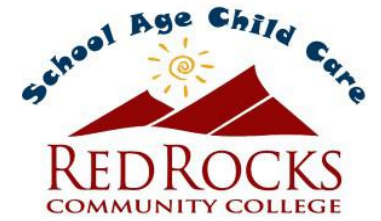




September Snacks at Betty Adams



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|--|
| 29 | 30 | 31 | 1 Vanilla wafers and bananas | 2 Raid the Fridge |
| 5 Closed Labor Day | 6 FULL DAY AM: Egg Tacos PM: DIY "Go-Gurt" and club crackers | 7 FULL DAY AM: Cereal & Strawberries PM: Hummus w/ peppers and pita chips | 8 Toast w/ scrambled eggs and avocado | 9 Raid the Fridge |
| 12 Celery w/ cream cheese and raisins | 13 Cereal bars and broccoli w/ hummus | 14 Rice cakes and applesauce | 15 Fresh fruit panini's and yogurt | 16 Raid the Fridge |
| 19 Fresh fruit and string cheese | 20 Wheat thins and apples w/ yogurt dip | 21 Veggie straws and oranges | 22 Cottage Cheese and Pineapple | 23 Raid the Fridge EARLY RELEASE DAY |
| 26 Cucumbers and turkey wraps | 27 Oatmeal and bananas | 28 Whole grain pita pockets w/ hummus, shredded carrots, turkey and cheese | 29 Black bean quesadillas w/ fresh salsa and carrots | 30 Raid the Fridge |

Program Information

Site Phone: (303) 519-3731

Site Manager: Katrina Lujano

Program Manager: Dana Bammerlin 303-914-6452

Accounts: (303) 914-6515

Program Administrator: Lizz Phelps (303) 914-6253

Hours of Operation:

6:45am-8:10am & 3:20pm-6:00pm

Afternoon Schedule:

3:20 Check In

Homework

Outside

Inside

Centers

Engineering

Snack

4:00 STEAM Activity

Group Game

4:45 Study Hall

Read

Homework

5:30 Clean & Go Home

All snacks are subject to change without notice. All snacks are served with milk and water.



September Activities at Betty Adams



| THEME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------------|--|---|---|--|---|
| | 29 STEAM: Metamucil Slime GG: 500 SH: How to Weigh an Elephant | 30 STEAM: Turkey Baster Ball Launcher GG: Knock Out SH: Quick Draw | 31 STEAM: See Through Soda GG: Save My Friend! SH: Soap Carving | 1 STEAM: Pokémon Pizza Bagels GG: French Cricket SH: Apples to Apples | 2 Decorative Cooking Club |
| Pokémon GO! | 5 Labor Day! Closed! | 6 STEAM: Pokémon Math GG: Call my Bluff SH: Origami Carp Kite | 7 STEAM: Pokémon in Real Life GG: Pokémon Tag SH: Paper Cranes | 8 STEAM: Create Your Own Pokémon Card GG: Chinese Ball SH: Chopsticks | 9 Decorative Cooking CLUB |
| Roarin' 20's | 12 STEAM: Make a Trumpet GG: French Cricket SH: What's in a Song? | 13 STEAM: Case of the Missing Tail GG: Camouflage SH: Pooh-sonality Test | 14 STEAM: Flapper Headbands GG: Freeze Tag SH: "Board" in the 20's | 15 STEAM: Great Depression Meal GG: Scatter SH: Great Depression Review | 16 Decorative Cooking CLUB |
| Weird Holidays | 19 Talk Like a Pirate Day! STEAM: Sinking Treasure Experiment GG: Pirates Treasure SH: Walk the Plank! | 20 Jim Henson's Birthday STEAM: Flavored Popcorn GG: Blinded Four Corners SH: Muppet Movie! | 21 Ice Cream Cone Day STEAM: Fishing For Ice GG: Scatter SH: Homemade Ice Cream | 22 Elephant Day STEAM: Elephant Toothpaste GG: Animal Relay SH: Creative Writing | 23 EARLY RELEASE DAY Decorative Cooking CLUB |
| Dogs | 26 Labrador (Canada) STEAM: Hockey Science GG: Dog Catcher SH: Apple Snack Cake | 27 Pug (Asia) STEAM: Chinese Number Dice GG: Puppy Training SH: Hanging Fish | 28 Greyhound (Middle East) STEAM: Dog Bingo GG: Run Rabbit Run! SH: Cave Painting | 29 Chihuahua STEAM: Ojo De Dios GG: Scatter SH: Puppy Treats | 30 Decorative Cooking CLUB |

Program Information

Site Phone: (303) 519-3743

Site Manager: Katrina Lujano

Program Manager: Dana Bammerlin 303-914-6452

Accounts: (303) 914-6515

Program Administrator: Lizz Phelps (303) 914-6253

Hours of Operation:

6:45am-8:10am & 3:20pm-6:00pm

All activities are subject to change
without notice.

Afternoon Schedule:

| | |
|---------------|----------------------|
| 3:20 Check In | 4:00 STEAM Activity |
| Homework | Group Game |
| Outside | 4:45 Study Hall |
| Inside | Read |
| Centers | Homework |
| Engineering | 5:30 Clean & Go Home |
| Snack | |

Breakfast Quesadillas- eggs, sausage, whole wheat tortillas and lowfat cheese

Caesar Salad- romaine lettuce, tomatoes, low fat mozzarella cheese, ceasar dressing and croutons

DIY Go-Gurts- vanilla Greek yogurt and fresh berries

Hummus w/ peppers and pita chips- hummus, bell peppers and pit chips

Toast w/ scrambled eggs and avocado- whole wheat bread, eggs, and avocado

Fresh fruit paninis- whole wheat bread, butter, bananas and honey

Yogurt Dip- Greek yogurt, honey and vanilla extract.

Turkey Wraps- cream cheese, spinach tortillas, sliced turkey and sliced cheese.