

Montessori School of Fort Myers

Morning Snack & Flowers Calendar

Primary Environment - Red Door - Spring 2020

Food(s) that are not included in snack menu this semester due to student food allergies:	Dairy products and Gluten
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.) are strictly prohibited!

Week Of	Name	Snack	Ingredients	Amount Needed for Week	
January 7-10, 2020	Victor C.	Homemade Granola	Plain Granola (no tree nuts, gluten free)	100	Ounces
			Blueberries	8	Pints
			Coconut milk	64	Ounces
			Flowers	1	Bunch
January 13-17, 2020	Bella C.	Guacamole and Pita chips	Avocado	20	Avocados
			Tomatoes	10	Tomatoes
	Jude D.	Onion	10	Onions	
		Lime	7	Limes	
	Blue Corn Chips (gluten free, no tree nuts)	100	Ounces		
	Flowers	1	Bunch		
January 22-24, 2020	Ben E.	Non-Dairy Yogurt with Banana Slices	Non-Dairy Yogurt	54	Ounces
			Bananas	30	Bananas
			Kiwis	9	Kiwis
			Flowers	1	Bunch
January 27-31, 2020	Alan G.	Clementines	Clementines	100	Clementines
			Flowers	1	Bunch
February 3-7, 2020	Zohy J.	Bagels & Apple Butter	Bagels (gluten free)	50	Bagels
			Apple Butter	40	Ounces
			Flowers	1	Bunch
February 10-14, 2020	Remy K.	Homemade Granola	Plain Granola (no tree nuts, gluten free)	60	Ounces
			Soy Milk	50	Ounces
			Flowers	1	Bunch
February 18-21, 2020	Reagan M.	Apples & Spread	Apples	40	Apples
			Sunflower Butter	16	Ounces
			Flowers	1	Bunch
February 24-28, 2020	Ava N.	Fruit Salad	Raspberries	20	Ounces
			Edamame	25	Ounces
			Flowers	1	Bunch
March 9-13, 2020	Penny S.	Veggies & Hummus	Baby Carrots	5	Pounds
			Hummus	20	Ounces
			Flowers	1	Bunch
March 23-27, 2020	Kate T.	Watermelon	Watermelon	4	Melons
			Flowers	1	Bunch
March 30th-April 3, 2020	Evan Z.	Apples	Apples (variety of colors)	50	Apples
April 6-10, 2020	Asher M.	Non-Dairy Yogurt & Mango	Non-Dairy Yogurt	90	Fl. Ounces
			Mango	33	Mangos
			Flowers	1	Bunch

April 14-17, 2020	Levi R.	Veggies & Hummus	Peppers	20	Peppers
			Hummus	27	Ounces
			Flowers	1	Bunch
April 20-24, 2020	Amelia D.	Blueberries	Blueberries	15	Ounces
			Raspberries	20	Ounces
			Flowers	1	Bunch
April 27- May 1, 2020	Parker L.	Bagels and Spread	Bagels (gluten free)	50	Bagels
			Apple Butter	50	Ounces
			Flowers	1	Bunch
May 4-8, 2020	Seph F.	Homemade Granola	Plain Granola (tree nut free, gluten free)	60	Ounces
			Strawberries	6	Pounds
			Honey	20	Ounces
			Flowers	1	Bunch
May 11-15, 2020	Rohan C.	Guacamole & Chips	Avocado	25	Avocados
			Tomatoes	10	Tomatoes
	Cece S.	Onion	3	Onions	
		Lime	7	Limes	
		Blue Corn Chips (gluten free, no tree nuts)	100	Ounces	
May 18-22, 2020	Behati S.	Non-Dairy Yogurt with Banana slices	Non-Dairy Yogurt	90	Ounces
			Bananas	50	Bananas
			Flowers	1	Bunch
May 27-29, 2020	School will provide snack this week.				

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

Calendar Created: 12/5/2019