

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 T.	Homemade Granola	Plain Granola (no tree nuts, gluten free) Blueberries Coconut milk Flowers	160 8 64 1	Ounces Pints Ounces Bunch
January 14-18-2019	Cassidy S.	Guacamole and Pita chips	Avocado Tomatoes	20 8	Avocados Tomatoes
	Charlotte C.		Onion Lime Blue Corn Chips (gluten free, no tree nuts) Flowers	4 6 80 1	Onions Limes Ounces Bunch
January 21-25, 2019	Emma T.	Non-Dairy Yogurt with Banana Slices	Non-Dairy Yogurt Bananas Kiwis Flowers	240 40 12 1	Ounces Bananas Kiwis Bunch
January 28 to February 1, 2019	Jude D.	Clementines & Celery	Celery Clementines Sunflower Butter Flowers	40 80 1	Stalks Clementines Sun Butter Bunch
February 4-8, 2019	Saylor C.	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 11-15, 2019	Ava N.	Cereal and Coconut Milk	Whole Grain Rice, Oat, or Corn Cereal, no Nuts Coconut Milk Flowers	160 5 1	Ounces Gallons Bunch
February 18-22, 2019	Jake S.	Apples & Spread	Apples Sunflower Butter Flowers	56 4 1	Apples Pounds Bunch
February 25-March 1, 2019	Jay D.	Fruit Salad	Raspberries Edamame Apples Flowers	16 20 40 1	Pints Ounces Apples Bunch
March 4-8, 2019	Olivia G.	Veggies and Hummus	Broccoli Cauliflower Baby Carrots Hummus Flowers	8 8 4 160 1	Broccoli heads Cauliflower heads Pounds Ounces Bunch

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

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

Calendar Created: 2/20/2019