

September 2018

Bright Horizons at Spotswood

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3 SCHOOL CLOSED <i>Labor Day</i>	4 Assorted Breakfast Cheese and Crackers	5 Cornbread Mixed Fruit Cup	6 Cereal with Milk Trail Mix	7 Whole Grain Apple Cinnamon Muffins String Cheese	8
9	10 Cinnamon Raisin Bread Graham Crackers	11 Whole Grain Pancakes and Sugar Free Syrup Soft Pretzels	12 Multi-Grain Cereal Bars Applesauce Cups	13 Whole Grain Biscuit wit Jelly Yogurt and Granola	14 Life Cereal with Milk Fresh Carrots and Hummus	15
16	17 Whole Grain Waffles with Sugar Free Syrup Trail Mix	18 Yogurt and Granola Fresh Orange Slices	19 Whole Wheat Toast with Jelly Fresh Apples and Soybutter	20 Whole Grain Blueberry Muffins Cheese and Crackers	21 Multi-Grain Cereal Bars Assorted Snack	22
23	24 Whole Grain Biscuit with Jelly Soft Pretzels	25 Chex Cereal with Milk Cheese and Crackers	26 Cinnamon Raisin Bread Graham Crackers	27 Assorted Breakfast Cucumbers and Low Fat Ranch	28 Cornbread Trail Mix	29
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