

<b>Montessori School of Fort Myers</b>			
Morning Snack & Flowers Calendar			
Green Door - Spring 2023			

Food(s) that are not included in snack menu this semester due to student food allergies:	Tree Nuts and 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.), Sesame Products

Week Of	Name	Snack	Ingredients	Amount Needed for Week
January 10-13, 2023	Rhett S.	Raspberries &	Raspberries	27 Ounces
		Edamame	Edamame	48 Ounces
			Flowers	1 Bunch
January 16-20, 2023	Harper S.	Broccoli &	Broccoli	10 Broccoli Heads
		Grapes	Grapes	3 Pounds
			Flowers	1 Bunch
January 23-27, 2023	Carter U.	Cantaloupe &	Cantaloupe	9 Melons
		Non-Dairy Yogurt	Non-Dairy Yogurt	85 Ounces
			Flowers	1 Bunch
January 30- Feb. 3, 2023	Leo V.	Celery &	Celery	9 Stalks
		Clementines	Clementines	9 Pounds
			Flowers	1 Bunch
February 6-10, 2023	Araiya W.	Apples &	Apples	9 Pounds
		Raisins	Raisins	85 Ounces
			Flowers	1 Bunch
February 13-17, 2023	Sergio Z.	Watermelon & Feta	Watermelon	3 Watermelons
			Feta Cheese	26 Ounces
			Flowers	1 Bunch
February 21-24, 2023	Magi B.	Cucumbers &	Cucumbers	20 Cucumbers
		Tangerines	Tangerines	20 Pounds
			Flowers	1 Bunch
February 27- Mar. 3, 2023	Mason A.	Strawberries &	Strawberries	34 Ounces
		Carrots	Carrots	3 Pounds
			Flowers	1 Bunch
March 6-10, 2023	Bodhi R.	Non-Dairy Yogurt &	Non-Dairy Yogurt	85 Ounces
		Banana Slices	Bananas	43 Bananas
			Flowers	1 Bunch
March 13-17, 2023	Jack S.	Blueberries &	Blueberries	34 Ounces

		Edamame	Edamame	60 Ounces
			Flowers	1 Bunch
March 20-24, 2023	Lily S.	Green Beans & Raspberries	Green Beans Blueberries Flowers	43 Ounces 26 Ounces 1 Bunch
March 27-31, 2023	Roy B.	Guacamole & Chips	Avocados Tomatoes Yellow Onion	26 Avocados 3 Tomatos 3 Onions
	Nola C.		Limes Lay's Baked Potato C Flowers	3 Limes 43 Ounces 1 Bunch
April 3-7, 2023	Howard C.	Broccoli & Grapes	Broccoli Grapes Flowers	14 Broccoli Heads 7 Pounds 1 Bunch
April 10-14, 2023	Milo C.	Cantaloupe & Non-D	Cantaloupe Non-Dairy Yogurt Flowers	9 Melons 85 Ounces 1 Bunch
April 18-21, 2023	Otis C.	Celery & Clementines	Celery Clementines Flowers	7 Stalks 7 Pounds 1 Bunch
April 24-28, 2023	Dylan C.	Apples & Raisins	Apples Raisins Flowers	9 Pounds 85 Ounces 1 Bunch
May 1-5, 2023	Cayden D.	Cucumbers & Tangerines	Cucumbers Tangerines Flowers	26 Cucumbers 26 Pounds 1 Bunch
May 8-12, 2023	Paxton D.	Strawberries & Carrots	Strawberries Carrots Flowers	34 Pounds 3 Pounds 1 Bunch
May 15-19, 2023	Claire F.	Non-Dairy Yogurt & Bananas	Non-Dairy Yogurt Bananas Flowers	85 Ounces 43 Bananas 1 Bunch
May 22-26, 2023	Nora G.	Raspberries & Edamame	Raspberries Edamame Flowers	20 Ounces 36 Ounces 1 Bunch

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

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