

Montessori School of Fort Myers

Morning Snack & Flowers Calendar

Primary Environment - Red Door for Fall 2019

Food(s) that are not included in snack menu this semester due to student food allergies:	Gluten, Nut, Dairy 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	Rohan C	Homemade Granola	Plain Granola	200	Ounces
			Blueberries	10	Pints
			Coconut milk	80	Ounces
			Flowers	1	Bunch
August 12-16, 2019	Behati S	Guacamole and Pita chips	Avocado	25	Avocados
			Tomatoes	10	Tomatoes
	Ava N	Yellow Onion	5	Onions	
		Lime	7	Limes	
August 19-23, 2019	Anna A	Non-Dairy Yogurt with Banana Slices	Non-Dairy Yogurt	300	Ounces
			Bananas	50	Bananas
			Kiwis	15	Kiwis
			Flowers	1	Bunch
August 26-30, 2019	Jude D	Clementines & Celery	Celery	50	Stalks
			Clementines	100	Clementines
			Sunflower Butter		Sun Butter
			Flowers	1	Bunch
September 3-6, 2019	Saylor C	Bagels, Apple Butter, and Raisins	Bagels	40	Bagels
			Apple Butter	40	Ounces
			Raisins	40	Ounces
			Flowers	1	Bunch
September 9-13, 2019	Ben E	Cereal and Coconut Milk	Whole Grain Rice, Oat, or Corn Cereal, no Nuts	200	Ounces
			Coconut Milk	6	Gallons
			Flowers	1	Bunch
September 16-20, 2019	Penny S	Homemade Granola	Plain Granola	200	Ounces
			Blueberries	10	Pints
			Coconut milk	80	Ounces
			Flowers	1	Bunch
September 23-27, 2019	Seph F	Apples & Spread	Apples	70	Apples
			Sunflower Butter	5	Pounds
			Flowers	1	Bunch
October 1-4, 2019	Hunter W	Fruit Salad	Raspberries	16	Pints
			Edamame	20	Ounces
			Apples	40	Apples
			Flowers	1	Bunch
October 7-11, 2019	Evan Z	Veggies and Hummus	Broccoli	10	Broccoli heads
			Cauliflower	10	Cauliflower heads
			Baby Carrots	5	Pounds

			Hummus	200	Ounces
			Flowers	1	Bunch
October 14-18, 2019	Remy K	Melon fruit salad & non dairy yogurt	Cantaloupe	6	Melons
			Non Dairy Yogurt	200	Ounces
			Watermelon	4	Melons
			Flowers	1	Bunch
October 21-25, 2019	Bella C	Clementines & Celery	Celery	300	Stalks
			Clementines	50	Clementines
			Sunflower Butter		Sun Butter
			Flowers	1	Bunch
October 28- November 1, 2019	CeCe S	Apples & Raisins	Apples (variety of colors)	50	Apples
			Raisins	5	Pounds
			Flowers	1	Bunch
November 4-7, 2019	Zohy J	Non Dairy Yogurt & Mango	Non Dairy Yogurt	160	Fl. Ounces
			Mango	26	Mangos
			Flowers	1	Bunch
November 11-15, 2019	Victor C	Veggies & Hummus	Cucumbers	20	Cucumbers
			Bell Peppers	25	Peppers
			Hummus	34	Ounces
			Flowers	1	Bunch
November 18-22, 2019	Ephraim V	Berry and Spinach Salad	Mixed Berries	100	ounces
			Spinach	4	Pounds
			Vinaigrette	50	Fl. Ounces
			Flowers	1	Bunch
November 25-27, 2019	Kate T	Non-Dairy Yogurt with Banana Slices	Non-Dairy Yogurt	180	Ounces
			Bananas	30	Bananas
			Kiwis	9	Kiwis
			Flowers	1	Bunch
December 2-6, 2019	Ava N	Bagels, Spread, and Raisins	Bagels	50	Bagels
			Apple Butter	50	Ounces
			Raisins	50	Ounces
			Flowers	1	Bunch
December 9-13, 2019	Ben E	Homemade Granola	Plain Granola	200	Ounces
			Blueberries	15	Pints
			Honey	20	Ounces
			Flowers	1	Bunch
December 16-20, 2019	Alan G	Guacamole	Avocado	25	Avocados
			Tomatoes	10	Tomatoes
	Reagan M	And pita chips	Yellow Onion	3	Onions
			Lime	7	Limes
			Blue Corn Chips	100	Ounces
			Flowers	1	Bunch

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

Calendar Created: 7/12/2019