

Montessori School of Fort Myers
 Morning Snack & Flowers Calendar
 Green Door - Spring 2021

Food(s) that are not included in snack menu this semester due to student food allergies:	Wheat, Eggs, Dairy, Gluten, Nut Products, Sesame Products, Sunflower 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.), Sesame Products

Week Of	Name	Snack	Ingredients	Amount Needed for Week	
January 5-8, 2021	Joe P.	Raspberries & Edamame	Raspberries	16	Pints
			Edamame	29	Ounces
			Flowers	1	Bunch
January 11-15, 2021	Behati S.	Broccoli & Grapes	Broccoli	10	Broccoli Heads
			Grapes	5	Pounds
			Flowers	1	Bunch
January 20-22, 2021	Indie C.	Cantaloupe & Non-Dairy Yogurt	Cantaloupe	4	Melons
			Non-Dairy Yogurt	120	Ounces
			Flowers	1	Bunch
January 25-29, 2021	Jude C.	Celery & Clementines	Celery	5	Stalks
			Clementines	100	Clementines
			Flowers	1	Bunch
February 1-5, 2021	Everly R.	Apples & Raisins	Apples	50	Apples
			Raisins	5	Pounds
			Flowers	1	Bunch
February 8-12, 2021	Leo N.	Broccoli & Grapes	Broccoli	10	Heads
			Grapes	5	Pounds
			Flowers	1	Bunch
February 16-19, 2021	Parker R.	Cucumbers & Tangerines	Cucumbers	20	Cucumbers
			Tangerines	25	Tangerines
			Flowers	1	Bunch
February 22-26, 2021	Leo V.	Strawberries & Carrots	Strawberries	100	Ounces
			Carrots	4	Pounds
			Flowers	1	Bunch
March 1-5, 2021	Violet S.	Non-Dairy Yogurt & Banana Slices	Non-Dairy Yogurt	300	Ounces
			Bananas	50	Bananas
			Flowers	1	Bunch
March 8-12, 2021	Emily M.	Blueberries & Edamame	Blueberries	20	Pints
			Edamame	36	Ounces
			Flowers	1	Bunch
March 22-26, 2021	Kate T.	Green Beans & Raspberries	Green Beans	200	Ounces
			Blueberries	15	Pints
			Flowers	1	Bunch
March 29-April 2, 2021	Ben E.	Guacamole & Chips	Avocados	25	Avocados
			Tomatoes	10	Ounces
			Yellow Onion	3	Onions
	Margot H.		Limes	7	Limes
			Lay's Baked Potato Chips	50	Ounces
			Flowers	1	Bunch

April 6-9, 2021	Sloane F.	Broccoli & Grapes	Broccoli Grapes Flowers	10 5 1	Broccoli Heads Pounds Bunch
April 12-16, 2021	Remy K.	Cantaloupe	Cantaloupe Non-Dairy Yogurt Flowers	5 160 1	Melons Ounces Bunch
April 19-23, 2021	Otis C.	Celery & Clementines	Celery Clementines Flowers	5 100 1	Stalks Clementines Bunch
April 26-30, 2021	Alex H.	Apples & Raisins	Apples Raisins Flowers	50 5 pounds 1	Apples Ounces Bunch
May 3-7, 2021	Evan Z.	Cucumbers & Tangerines	Cucumbers Tangerines Flowers	20 100 1	Cucumbers Tangerines Bunch
May 10-14, 2021	Zoe H.	Strawberries & Carrots	Strawberries Carrots Flowers	100 4 1	Ounces Pounds Bunch
May 17-21, 2021	Howard C.	Non-Dairy Yogurt & Bananas	Non-Dairy Yogurt Bananas Flowers	180 30 1	Ounces Bananas Bunch
May 25-27, 2021	Sofia B.	Raspberries & Edamame	Raspberries Edamame Flowers	20 29 1	Pints Ounces Bunch

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

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