

**Bright Horizons Pembroke Fall Snack Menu**

|  |  |  |
| --- | --- | --- |
|  | **AM** | **PM** |
| **Monday** | Bran muffins w/ fruit | Wheat thins w/ cheese cubes |
| **Tuesday** | Cinn. Raisin bagels w/ cream cheese | Raisin bread w/ fruit |
| **Wednesday** | Pita w/ sunflower butter | Rice cakes w/ jam |
| **Thursday** | Cereal w/ milk | Graham crackers w/ applesauce |
| **Friday** | Yogurt w/ fruit | Veggies w/ hummus or dressing |

**Milk and water will be provided each day.**

**Wednesdays are our center’s Pizza Day.**

**Substitutions may be made based on product availability and freshness. If your child has any allergies or intolerances please let a member of the staff know.** Updated 10/03/19