

August 2019

Bright Horizons at Spotswood

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Monday	Tuesday	Wednesday	Thursday	Friday
			1 Chex Cereal String Cheese	2 Whole Grain Pancakes With Sugar Free Syrup Graham Crackers
5 Whole Grain Bagel With Cream Cheese Yogurt and Granola	6 Cinnamon Raisin Bread Apples and Sun Butter	7 Life Cereal Soft Pretzels	8 Cornbread Naan and Hummus	9 Assorted Breakfast Fruit Cup
12 Whole Grain English Muffin With Butter Pita Chips and Guacamole	13 Chex Cereal Cheese and Crackers	14 Blueberry Muffin Applesauce Cups	15 Cereal Bar Ranch Crackers	16 Biscuit With Jelly Graham Crackers
19 Whole Grain Pancakes With Sugar Free Syrup String Cheese	20 Apple Cinnamon Muffin Hummus And Pita Chips	21 Assorted Breakfast Fruit Cup	22 Cinnamon Raisin Bread Cheese and Crackers	23 Whole Grain French Toast Apples And Sun Butter
26 Whole Grain Cereal Bar Soft Pretzels	27 Whole Grain Bagel With Cream Cheese Orange Slices	28 Cornbread Assorted Snack	29 Life Cereal Naan And Hummus	30 Biscuit With Jelly Trail Mix