

February 2019

Bright Horizons at Spotswood

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Whole Grain Cheerios with Milk Fruit Cups	2 Groundhog Day
3	4 Corn Bread Apple Cinnamon Rice Cakes	5 Whole Grain Blueberry Muffins Applesauce Cups Chinese New Year	6 Whole Grain Bagels with Cream Cheese String Cheese	7 Whole Grain Biscuits with Jelly Cucumbers and Dressina	8 Yogurt and Granola Graham Crackers	9
10	11 Whole Grain Apple Cinnamon Muffins Soft Pretzels	12 Whole Grain Cereal Bars Cheese Flavored Crackers	13 Cornbread Pita Chips and Guacamole	14 Chex Cereal & Pink Milk Fresh Strawberries	15 Whole Grain Fresh Toast with Sugar Free Syrup Trail Mix	16
17	18 CENTER CLOSED President's Day	19 Whole Grain English Muffins with Jelly String Cheese	20 Cinnamon Raisin Bread with Butter Fresh Carrots and Dressing	21 Life Cereal with Milk Yogurt and Granola	22 Whole Grain Pancakes with Sugar Free Syrup Cheese & Crackers	23
24	25 Whole Grain Bagels with Cream Cheese Fruit Cups	26 Whole Grain Biscuits with Jelly Naan and Hummus	27 Whole Grain Cereal Bars Fresh Orange Slices	28 Whole Grain Apple Cinnamon Muffins Soft Pretzels		