

Autumn

PERFECT PAIRINGS

— Combine these seasonal foods for a tasty and healthy snack! —



apple slices

+



Cheddar



butternut squash

+



parmesan



plain yogurt

+



buffalo sauce

+



celery



scrambled eggs

+



shredded cheese

+



salsa



cottage cheese

+



pears

+



cinnamon



1 cup milk

+



1 1/2 tbsp
pumpkin puree

+



1/2 tsp
pumpkin spice



Materials provided by American Dairy Association Mideast.

Winter

PERFECT PAIRINGS

— Combine these seasonal foods for a tasty and healthy snack! —



yogurt

+



peanut butter

+



bananas



cottage cheese

+



pomegranate seeds

+



sliced almonds



asiago

+



dried fruit

+



mixed nuts



yogurt

+



taco seasoning

+



black beans



whole grain crackers

+



brie

+



berry preserves



1 cup warm milk

+



2 tbsp cocoa powder

+



1/2 tsp cinnamon



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Spring

PERFECT PAIRINGS

— Combine these seasonal foods for a tasty and healthy snack! —



asparagus

+



parmesan



yogurt

+



fresh dill

+



carrots



whole grain cereal

+



sliced bananas

+



milk



whole grain tortilla

+



cheese stick

+



salsa



scrambled eggs

+



spinach

+



shredded cheese



cottage cheese

+



sliced bananas

+



pecans



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Summer

PERFECT PAIRINGS

— Combine these seasonal foods for a tasty and healthy snack! —



brie

+



strawberries



cucumbers

+



Cheddar



yogurt

+



fresh berries



watermelon

+



feta

+



fresh basil



Swiss

+



figs

+



sliced almonds



tomatoes

+



mozzarella

+



fresh basil



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