

Montessori School of Fort Myers

Morning Snack & Flowers Calendar

Primary Environment - Red Door Fall 2020

Food(s) that are not included in snack menu this semester due to student food allergies:	Gluten, Egg, Dairy Products, and all of the foods listed in the box below.
Food(s) that parents may <u>not</u> send in lunches due to extreme danger food allergies:	The whole food item, any portion of the food item as an ingredient of a processed food product, and/or the oil from the following items: Peanuts, Tree Nuts, Sesame Seeds, and Sunflower Seeds

Week Of	Name	Snack	Ingredients	Amount Needed for Week	
Sept. 28-Oct. 2, 2020	Kayli G.	Raspberries & Edamame	Raspberries	15	Pints
			Edamame	19	Ounces
			Flowers	1	Bunch
October 5-9, 2020	June K.	Broccoli & Grapes	Broccoli	8	Broccoli heads
			Grapes	4	Pounds
			Flowers	1	Bunch
October 13-16, 2020	Daisy M.	Cantaloupe & Non-Dairy Yogurt	Cantaloupe	4	Melons
			Non-Dairy Yogurt	135	Ounces
			Flowers	1	Bunch
October 19-23, 2020	Hudson W.	Celery & Clementines	Celery	5	Stalks
			Clementines	75	Clementines
			Flowers	1	Bunch
October 26-30, 2020	Liam U.	Apples & Raisins	Apples (variety of colors)	38	Apples
			Raisins	4	Pounds
			Flowers	1	Bunch
November 2-5, 2020	Forrest E.	Peas & Mango	Peas	135	Fl. Ounces
			Mango	20	Mangos
			Flowers	1	Bunch
November 9-13, 2020	Barrett R.	Cucumbers & Tangerines	Cucumbers	15	Cucumbers
			Tangerines	75	Tangerines
			Flowers	1	Bunch
November 16-20, 2020	Jude D.	Strawberries & Carrots	Strawberries	75	Ounces
			Carrots	3	Pounds
			Flowers	1	Bunch
November 23-25, 2020	Penelope F.	Non-Dairy Yogurt & Banana Slices	Non-Dairy Yogurt	135	Ounces
			Bananas	23	Bananas
			Flowers	1	Bunch
Nov. 30-Dec. 4, 2020	Emily A.	Bagels, Spread, and Raisins	Udis Gluten-Free Bagels	38	Bagels
			Apple Butter	2	Jars
			Raisins	38	Ounces
			Flowers	1	Bunch
December 7-11, 2020	Scarlett R.	Green Beans & Blueberries	Green Beans	38	Ounces
			Blueberries	11	Pints
			Flowers	1	Bunch
December 14-18, 2020	Riyaz R.	Guacamole & Chips	Avocado	19	Avocados
			Tomatoes	8	Tomatoes
	Orion M.		Yellow Onion	2	Onions
			Lime	5	Limes

	Lay's Baked Potato Crisps	75	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.