

March 2019

Bright Horizons at Spotswood

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