

Montessori School of Fort Myers

Morning Snack & Flowers Calendar

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

Food(s) that are not included in snack menu this semester due to student food allergies:	Dairy products
Food(s) that parents may <u>not</u> send in lunches due to extreme danger food allergies:	Peanuts and Tree Nuts (almond, pecan, cashew, walnut, hazelnut, pistachio, etc.) are strictly prohibited! Red Door currently has a child with an EpiPen for a severe nut allergy, 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) Blueberries Honey Flowers	160 12 16 1	Ounces Pints Ounces Bunch
January 17-19, 2018	Pearl C.	Guacamole and pita chips	Avocado Tomatoes	20 8	Avocados Tomatoes
	Charlotte C.		Onion Lime Blue Corn Chips (gluten free, no tree nuts) Flowers	2 6 80 1	Onions Limes Ounces Bunch
January 22-26, 2018	Emery D.	Non-dairy yogurt with banana slices	Non-dairy yogurt Bananas Flowers	160 60 1	Ounces Bananas Bunch
January 29- February 2, 2018	Joey S.	Clementines & Celery	Celery Clementines Flowers	40 80 1	Stalks Clementines Bunch
February 5-9, 2018	Cassidy S.	Bagels, apple butter, and raisins	Bagels - variety of styles, include gluten free option Apple Butter Raisins Flowers	40 40 40 1	Bagels Ounces Ounces Bunch
February 12-16, 2018	Justin S.	Cereal and coconut milk	Whole grain rice, oat, or corn cereal, no nuts Coconut milk Flowers	120 4 1	Ounces Gallons Bunch
February 19-23, 2018	Jose Andres S.	Apples & Spread	Apples Sunflower butter Flowers	56 4 1	Apples Pounds Bunch
February 26-March 2, 2018	Emma T.	Fruit salad	Raspberries Edamame Apples Flowers	12 15 30 1	Pints Ounces Apples Bunch
March 5-9, 2018	Lawrence U.	Veggies and Hummus	Broccoli Cauliflower Baby Carrots Hummus Flowers	8 8 4 160 1	Broccoli heads Cauliflower heads Pounds Ounces Bunch

March 12-16, 2018	Quinn T.	Banana bread (tree nut free)	Banana bread (tree nut free) Raspberry jelly Flowers	8 40 1	Loaves Ounces Bunch
March 19-23, 2018	Spring break - no one assigned snack				
March 26-30, 2018	Stella J.	Melon fruit salad & non dairy yogurt	Cantaloupe Non dairy yogurt Watermelon Flowers	5 160 3 1	Melons Ounces Melons Bunch
April 2-6, 2018	Behati S.	Apples & Raisins	Apples (variety of colors) Raisins Flowers	40 4 1	Apples Pounds Bunch
April 9-13, 2018	Ava N.	Non Dairy Yogurt & mango	Non dairy yogurt Mango Flowers	120 20 1	Fl. Ounces Mangos Bunch
April 23-27, 2018	Rohan C.	Veggies & hummus	Cucumbers Peppers Hummus Flowers	16 20 27 1	Cucumbers Peppers Ounces Bunch
April 30- May 4, 2018	Grace C.	Berry and spinach Salad	Berries, mixed Spinach Vinaigrette Flowers	160 4 40 1	ounces Pounds Fl. Ounces Bunch
May 7-11, 2018	Aashi B.	Bagels, spread, and raisins	Bagels - variety of styles, some gluten free Apple Butter Raisins Flowers	30 30 30 1	Bagels Ounces Ounces Bunch
May 14-18, 2018	Mithun S.	Homemade granola	Plain Granola (tree nut free, gluten free) Blueberries Honey Flowers	160 12 16 1	Ounces Pints Ounces Bunch
May 21-25, 2018	Charlotte C.	Guacamole and pita chips	Avocado Tomatoes	20 8	Avocados Tomatoes
	Pearl C.		Onion Lime Blue Corn Chips (gluten free, no tree nuts) Flowers	2 6 80 1	Onions Limes Ounces Bunch
May 28- June 1, 2018	Emery D.	Non Dairy Yogurt with banana slices	Non dairy yogurt Bananas Flowers	160 60 1	Ounces Bananas Bunch

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

Calendar Created: February 5, 2018