

**Montessori School of Fort Myers**

Morning Snack & Flowers Calendar

Primary Environment - Green Door for Fall 2019

Food(s) that are not included in snack menu this semester due to student food allergies:	Wheat, Eggs, Dairy, Gluten, 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.)

Week Of	Name	Snack	Ingredients	Amount Needed for Week	
August 5-9, 2019	Cruise C	Homemade Granola	Plain Granola (no tree nuts, gluten free)	250	Ounces
			Blueberries	13	Pints
			Coconut milk	100	Ounces
			Flowers	1	Bunch
August 12-16, 2019	Scarlett R	Guacamole and Pita chips	Avocado	25	Avocados
			Tomatoes	10	Tomatoes
	Jemma G		Yellow Onion	1	Onions
	Lime		9	Limes	
	Blue Corn Chips		125	Ounces	
	Flowers		1	Bunch	
August 19-23, 2019	Dora P	Non-Dairy Yogurt with Banana Slices	Non-Dairy Yogurt	375	Ounces
			Bananas	63	Bananas
			Kiwis	19	Kiwis
			Flowers	1	Bunch
August 26-30, 2019	Nora L	Clementines & Celery	Celery	63	Stalks
			Clementines	125	Clementines
			Sunflower Butter		Sun Butter
			Flowers	1	Bunch
September 3-6, 2019	Shea M	Bagels, Apple Butter, and Raisins	Bagels	50	Bagels
			Apple Butter	50	Ounces
			Raisins	50	Ounces
			Flowers	1	Bunch
September 9-13, 2019	Weston R	Cereal and Coconut Milk	Whole Grain Rice, Oat, or Corn Cereal	250	Ounces
			Coconut Milk	8	Gallons
			Flowers	1	Bunch
September 16-20, 2019	Isla F	Homemade Granola	Plain Granola (no tree nuts, gluten free)	250	Ounces
			Blueberries	13	Pints
			Coconut Milk	100	Ounces
			Flowers	1	Bunch
September 23-27, 2019	Wally V	Apples & Spread	Apples, variety of colors	88	Apples
			Sunflower Butter	6	Pounds
			Flowers	1	Bunch
October 1-4, 2019	Morena O	Fruit Salad	Raspberries	20	Pints
			Edamame	25	Ounces
			Apples, variety of colors	50	Apples
			Flowers	1	Bunch
October 7-11, 2019	Jack R	Veggies and	Broccoli	13	Broccoli heads

		Hummus	Cauliflower	13	Cauliflower heads
			Baby Carrots	6	Pounds
			Hummus	250	Ounces
			Flowers	1	Bunch
October 14-18, 2019	Peony M	Melon fruit salad & non dairy yogurt	Cantaloupe	8	Melons
			Non Dairy Yogurt	250	Ounces
			Watermelon	5	Melons
			Flowers	1	Bunch
October 21-25, 2019	Benji L	Clementines & Celery	Celery	63	Stalks
			Clementines	125	Clementines
			Sunflower Butter		Sun Butter
			Flowers	1	Bunch
October 28- November 1, 2019	Finley C	Apples & Raisins	Apples, variety of colors	63	Apples
			Raisins	6	Pounds
			Flowers	1	Bunch
November 4-7, 2019	Margot H	Non Dairy Yogurt & Mango	Non Dairy Yogurt	200	Fl. Ounces
			Mango	33	Mangos
			Flowers	1	Bunch
November 11-15, 2019	Shea M	Veggies & Hummus	Cucumbers	25	Cucumbers
			Bell Peppers	31	Peppers
			Hummus	43	Ounces
			Flowers	1	Bunch
November 18-22, 2019	Zoe H	Berry and Spinach Salad	Berries, mixed	125	ounces
			Spinach	5	Pounds
			Vinaigrette	63	Fl. Ounces
			Flowers	1	Bunch
November 25-27, 2019	Nora L	Non-Dairy Yogurt with Banana Slices	Non-Dairy Yogurt	225	Ounces
			Bananas	38	Bananas
			Kiwis	11	Kiwis
			Flowers	1	Bunch
December 2-6, 2019	Nora LV	Bagels, Spread, and Raisins	Bagels	63	Bagels
			Apple Butter	63	Ounces
			Raisins	63	Ounces
			Flowers	1	Bunch
December 9-13, 2019	Riyaz R	Homemade Granola	Plain Granola	250	Ounces
			Blueberries	19	Pints
			Honey	25	Ounces
			Flowers	1	Bunch
December 16-20, 2019	Ben R	Guacamole	Avocado	31	Avocados
			Tomatoes	13	Tomatoes
	Dora P	And pita chips	Yellow Onion	4	Onions
			Lime	9	Limes
			Blue Corn Chips	125	Ounces
			Flowers	1	Bunch

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

Calendar Created: 8/13/2019