

Montessori School of Fort Myers

Morning Snack & Flowers Calendar

Primary Environment - Red Door (Ms. Julie Heitman) - Spring 2019

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 7-11-2019	Quinn	Homemade granola	Plain Granola (no tree nuts, gluten free)	160	Ounces
			Blueberries	8	Pints
			Coconut milk	64	Ounces
			Flowers	1	Bunch
January 14-18-2019	Cassidy	Guacamole and pita chips	Avocado	20	Avocados
			Tomatoes	8	Tomatoes
	Charlotte C.		Onion	4	Onions
			Lime	6	Limes
			Blue Corn Chips (gluten free, no tree nuts)	80	Ounces
			Flowers	1	Bunch
January 21-25, 2019	Emma	Non-dairy yogurt with banana slices	Non-dairy yogurt	240	Ounces
			Bananas	40	Bananas
			kiwis	12	kiwis
			Flowers	1	Bunch
January 28 to February 1, 2019	Jude D.	Clementines & Celery	Celery	40	Stalks
			Clementines	80	Clementines
			sunflower butter		Sun Butter
			Flowers	1	Bunch
February 4-8, 2019	Saylor	Bagels, apple butter, and raisins	Bagels - variety of styles, include gluten free option	40	Bagels
			Apple Butter	40	Ounces
			Raisins	40	Ounces
			Flowers	1	Bunch
February 11-15, 2019	Ava	Cereal and coconut milk	Whole grain rice, oat, or corn cereal, no nuts	160	Ounces
			Coconut milk	5	Gallons
			Flowers	1	Bunch
February 18-22, 2019	Jake	Apples & Spread	Apples	56	Apples
			Sunflower butter	4	Pounds
			Flowers	1	Bunch
February 25-March 1, 2019	Jay D.	Fruit salad	Raspberries	16	Pints
			Edamame	20	Ounces
			Apples	40	Apples
			Flowers	1	Bunch
March 4-8, 2019	Olivia Garcia	Veggies and Hummus	Broccoli	8	Broccoli heads
			Cauliflower	8	Cauliflower heads
			Baby Carrots	4	Pounds
			Hummus	160	Ounces
			Flowers	1	Bunch

March 11-15, 2019	Bella	Banana bread (tree nut free)	Banana bread (tree nut free)	8	Loaves
			Raspberry jelly	40	Ounces
			Flowers	1	Bunch
March 18-22, 2019	Spring break - no one assigned snack				
March 25-29, 2019	Siena	Melon fruit salad & non dairy yogurt	Cantaloupe	5	Melons
			Non dairy yogurt	160	Ounces
			Watermelon	3	Melons
			Flowers	1	Bunch
April 1-5, 2019	Behati S.	Apples & Raisins	Apples (variety of colors)	40	Apples
			Raisins	4	Pounds
			Flowers	1	Bunch
April 8-12, 2019	Ben	Non Dairy Yogurt & mango	Non dairy yogurt	160	Fl. Ounces
			Mango	26	Mangos
			Flowers	1	Bunch
April 15-19, 2019	Seph	Veggies & hummus	Cucumbers	16	Cucumbers
			Peppers	20	Peppers
			Hummus	27	Ounces
			Flowers	1	Bunch
April 22-26, 2019	Rohan	Berry and spinach Salad	Berries, mixed	80	ounces
			Spinach	3	Pounds
			Vinaigrette	40	Fl. Ounces
			Flowers	1	Bunch
April 29- May 3, 2019	Leah	Bagels, spread, and raisins	Bagels - variety of styles, some gluten free	40	Bagels
			Apple Butter	40	Ounces
			Raisins	40	Ounces
			Flowers	1	Bunch
May 6-10, 2019	Zohy	Homemade granola	Plain Granola (tree nut free, gluten free)	160	Ounces
			Blueberries	12	Pints
			Honey	16	Ounces
			Flowers	1	Bunch
May 13-17, 2019	Savannah	Guacamole and pita chips	Avocado	20	Avocados
			Tomatoes	8	Tomatoes
	Olivia Silva		Onion	2	Onions
			Lime	6	Limes
May 20-24, 2019	Lawrence	Non Dairy Yogurt with banana slices	Non dairy yogurt	80	Ounces
			Bananas	10	Bananas
			strawberries	80	Strawberries
			Flowers	1	Bunch

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

Calendar Created: December 11, 2018