



Bright Horizons at ECT January Daily Snack Menu

Whole Milk or Water (available for children under 24 months)
2% Milk or Water (available for children over 24 months)

Monday	Tuesday	Wednesday	Thursday	Friday
1 Center Closed	2 AM Yogurt PM Rice Cakes & Hummus	3 AM Cereal & Milk PM Pita Chips & Avocado	4 AM Yogurt & Berries PM Rice Cakes & Hummus	5 AM Bagels & Cream Cheese PM Applesauce
8 AM Peaches PM Crackers & Hummus	9 AM Bagels & Cream Cheese PM Fruit cup	10 AM Yogurt PM Apple Slices	11 AM Oranges PM Red Bell Peppers & Dip	12 AM Cantaloupe PM Goldfish
15 Center Closed	16 AM Cereal & Milk PM Applesauce	17 AM Bagel & Cream cheese PM Avocado & Pita Chips	18 AM Yogurt & Berries PM Rice Cakes & Hummus	19 AM Peaches PM Cheese & Crackers
22 AM Cereal & Milk PM Wheat Bread & Jelly	23 AM Fruit Cup PM Pit Chips & Hummus	24 AM Yogurt PM Cucumbers & Dip	25 AM Graham Crackers & Banana PM Red Bell Peppers & Dip	26 AM Apple Slices PM Goldfish
29 AM Cereal & Milk PM Applesauce	30 AM Yogurt PM Crackers & Cheese	31 AM Bagels & Cream Cheese PM Peaches		