

Montessori School of Fort Myers

Morning Snack & Flowers Calendar

Primary Environment - Summer 2018

Food(s) that are not included in snack menu this semester due to student food allergies:	Nuts, dairy
Food(s) that parents may <u>not</u> send in lunches due to extreme danger food allergies:	Nuts

Week Of	Name	Snack	Ingredients	Amount Needed for Week	
June 4-8, 2018	Matty	Homemade	Plain Granola	240	Ounces
			Honey	24	Ounces
			Flowers	1	Bunch
June 12- 15, 2018	Kellan	Guacamole and pita chips	Avocado	23	Avocados
			Tomatoes	12	Tomatoes
	Leah	Onion	3	Onions	
		Lime	8	Limes	
		Pita Chips or Blue Corn Chips	115	Ounces	
June 18- 22, 2018	Penelope	Non-dairy yogurt with banana slices	Non-dairy Yogurt	240	Ounces
			Bananas	90	Bananas
			Flowers	1	Bunch
June 25-29, 2018	Ellie	Veggies and Hummus	Broccoli	8	Broccoli Heads
			Cauliflower	8	Cauliflower Heads
			Baby Carrots	4	Pounds
			Hummus	160	Ounces
			Flowers	1	Bunch
July 2-6, 2018	Locklyn	Berry and Spinach Salad	Berries, mixed	160	Ounces
			Spinach	64	Ounces
			Vinaigrette	40	Fl. Ounces
			Flowers	1	Bunch
July 9-12, 2018	Graham	Clementines and celery	Celery	40	Stalks
			Clementines	80	Clementines
			Flowers	1	Bunch
July 16-20, 2018	Hope	Apples and spread	Apples	67	Apples
			Sunflower butter	38	Ounces
			Flowers	1	Bunch
July 23- 26, 2018	Dora	Fruit Salad	Strawberries	10	Pints
			Grapes	5	Pounds
			Apples	17	Apples
			Flowers	1	Bunch

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

Calendar Edited: 5/23/2018