

Montessori School of Fort Myers  
 Morning Snack & Flowers Calendar  
 Primary Environment - Red Door (Ms. Julie Heitman) - Fall 2018

Food(s) that are not included in snack menu this semester due to student food allergies:	Peanuts, Tree Nuts, Dairy Products
Food(s) that parents may not send in lunches due to extreme danger food allergies:	Peanuts and Tree Nuts

Week Of	Name	Snack	Ingredients	Amount Needed for Week	
Aug. 6-10 2018	Kylie H.	Homemade granola	Plain Granola	152	Ounces
			Blueberries	11	Pints
			Honey	15	Ounces
			Flowers	1	Bunch
Aug. 13-17 2018	Emma T.	Guacamole and pita chips	Avocado	14	Avocados
			Tomatoes	6	Tomatoes
	Julian F.	Onion	2	Onions	
		Lime	4	Limes	
Aug. 20-24 2018	Charlotte C.	Dairy Free yogurt with banana slices	Dairy Free Yogurt	152	Ounces
			Bananas	57	Bananas
			Flowers	1	Bunch
			Pita Chips or Blue Corn Chips	57	Ounces
Aug. 27-31 2018	Cassidy S.	Corn & Bean Salad	Canned Black Beans	152	Ounces
			Frozen or Canned Corn	76	ounces
			red onion	1	
			Flowers	1	Bunch
Sept. 3-7 2018	Quinn T.	Bagels, apple butter and raisins	Bagels - variety of styles	38	Bagels
			Apple Butter	38	Ounces
			Raisins	38	Ounces
			Flowers	1	Bunch
Sept. 10-14 2018	Lawrence U.	Cereal and Coconut Milk	Whole grain cereal, no nuts	114	Ounces
			Coconut Milk	4	Gallons
			Flowers	1	Bunch
Sept. 17-21 2018	Behati S.	Clementines and Celery	Clementines	53	Clementines
			Celery	76	Stalks
			Flowers	1	Bunch
Sept. 24-28 2018	Ava N.	Fruit salad	Strawberries	11	Pints
			Melon	14	Ounces
			Apples	29	Apples
			Flowers	1	Bunch
October 1-5 2018	Rohan C.	Veggies and Dairy Free yogurt dip	Broccoli	8	Broccoli heads
			Cauliflower	8	Cauliflower heads
			Baby Carrots	4	Pounds
			Dairy Free Yogurt Dip	152	Ounces
			Flowers	1	Bunch
Oct. 8-12 2018	Zohy J.	Banana bread & apple butter	Banana bread	8	Loaves
			Apple Butter	27	Ounces
			Flowers	1	Bunch
Oct. 15-19 2018	Anna A.	Ants on a Log	Celery	27	Celery Stalks
			Apple Butter	0	Ounces
			Raisins	0	Ounces

			Flowers	1	Bunch
Oct. 22-26 2018	Oivia S.	Melon fruit salad	Cantaloupe	5	Melons
			Spinach	38	Ounces
			Watermelon	3	Melons
			Flowers	1	Bunch
Oct. 29-Nov. 2, 2018	Savannah S.	Apples & Oranges	Apples (variety of colors)	38	Apples
			Oranges	38	Oranges
			Flowers	1	Bunch
Nov. 5-9 2018	Cece S.	Dairy Free Yogurt & mango	Dairy Free Yogurt	114	Fl. Ounces
			Mango	19	Mangos
			Flowers	1	Bunch
Nov. 12-16 2018	Leah R.	Veggies & hummus	Cucumbers	15	Cucumbers
			Peppers	19	Peppers
			Hummus	26	Ounces
			Flowers	1	Bunch
Nov. 19-23 2018	Kylie H.	Fruit salad	Strawberries	6	Pints
			Melon	4	Ounces
			Apples	0	Apples
			Flowers	1	Bunch
Nov. 26-30 2018	Emma T.	Ants on a Log	Celery	29	Celery Stalks
			Apple Butter	29	Ounces
			Raisins	29	Ounces
			Flowers	1	Bunch
Dec. 3-7, 2018	TBD	Homemade granola	Plain Granola	152	Ounces
			Blueberries	11	Pints
			Honey	15	Ounces
			Flowers	1	Bunch
Dec. 10-14 2018	TBD	Guacamole and pita chips	Avocado	19	Avocados
			Tomatoes	8	Tomatoes
	TBD		Onion	2	Onions
			Lime	5	Limes
			Pita Chips or Blue Corn Chips	76	Ounces
			Flowers	1	Bunch
Dec. 17-21 2018	TBD	Dairy Free yogurt with banana slices	Dairy Free Yogurt	152	Ounces
			Bananas	57	Bananas
			Flowers	1	Bunch
Dec. 24-28 2018	TBD	Banana bread & apple butter	Banana bread	3	Loaves
			Apple Butter	11	Ounces
			Flowers	1	Bunch

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

Calendar Created: July 6, 2018