



Snacks at Semper



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Raid the Fridge
4 Turkey and Cheese Roll-ups with Dried Mango	5 Cheez-Its with Cucumbers and Ranch	6 Cereal Bars and Grapes	7 Tortilla Chips with Guacamole and Carrots	8 Raid the Fridge
11 Cereal and Banana Pudding	12 Graham Crackers and Go-Gurt with Berries	13 Pita Chips with Hummus and Snap Peas	14 Bagels, Cream Cheese, and Craisins	15 EARLY RELEASE Day Raid the Fridge
18 CLOSED FOR PRESIDENTS DAY	19 Fig Bars and Apples	20 Cheese Cubes and Pepperoni with Veggies	21 Fruit Cups with Animal Crackers	22 Raid the Fridge
25 Popcorn and Applesauce	26 Toast with Almond Butter and Orange Juice	27 Ham and Cheese Cracker Stackers with Broccoli	28 Pretzels with Cream Cheese and Celery	

Program Information:

Site Phone: 303-519-3737

Site Manager: Hannah Keyes

Program Manager: Dana Bammerlin 303-914-6252 / dana.bammerlin@rrcc.edu

Accounts: 303-914-6506 / sacc@rrcc.edu

Hours of Operation: 6:45-8:30 / 3:25-6:00

All snacks are served with milk and water and are subject to change.

3:25	4:30
Check In	STEAM
Homework	Gym
Outside	5:00
Inside	Clean Up
Centers	5:30
Engineering	Gym
Snack	