

## Montessori School of Fort Myers

### Morning Snack & Flowers Calendar

Primary Environment - Green Door (Ms. Danielle Brill) - Spring 2018

|  |      |
|--|------|
| Food(s) that are not included in snack menu this semester due to student food allergies: | None |
| Food(s) that parents may not send in lunches due to extreme danger food allergies:       | None |

| Week Of                | Name         | Snack                             | Ingredients                 | Amount Needed for Week |                   |
|------------------------|--------------|-----------------------------------|-----------------------------|------------------------|-------------------|
| January 8-12, 2018     | Bear A.      | Homemade granola                  | Plain Granola               | 200                    | Ounces            |
|                        |              |                                   | Blueberries                 | 15                     | Pints             |
|                        |              |                                   | Honey                       | 20                     | Ounces            |
|                        |              |                                   | Flowers                     | 1                      | Bunch             |
| January 17-19, 2018    | Graham B.    | Guacamole and pita chips          | Avocado                     | 19                     | Avocados          |
|                        |              |                                   | Tomatoes                    | 8                      | Tomatoes          |
|                        | Jemma G.     | Onion                             | 2                           | Onions                 |                   |
|                        |              | Lime                              | 5                           | Limes                  |                   |
| January 22-26, 2018    | Matty B.     | Vanilla yogurt with banana slices | Vanilla Yogurt              | 200                    | Ounces            |
|                        |              |                                   | Bananas                     | 75                     | Bananas           |
|                        |              |                                   | Flowers                     | 1                      | Bunch             |
|                        |              |                                   | Flowers                     | 1                      | Bunch             |
| Jan. 29 - Feb. 2, 2018 | Cruise C.    | Corn & Bean Salad                 | Canned Black Beans          | 200                    | Ounces            |
|                        |              |                                   | Frozen or Canned Corn       | 100                    | ounces            |
|                        |              |                                   | red onion                   | 1                      |                   |
|                        |              |                                   | Flowers                     | 1                      | Bunch             |
| February 5-9, 2018     | Locklyn D.   | Bagels, cream cheese, and raisins | Bagels - variety of styles  | 50                     | Bagels            |
|                        |              |                                   | Cream cheese                | 50                     | Ounces            |
|                        |              |                                   | Raisins                     | 50                     | Ounces            |
|                        |              |                                   | Flowers                     | 1                      | Bunch             |
| February 12-16, 2018   | Valentina D. | Cereal and milk                   | Whole grain cereal, no nuts | 150                    | Ounces            |
|                        |              |                                   | Milk, organic 2%            | 5                      | Gallons           |
|                        |              |                                   | Flowers                     | 1                      | Bunch             |
| February 19-23, 2018   | Lilly D.     | Apples & Cheese                   | Apples                      | 70                     | Apples            |
|                        |              |                                   | Cheddar Cheese              | 5                      | Pounds            |
|                        |              |                                   | Flowers                     | 1                      | Bunch             |
| Feb.26 - March 2, 2018 | Darya H.     | Fruit salad                       | Strawberries                | 15                     | Pints             |
|                        |              |                                   | Melon                       | 19                     | Ounces            |
|                        |              |                                   | Apples                      | 38                     | Apples            |
|                        |              |                                   | Flowers                     | 1                      | Bunch             |
| March 5-9, 2018        | Kellan H.    | Veggies and yogurt dip            | Broccoli                    | 10                     | Broccoli heads    |
|                        |              |                                   | Cauliflower                 | 10                     | Cauliflower heads |
|                        |              |                                   | Baby Carrots                | 5                      | Pounds            |

|                       |   |                                    |                               |     |               |
|-----------------------|---|------------------------------------|-------------------------------|-----|---------------|
|                       |   |                                    | Yogurt Dip                    | 200 | Ounces        |
|                       |   |                                    | Flowers                       | 1   | Bunch         |
| March 12-16, 2018     | Sage H.                                   | Banana bread & apple butter        | Banana bread                  | 10  | Loaves        |
|                       |   |                                    | Apple Butter                  | 35  | Ounces        |
|                       |   |                                    | Flowers                       | 1   | Bunch         |
| March 19-23, 2018     | Spring break week - on one assigned snack |                                    |                               |     |               |
| March 26-30, 2018     | Penelope M.                               | Melon fruit salad & cottage cheese | Cantaloupe                    | 6   | Melons        |
|                       |   |                                    | Cottage Cheese                | 200 | Ounces        |
|                       |   |                                    | Watermelon                    | 4   | Melons        |
|                       |   |                                    | Flowers                       | 1   | Bunch         |
| April 2-6, 2018       | Jessica P.                                | Apples & cheese cubes              | Apples (variety of colors)    | 50  | Apples        |
|                       |   |                                    | Cheddar Cheese                | 5   | Pounds        |
|                       |   |                                    | Flowers                       | 1   | Bunch         |
| April 9-13, 2018      | Reyaan R.                                 | Vanilla Yogurt & mango             | Vanilla Yogurt                | 150 | Fl. Ounces    |
|                       |   |                                    | Mango                         | 25  | Mangos        |
|                       |   |                                    | Flowers                       | 1   | Bunch         |
| April 23-27, 2018     | Scarlett R.                               | Veggies & hummus                   | Cucumbers                     | 20  | Cucumbers     |
|                       |   |                                    | Peppers                       | 25  | Peppers       |
|                       |   |                                    | Hummus                        | 34  | Ounces        |
|                       |   |                                    | Flowers                       | 1   | Bunch         |
| April 30- May 4, 2018 | Jozi R.                                   | Pineapple chunks & cheese cubes    | Pineapple                     | 8   | Pineapples    |
|                       |   |                                    | Cheddar Cheese                | 5   | Pounds        |
|                       |   |                                    | Flowers                       | 1   | Bunch         |
| May 7-11, 2018        | Stella S.                                 | Ants on a Log                      | Celery                        | 38  | Celery Stalks |
|                       |   |                                    | Apple Butter                  | 38  | Ounces        |
|                       |   |                                    | Raisins                       | 38  | Ounces        |
|                       |   |                                    | Flowers                       | 1   | Bunch         |
| May 14-18, 2018       | Ellie T.                                  | Homemade granola                   | Plain Granola                 | 200 | Ounces        |
|                       |   |                                    | Blueberries                   | 15  | Pints         |
|                       |   |                                    | Honey                         | 20  | Ounces        |
|                       |   |                                    | Flowers                       | 1   | Bunch         |
| May 21-25, 2018       | Christian T.                              | Guacamole and pita chips           | Avocado                       | 25  | Avocados      |
|                       |   |                                    | Tomatoes                      | 10  | Tomatoes      |
|                       | Connor O.                                 |                                    | Onion                         | 3   | Onions        |
|                       |   |                                    | Lime                          | 7   | Limes         |
|                       |   |                                    | Pita Chips or Blue Corn Chips | 100 | Ounces        |
|                       |   |                                    | Flowers                       | 1   | Bunch         |
| May 28- June 1, 2018  | Devon Y.                                  | Vanilla yogurt with banana slices  | Vanilla Yogurt                | 200 | Ounces        |
|                       |   |                                    | Bananas                       | 75  | Bananas       |
|                       |   |                                    | Flowers                       | 1   | Bunch         |

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

Calendar Created: February 5, 2018