

January 2019

Bright Horizons at Spotswood

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 CENTER CLOSED New Year's Day	2 Cheerios with Milk Cheese Flavored Crackers	3 Whole Grain English Muffins with Jelly Trail Mix	4 Whole Grain Cereal Bars Soft Pretzels	5
6	7 Whole Grain Blueberry Muffins Naan Bread and Hummus	8 Bagels with Cream Cheese Fruit Cups	9 Cinnamon Raisin Bread with Butter Yogurt and Granola	10 Cornbread Pita Chips and Guacamole	11 Whole Grain Pancakes with Sugar Free Syrup Rice Cakes	12
13	14 Whole Grain Biscuits with Jelly Applesauce Cups	15 Chex Cereal with Milk Cheese and Crackers	16 Whole Grain Cereal Bars Fresh Apples with Sunbutter	17 Yogurt and Granola Ranch Flavored Crackers	18 Assorted Breakfast Fruit Cups	19
20	21 Cornbread Assorted Snack Martin Luther King Day	22 Whole Grain Apple Cinnamon Muffins Soft Pretzels	23 Whole Grain Waffles with Sugar Free Syrup Fresh Orange Slices	24 Cinnamon Raisin Bread with Butter Fresh Cucumber and Dressing	25 Life Cereal with Milk Trail Mix	26
27	28 Yogurt and Granola Graham Crackers	29 Whole Grain English Muffins with Jelly String Cheese	30 Whole Grain Cereal Bars Cheese Flavored Crackers	31 Bagels with Cream Cheese Naan Bread with Hummus		