

July 2015

CLIFFSIDE PARK RECREATION PROGRAM

**BREAKFAST
SNACK**



**ENJOY YOUR DAY WITH A
NUTRITIOUS SNACK!**



Nutrition Tip: July is National Blueberry Month! Top off a bowl of cereal with some berries. Or, mix fresh fruit with plain fat-free or low-fat yogurt.

Reference: USDA. MyPlate.gov.

Monday

Tuesday

Wednesday

Thursday

Friday



APPLE JUICE **1**
TORTILLA CHIPS

1% WHITE MILK **2**
WHOLE WHEAT MINI
BAGEL

PROGRAM CLOSED **3**
TODAY

HAPPY FOURTH OF
JULY!

1% WHITE MILK **6**
GRAHAM CRACKERS

LOW FAT **7**
CHOCOLATE MILK
FRESH BANANA

GRAPE JUICE **8**
WHOLE GRAIN
CHEDDAR CRACKERS
(GOLDFISH)

APPLE JUICE **9**
FLAVORED YOGURT

PEACH **10**
MOZZARELLA CHEESE
STICK

100% FRUIT JUICE **13**
FRUIT FLAVORED
YOGURT

1% WHITE MILK **14**
GRAHAM CRACKERS

APPLE JUICE **15**
TORTILLA CHIPS

1% WHITE MILK **16**
WHOLE WHEAT MINI
BAGEL

LOW FAT **17**
CHOCOLATE MILK
WHOLE GRAIN
BANANA BREAD

1% WHITE MILK **20**
GRAHAM CRACKERS

LOW FAT **21**
CHOCOLATE MILK
FRESH BANANA

GRAPE JUICE **22**
WHOLE GRAIN
CHEDDAR CRACKERS
(GOLDFISH)

APPLE JUICE **23**
FLAVORED YOGURT

PEACH **24**
MOZZARELLA CHEESE
STICK

100% FRUIT JUICE **27**
FRUIT FLAVORED
YOGURT

1% WHITE MILK **28**
GRAHAM CRACKERS

APPLE JUICE **29**
TORTILLA CHIPS

1% WHITE MILK **30**
WHOLE WHEAT MINI
BAGEL

LOW FAT **31**
CHOCOLATE MILK
WHOLE GRAIN
BANANA BREAD