

## Montessori School of Fort Myers

Toddler East Environment

Food Prep - Fall 2019

### FOOD ALLERGENS

Category 2: Food(s) that parents may NOT send in lunches due to extremely dangerous food allergies:

All nuts (peanuts, tree nuts, etc.)

Parent Instructions:

When you pack snack and lunch for your child, please note the Category 2 allergens and be sure that the food you bring in does not contain any of the listed allergens (read the ingredients) nor any of their associated products (e.g. sesame seed oil counts as sesame seeds).

Week Of	Name	Snack	Amount Needed for Week	
August 5-9 2019	Milo C.	Mini Sweet Peppers	3	Pounds
August 12-16 2019	Sloane F.	Pears	15	Pears
August 19-23 2019	June K.	Watermelon	3	Watermelons
August 26-30 2019	Parker L.	Carrots	3	Pounds
Sept. 2-6 2019	Asher M.	Clementines	24	Clementines
Sept. 9-13 2019	Daisy M.	Cucumbers	7	Cucumbers
Sept. 16-20 2019	Asha O.	Grapes	3	Pounds
Sept. 23-27 2019	Arielle S.	Avocados	16	Avocados
Oct. 1 - 4 2019	Henry S.	Grapefruit	15	Grapefruits
Oct. 7-11 2019	Jasper T.	Banana	10	Bananas
Oct. 14-18 2019	Leo V.	Cantaloupes	3	Cantaloupes
Oct. 21-25 2019	Milo C.	Honeydew	3	Honeydew Melon
Oct.28-Nov.1 2019	Sloane F.	Grapes	3	Pounds
Nov. 4-8 2019	June K.	Edamame (frozen)	2	Pounds
Nov. 11-15 2019	Parker L.	Watermelon	2	Watermelons
Nov. 18-22 2019	Asher M.	Honeydew	3	Honeydew Melon
Nov. 25-29 2019	Daisy M.	Baby Carrots	2	Pounds
Dec 2-6 2019	Asha O.	Peaches	30	Peaches
Dec. 9-13 2019	Arielle S.	Pears	15	Pears
Dec. 16-20 2019	Jasper T.	Apples	15	Apples