

**Montessori School of Fort Myers**

## Morning Snack &amp; Flowers Calendar

Primary Environment - Red Door (Ms. Cindy Taveras) - Fall 2017

**Tree Nuts Prohibited:** Red Door currently has a child with an EpiPen for a severe tree nut allergy (peanut, almond, pecan, cashew, walnut, hazelnut, pistachio, etc.). In addition to our snack menu not containing any tree nuts, Red Door parents are prohibited from sending tree nuts or foods containing tree nuts to school for lunch or snack.

Week Of	Name	Snack	Ingredients	Amount Needed for Week	
August 1-5, 2017	Aashi	Homemade granola	Plain Granola (no tree nuts, gluten free)	112	Ounces
			Blueberries	8	Pints
			Honey	11	Ounces
			Flowers	1	Bunch
August 7-11, 2017	Pearl	Guacamole and pita chips	Avocado	15	Avocados
			Tomatoes	6	Tomatoes
			Onion	2	Onions
			Lime	4	Limes
			Blue Corn Chips	60	Ounces
			Flowers	1	Bunch
August 14-18, 2017	Cassidy	Vanilla yogurt with banana slices	Vanilla Yogurt (Non-Dairy)	128	Ounces
			Bananas	48	Bananas
			Flowers	1	Bunch
August 21-25, 2017	Mithun	Clementines and celery	Celery	51	Ounces
			Clementines	68	Clementines
			Flowers	1	Bunch
Aug 28 - Sep. 1, 2017	Jose	Bagels, cream cheese, and raisins	Bagels - variety of styles, some gluten free options as well	34	Bagels
	Andres		Apple Butter	34	Ounces
			Raisins	34	Ounces
			Flowers	1	Bunch
Sep. 5-8, 2017	Emery	Cereal and milk	Whole grain rice, oat, or corn cereal, no nuts	102	Ounces
			Coconut milk	3	Gallons
			Flowers	1	Bunch
Sep. 11-15, 2017	Charlotte	Apples & Spread	Apples	48	Apples
			Sunflower butter	3	Pounds
			Flowers	1	Bunch
Sep. 18-22, 2017	Justin	Fruit salad	Strawberries	10	Pints
			Edamame	13	Ounces
			Grapes	2	Pounds
			Apples	26	Apples
			Flowers	1	Bunch
Sep. 25-29, 2017	Emma	Veggies and yogurt dip	Broccoli	7	Broccoli heads
			Cauliflower	7	Cauliflower heads
			Baby Carrots	3	Pounds
			Yogurt Dip	136	Ounces
			Flowers	1	Bunch

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Week Of	Name	Snack	Ingredients	Amount Needed for Week	
October 2-6, 2017	Lawrence	Banana bread (tree nut free) with cream cheese	Banana bread (tree nut free)	7	Loaves
			Cream Cheese	24	Ounces
			Flowers	1	Bunch
October 9-13, 2017	Kylie	Peppers & ranch dressing	Red, Green and Yellow Peppers	24	Peppers
			Ranch Dressing	14	Fl. Ounces
			Honey mustard, Non-Dairy	14	Fl. Ounces
			Flowers	1	Bunch
October 16-20, 2017	Quinn	Melon fruit salad & yogurt	Cantaloupe	4	Melons
			Non Dairy Yogurt	136	Ounces
			Watermelon	3	Melons
			Flowers	1	Bunch
October 23-27, 2017	Leah	Apples & Raisins	Apples (variety of colors)	34	Apples
			Raisins	3	Pounds
			Flowers	1	Bunch
Oct. 30 - Nov. 2, 2017	Patricia	Vanilla Yogurt & mango	Vanilla Yogurt (Non-Dairy)	102	Fl. Ounces
			Mango	17	Mangos
			Flowers	1	Bunch
Nov. 6-10, 2017	Aashi	Veggies & hummus	Cucumbers	14	Cucumbers
			Peppers	17	Peppers
			Hummus	23	Ounces
			Flowers	1	Bunch
Nov. 13-17, 2017	Pearl	Berry and spinach Salad	Berries, mixed (no tree nuts)	136	ounces
			Spinach	3	Pounds
			Vinaigrette	34	Fl. Ounces
			Flowers	1	Bunch
Nov. 20-22, 2017	Cassidy	Bagels and spread and raisins	Bagels - variety of styles, some gluten free	26	Bagels
			Apple Butter	26	Ounces
			Raisins	26	Ounces
			Flowers	1	Bunch
Nov. 27 - Dec. 1, 2017	Mithun	Homemade granola	Plain Granola (tree nut free, gluten free)	136	Ounces
			Blueberries	10	Pints
			Honey	14	Ounces
			Flowers	1	Bunch
Dec. 4-8, 2017	Jose Andres	Guacamole and pita chips	Avocado	17	Avocados
			Tomatoes	7	Tomatoes
			Onion	2	Onions
			Lime	5	Limes

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Week Of	Name	Snack	Ingredients	Amount Needed for Week	
			Blue Corn Chips	68	Ounces
			Flowers	1	Bunch
Dec. 11-15, 2017	Emery	Vanilla yogurt with banana slices	Vanilla Yogurt (non dairy)	136	Ounces
			Bananas	51	Bananas
			Flowers	1	Bunch
Dec. 18-21, 2017	Charlotte	Clementines and Celery	Celery	51	Ounces
			Clementines	68	Clementines
			Flowers	1	Bunch

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

Calendar Created: 7/27/2017