

Montessori School of Fort Myers

Morning Snack & Flowers Calendar

Primary Environment - Red Door (Ms. Cindy Taveras) - Spring 2018

***** Parents please bring half of the amount requested at the beginning of the week. Check in with classroom teachers mid-week to determine if more snack is needed.**

Tree Nuts Prohibited: Red Door currently has a child with an EpiPen for a severe peanut and tree nut allergy (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	
January 8-12, 2018	Aashi B.	Homemade granola	Plain Granola (no tree nuts, gluten free)	160	Ounces
			Blueberries	12	Pints
			Honey	16	Ounces
			Flowers	1	Bunch
January 17-19, 2018	Pearl C.	Guacamole and pita chips	Avocado	20	Avocados
			Tomatoes	8	Tomatoes
			Onion	2	Onions
	Charlotte C.		Lime	6	Limes
			Blue Corn Chips (gluten free, no tree nuts)	80	Ounces
			Flowers	1	Bunch
January 22-26, 2018	Emery D.	Vanilla yogurt with banana slices	Vanilla Yogurt (Non-Dairy)	160	Ounces
			Bananas	60	Bananas
			Flowers	1	Bunch
January 29-February 2, 2018	Joey S.	Clementines and Celery	Celery	40	Stalks
			Clementines	80	Clementines
			Flowers	1	Bunch
February 5-9, 2018	Cassidy S.	Bagels, apple butter, and raisins	Bagels - variety of styles, some gluten free options as well	40	Bagels
			Mithun S.	Apple Butter	40
	Raisins			40	Ounces
	Flowers		1	Bunch	
February 12-16, 2018	Justin S.	Cereal and milk	Whole grain rice, oat, or corn cereal, no nuts	120	Ounces
			Coconut milk	4	Gallons
			Flowers	1	Bunch
February 19-23, 2018	Jose Andres S.	Apples & Spread	Apples	56	Apples
			Sunflower butter	4	Pounds
			Flowers	1	Bunch
February 26-March 2, 2018	Emma T.	Fruit salad	Raspberries	12	Pints

			Edamame	15	Ounces
			Grapes	2	Pounds
			Apples	30	Apples
			Flowers	1	Bunch
March 5-9, 2018	Lawrence U.	Veggies and yogurt dip	Broccoli	8	Broccoli heads
			Cauliflower	8	Cauliflower heads
			Baby Carrots	4	Pounds
			Yogurt Dip	160	Ounces
			Flowers	1	Bunch
March 12-16, 2018	Quinn T.	Banana bread (tree nut free) with cream ch	Banana bread (tree nut free)	8	Loaves
			Cream Cheese	28	Ounces
			Flowers	1	Bunch
March 19-23, 2018	Matteo V.	Peppers & ranch dressing	Red, Green and Yellow Peppers	28	Peppers
			Ranch Dressing	16	Fl. Ounces
			Honey mustard, Non-Dairy	16	Fl. Ounces
			Flowers	1	Bunch
March 26-30, 2018	Stella J.	Melon fruit salad & yogurt	Cantaloupe	5	Melons
			Non Dairy Yogurt	160	Ounces
			Watermelon	3	Melons
			Flowers	1	Bunch
April 2-6, 2018	Behati S.	Apples & Raisins	Apples (variety of colors)	40	Apples
			Raisins	4	Pounds
			Flowers	1	Bunch
April 9-13, 2018	Ava N.	Vanilla Yogurt & mango	Vanilla Yogurt (Non-Dairy)	120	Fl. Ounces
			Mango	20	Mangos
			Flowers	1	Bunch
April 23-27, 2018	Rohan C.	Veggies & hummus	Cucumbers	16	Cucumbers
			Peppers	20	Peppers
			Hummus	27	Ounces
			Flowers	1	Bunch
April 30- May 4, 2018	Grace C.	Berry and spinach	Berries, mixed (no tree nuts)	160	ounces
			Spinach	4	Pounds
			Vinaigrette	40	Fl. Ounces
			Flowers	1	Bunch
May 7-11, 2018	Aashi B.	Bagels, spread, and raisins	Bagels - variety of styles, some gluten free	30	Bagels
			Apple Butter	30	Ounces
			Raisins	30	Ounces
			Flowers	1	Bunch

May 14-18, 2018	Mithun S.	Homemade granola	Plain Granola (tree nut free, gluten free)	160	Ounces
			Blueberries	12	Pints
			Honey	16	Ounces
			Flowers	1	Bunch
May 21-25, 2018	Charlotte C.	Guacamole and pita chips	Avocado	20	Avocados
			Tomatoes	8	Tomatoes
	Pearl C.		Onion	2	Onions
	Lime		6	Limes	
	Blue Corn Chips (gluten free, no tree nuts)		80	Ounces	
	Flowers		1	Bunch	
May 28- June 1, 2018	Emery D.	Vanilla yogurt with banana slices	Vanilla Yogurt (non dairy)	160	Ounces
			Bananas	60	Bananas
			Flowers	1	Bunch

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

Calendar Created: December 21, 2017