

Montessori School of Fort Myers

Morning Snack & Flowers Calendar

Primary Environment - Green Door Fall 2020

Food(s) that are not included in snack menu this semester due to student food allergies:	Wheat, Eggs, Dairy, Gluten, Nut Products
Food(s) that parents may <u>not</u> send in lunches due to extreme danger food allergies:	Peanuts and Tree Nuts (almond, pecan, cashew, walnut, hazelnut, pistachio, etc.)

Week Of	Name	Snack	Ingredients	Amount Needed for Week	
Sept. 28-Oct. 2, 2020	Indie C.	Raspberries & Edamame	Raspberries	20	Pints
			Edamame	36	Ounces
			Flowers	1	Bunch
October 5-9, 2020	Everly R.	Broccoli & Grapes	Broccoli	10	Broccoli heads
			Grapes	5	Pounds
			Flowers	1	Bunch
October 13-16, 2020	Leo V.	Cantaloupe & Non-Dairy Yogurt	Cantaloupe	5	Melons
			Non-Dairy Yogurt	160	Ounces
			Flowers	1	Bunch
October 19-23, 2020	Matteo V.	Celery & Clementines	Celery	5	Stalks
			Clementines	100	Clementines
			Flowers	1	Bunch
October 26-30, 2020	Jude C.	Apples & Raisins	Apples (variety of colors)	50	Apples
			Raisins	5	Pounds
			Flowers	1	Bunch
November 2-5, 2020	Leo N.	Peas & Mango	Peas	160	Fl. Ounces
			Mango	26	Mangos
			Flowers	1	Bunch
November 9-13, 2020	Parker R.	Cucumbers & Tangerines	Cucumbers	20	Cucumbers
			Tangerines	25	Peppers
			Flowers	1	Bunch
November 16-20, 2020	Behati S.	Strawberries & Carrots	Strawberries	100	Ounces
			Carrots	4	Pounds
			Flowers	1	Bunch
November 23-25, 2020	Emily M.	Non-Dairy Yogurt & Banana Slices	Non-Dairy Yogurt	180	Ounces
			Bananas	30	Bananas
			Flowers	1	Bunch
Nov. 30-Dec. 4, 2020	Zoe H.	Bagels, Spread, & Raisins	Udis Gluten-Free Bagels	50	Bagels
			Apple Butter	50	Ounces
			Raisins	50	Ounces
			Flowers	1	Bunch
December 7-11, 2020	Alex H.	Green Beans & Blueberries	Green Beans	200	Ounces
			Blueberries	15	Pints
			Flowers	1	Bunch
December 14-18, 2020	Roman M.	Guacamole & Chips	Avocado	25	Avocados
			Tomatoes	10	Tomatoes
	Margot H.		Yellow Onion	3	Onions
			Lime	7	Limes
			Lay's Baked Potato Crisps	50	Ounces
		Flowers	1	Bunch	

Conversion: 16 ounces = 1 pound | 128 fluid ounces = 1 gallon

Calendar Created: 7/29/2020

Guidelines

Check in with your lead teacher on Wednesday to see if more food is needed.
You may substitute products but seek to keep the food as close as possible.