

Montessori School of Fort Myers

Morning Snack & Flowers Calendar

Primary Environment Combined - Low Enrollement due to COVID-19 - Spring 2020

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	
March 30 - April 3	Levi	Clementines & Celery	Celery	3	Stalks
			Clementines	50	Clementines
			Sunflower Butter	25	Ounces
			Flowers	1	Bunch
April 6-10, 2020	Behati	Apples & Raisins	Apples, variety of colors	25	Apples
			Raisins	30	Ounces
			Flowers	1	Bunch
April 14-17, 2020	Monty	Non-Dairy Yogurt & Mango	Non-Dairy Yogurt	36	Fl. Ounces
			Mango	13	Mangos
			Flowers	1	Bunch
April 20-24, 2020	Alan	Cucumbers & Cheese	Cucumbers	10	Cucumbers
			Non-Dairy Shredded Cheese (Daiya or other)	23	Ounces
			Flowers	1	Bunch
April 27-May 1, 2020	Ava	Mixed Berries	Blueberries	30	Ounces
			Raspberries	10	Ounces
			Flowers	1	Bunch
May 4-8, 2020	Jude C.	Non-Dairy Yogurt with Banana Slices	Non-Dairy Yogurt	45	Ounces
			Bananas	25	Bananas
			Flowers	1	Bunch
May 11-15, 2020	Reagan	Crackers, Spread, and Raisins	Gluten Free Crackers (Nabisco Good Thins or other)	63	Ounces
			Apple Butter	20	Ounces
			Flowers	1	Bunch
May 18-22, 2020	Ben R.	Homemade Granola	Gluten Free Granola (Udi's "Au Naturel" or other)	63	Ounces
			Blueberries	30	Ounces
			Honey	10	Ounces
			Flowers	1	Bunch
May 27-29, 2020	Scarlett	Clementines & Celery	Celery	3	Stalks
			Clementines	50	Clementines
			Sunflower Butter	25	Ounces
			Flowers	1	Bunch

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

Published 3/24/2020