

Montessori School of Fort Myers  
 Morning Snack & Flowers Calendar  
 Red 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	Liam C.	Raspberries & Edamame	Raspberries	16	Pints
			Edamame	29	Ounces
			Flowers	1	Bunch
January 11-15, 2021	Wilbur S.	Broccoli & Grapes	Broccoli	10	Broccoli Heads
			Grapes	5	Pounds
			Flowers	1	Bunch
January 20-22, 2021	Clara T.	Cantaloupe & Non-Dairy Yogurt	Cantaloupe	4	Melons
			Non-Dairy Yogurt	120	Ounces
			Flowers	1	Bunch
January 25-29, 2021	Micah H.	Celery & Clementines	Celery	5	Stalks
			Clementines	100	Clementines
			Flowers	1	Bunch
February 1-5, 2021	Lucia R.	Apples & Raisins	Apples	50	Apples
			Raisins	5	Pounds
			Flowers	1	Bunch
February 8-12, 2021	Emily A.	Broccoli & Grapes	Broccoli	10	Heads
			Grapes	5	Pounds
			Flowers	1	Bunch
February 16-19, 2021	Gabriel L.	Cucumbers & Tangerines	Cucumbers	20	Cucumbers
			Tangerines	25	Tangerines
			Flowers	1	Bunch
February 22-26, 2021	Liam U.	Strawberries & Carrots	Strawberries	100	Ounces
			Carrots	4	Pounds
			Flowers	1	Bunch
March 1-5, 2021	Hudson W.	Non-Dairy Yogurt & Banana Slices	Non-Dairy Yogurt	300	Ounces
			Bananas	50	Bananas
			Flowers	1	Bunch
March 8-12, 2021	June K.	Blueberries & Edamame	Blueberries	20	Pints
			Edamame	36	Ounces
			Flowers	1	Bunch
March 22-26, 2021	Ben E.	Green Beans & Raspberries	Green Beans	200	Ounces
			Blueberries	15	Pints
			Flowers	1	Bunch
March 29-April 2, 2021	Penelope F.	Guacamole & Chips	Avocados	25	Avocados
			Tomatoes	10	Ounces
			Yellow Onion	3	Onions
	Daisy M.	Limes	7	Limes	
		Lay's Baked Potato Chips	50	Ounces	
Flowers	1	Bunch			

April 6-9, 2021	Jude D.	Broccoli & Grapes	Broccoli Grapes Flowers	10 5 1	Broccoli Heads Pounds Bunch
April 12-16, 2021	Barret R.	Cantaloupe	Cantaloupe Non-Dairy Yogurt Flowers	5 160 1	Melons Ounces Bunch
April 19-23, 2021	Scarlett R.	Celery & Clementines	Celery Clementines Flowers	5 100 1	Stalks Clementines Bunch
April 26-30, 2021	Riyaz R.	Apples & Raisins	Apples Raisins Flowers	50 5 pounds 1	Apples Ounces Bunch
May 3-7, 2021	Forrest E.	Cucumbers & Tangerines	Cucumbers Tangerines Flowers	20 100 1	Cucumbers Tangerines Bunch
May 10-14, 2021	Orion M.	Strawberries & Carrots	Strawberries Carrots Flowers	100 4 1	Ounces Pounds Bunch
March 17-21, 2021	Arielle S.	Non-Dairy Yogurt & Bananas	Non-Dairy Yogurt Bananas Flowers	180 30 1	Ounces Bananas Bunch
May 25-27, 2021	Kayli G.	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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