfish <p>30</p>	<ul style="list-style-type: none"> Honey Grahams Strawberry or Strawberry-Banana Yogurt <p>31</p>	

What's New?

Many people believe that snacks are not part of a healthy diet. What are the most common myths about snacking?

Adds fat, provides energy, spoils appetite, unhealthy.

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

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

