

Season Strategy		Recipe	Difficulty	Colors
Fall	Wrap	3 Root Vegetable, Lettuce & Hummus	3	X X X X
Fall	Smoothie	Banana & Date w/Soy Milk	2	X X
Fall	Yogurt	Apple Butter Yogurt w/ Pomegranite Seeds & Sliced Green Apple	2	X X
Fall	Salad	Panzanella w/Yellow Squash	3	X X X
Fall	Layered	Baked Apples w/Cinnamon & Raisins	2	X X
Fall	Dip	Fennel w/Lemon Pumpkin Butter	1	X X
Fall	Cheese	Mild Cheddar & Concord & Green Grapes	1	X X
Fall	Salsa	Cranberry Salsa	3	X X X
Fall	Nuts	Apple Cider & Spiced Pepitas & Raisins	2	X X
Fall	Legumes	Black Bean Salad	2	X X X
Winter	Wrap	Brie, Lettuce, Mango & Sprouts	3	XX X
Winter	Smoothie	Blueberry & Strawberry w/Milk	2	X X
Winter	Fruit	Bananas w/Coconut Sauce	1	X X
Winter	Salad	Purple, Red & Green Cabbage Slaw	2	X X X
Winter	Layered	Squash w/ Maple Syrup	3	X X
Winter	Dip	Pineapple w/Frozen Raspberry Yogurt Dip	2	X X
Winter	Cheese	Manchego / Pecorino w/ Red & Green Pears w/Honey	1	X X
Winter	Salsa	Caribbean Salsa	3	X X X
Winter	Nuts	Clementines w/Cashews	1	X
Winter	Legumes	Chickpea Salad w/Cilantro, Tahini Orange dressing	3	XX X
Spring	Wrap	Cucumber, Bean Sprout, Carrot, Cheese & Guacamole	3	XXX X
Spring	Smoothie	Strawberry w/Banana and Orange Juice	2	X X
Spring	Yogurt	Cucumber & Yogurt Salad	3	XX X
Spring	Salad	Snap Peas & Mint Salad w/Lemon Dressing	2	XX X X
Spring	Layered	Lettuce/Spinach Wraps w/Ginger, Sprouts & Carrots/ tahini dres	3	XX
Spring	Dip	Celery w/ Creamy Vinaigrette/ avocado	1	X X X
Spring	Cheese	Dried Apricots & Rasins w/Grana Padana	1	X X
Spring	Salsa	Mango, Strawberry & Mint Salsa	3	X X X
Spring	Nuts	Trail Mix w/Dried Cranberries & Raisins & Pepitas	1	X X
Spring	Legumes	Edamame and Carrot cocktail	1	X X

Summer	Wrap	Zucchini, Yellow Squash, Sprouts & Goat Cheese	3		X		X
Summer	Smoothie	Peach & Nectarine w/Yogurt	2				X
Summer	Yogurt	Summer Fruit & Yogurt Parfait	3	X	X		X
Summer	Salad	Mediterranean Salad: Feta, Olive & Tomato	3	X		X	
Summer	Layered	Cream Cheese w/Pepper Confetti	1	X		X	X
Summer	Dip	Plum-Nectarine Chocolate Fondue	1		X		X
Summer	Cheese	Broccoli & Cauliflower w/ Ricotta Cheese Dip	1			X	X
Summer	Salsa	Corn Salsa	3	X		X	
Summer	Nuts	Trail Mix Apricot, Apple and Raisin	3		X		X
Summer	Beans	3 Bean Salad & Balsamic vinegar	3			X	X X