

Montessori School of Fort Myers

Morning Snack & Flowers Calendar

Primary Environment - Green Door (Ms. Danielle Brill) - Fall 2017

Week Of	Name	Snack	Ingredients	Amount Needed for Week	
August 1-5, 2017	Bear	Homemade granola	Plain Granola	200	Ounces
			Blueberries	15	Pints
			Honey	20	Ounces
			Flowers	1	Bunch
August 7-11, 2017	JT	Guacamole and pita chips	Avocado	25	Avocados
			Tomatoes	10	Tomatoes
			Onion	3	Onions
			Lime	7	Limes
			Pita Chips or Blue Corn Chips	100	Ounces
			Flowers	1	Bunch
August 14-18, 2017	Matty	Vanilla yogurt with banana slices	Vanilla Yogurt	200	Ounces
			Bananas	75	Bananas
			Flowers	1	Bunch
August 21-25, 2017	Valentina	Clementines and cottage cheese	Cottage Cheese	200	Ounces
			Clementines	100	Clementines
			Flowers	1	Bunch
Aug 28 - Sep. 1, 2017	Lilly	Bagels, cream cheese, and raisins	Bagels - variety of styles	50	Bagels
			Cream cheese	50	Ounces
			Raisins	50	Ounces
			Flowers	1	Bunch
Sep. 5-8, 2017	Earnest	Cereal and milk	Whole grain cereal, no nuts	150	Ounces
			Milk, organic 2%	5	Gallons
			Flowers	1	Bunch
Sep. 11-15, 2017	Kellan	Apples and peanut & almond butter	Apples	70	Apples
			Cheddar Cheese	5	Pounds
			Flowers	1	Bunch
Sep. 18-22, 2017	Jessica P.	Fruit salad	Strawberries	15	Pints
			Edamame	19	Ounces
			Grapes	3	Pounds
			Apples	38	Apples
			Flowers	1	Bunch
Sep. 25-29, 2017	Reyaan	Veggies and yogurt dip	Broccoli	10	Broccoli heads
			Cauliflower	10	Cauliflower heads
			Baby Carrots	5	Pounds
			Yogurt Dip	200	Ounces
			Flowers	1	Bunch
October 2-6, 2017	Jozi	Banana bread with cream cheese	Banana bread	10	Loaves
			Cream Cheese	35	Ounces
			Flowers	1	Bunch
October 9-13, 2017	Stella	Peppers & ranch dressing	Red, Green and Yellow Peppers	35	Peppers
			Ranch Dressing	30	Fl. Ounces
			Flowers	1	Bunch
October 16-20, 2017	Ellie	Melon fruit salad & cottage cheese	Cantaloupe	6	Melons
			Cottage Cheese	200	Ounces
			Watermelon	4	Melons
			Flowers	1	Bunch
October 23-27, 2017	Penelope	Apples &	Apples (variety of colors)	50	Apples

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Week Of	Name	Snack	Ingredients	Amount Needed for Week	
		cheese cubes	Cheddar Cheese	5	Pounds
			Flowers	1	Bunch
Oct. 30 - Nov. 2, 2017	Jackson	Vanilla Yogurt & mango	Vanilla Yogurt	150	Fl. Ounces
			Mango	25	Mangos
			Flowers	1	Bunch
Nov. 6-10, 2017	Lucas	Veggies & hummus	Cucumbers	20	Cucumbers
			Peppers	25	Peppers
			Hummus	34	Ounces
			Flowers	1	Bunch
Nov. 13-17, 2017	Sage	Pineapple chunks & cheese cubes	Pineapple	8	Pineapples
			Cheddar Cheese	5	Pounds
			Flowers	1	Bunch
Nov. 20-22, 2017	Cruise	Bagels, cream cheese, and raisins	Bagels - variety of styles	38	Bagels
			Cream cheese	38	Ounces
			Raisins	38	Ounces
			Flowers	1	Bunch
Nov. 27 - Dec. 1, 2017	Darya	Homemade granola	Plain Granola	200	Ounces
			Blueberries	15	Pints
			Honey	20	Ounces
			Flowers	1	Bunch
Dec. 4-8, 2017	Devon	Guacamole and pita chips	Avocado	25	Avocados
			Tomatoes	10	Tomatoes
			Onion	3	Onions
			Lime	7	Limes
			Pita Chips or Blue Corn Chips	100	Ounces
			Flowers	1	Bunch
Dec. 11-15, 2017	TBD	Vanilla yogurt with banana slices	Vanilla Yogurt	200	Ounces
			Bananas	75	Bananas
			Flowers	1	Bunch
Dec. 18-21, 2017	TBD	Clementines and cottage cheese	Cottage Cheese	200	Ounces
			Clementines	100	Clementines
			Flowers	1	Bunch

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

Calendar Created: 7/27/2017