

January 2020

Bright Horizons at Spotswood
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Monday	Tuesday	Wednesday	Thursday	Friday
		1 CENTER CLOSED	2 Bagels with Cream Cheese Yogurt	3 Whole Grain French Toast String Cheese
6 Whole Grain Cereal Bars Ranch Crackers	7 Cornbread Cucumbers and Ranch	8 Whole Grain Blueberry Muffins Soft Pretzels	9 Biscuits with Jelly Naan and Hummus	10 Cinnamon Raisin Bread Trail Mix
13 Chex Cereal with Milk Graham Crackers	14 French Toast Yogurt	15 Whole Grain Waffles Cheddar Cheese Crackers	16 Whole Grain Cereal Bars String Cheese	17 Cornbread Pita Chips and Salsa
20 Biscuits with Jelly Assorted Snack	21 Bagels with Cream Cheese Carrots and Ranch	22 Cheerios with Milk Cheese and Crackers	23 Whole Wheat Toast with Sun-butter Applesauce Cups	24 Whole Grain Apple Cinnamon Muffins Trail Mix
27 Whole Grain Cereal Bars Naan and Hummus	28 Whole Grain Blueberry Muffins String Cheese	29 Cornbread Graham Crackers	30 French Toast Soft Pretzels	31 Assorted Breakfast Yogurt