

# HarvestSensations® SCHOOL LUNCH PRODUCE IDEAS ~ FALL

Below is a list of seasonal produce kids really enjoy tasting \* Put some flavor back into lunch ☺

## FALL FRUIT

Apples, Baby  
Apples, Heirloom  
Apples, Lady  
Apples Specialty  
Bananas  
Bananas, Baby  
Blueberries  
Citrus, Grapefruit Red  
Crab Apples, Sweet  
Dates  
Dragon Fruit  
Figs  
Grapes; black, green, red  
Kiwi  
Kiwi, Baby  
Lychee Fruit  
Mango  
Melon, Cataloupe  
Melon, Honeydew  
Melon, Watermelon  
Nectarines  
Papaya  
Pears, Asian  
Pears, Forelli  
Pears, small Seckles  
Pineapple  
Plums  
Pomegranates  
Strawberries

## FALL VEGGIES

Beans, Dragon  
Beans, Purple Wax  
Beans, Romano  
Beets, Candy, Gold & Red  
Brussels Sprouts  
Carrots, Baby multi color  
Cauliflower, Colored  
Celery  
Corn  
Cucumbers, Persian  
Fennel  
Jicama  
Pea Shoots  
Peas, Snow  
Peas, Sugar Snap  
Peppers, Sweet  
Potatoes, Fingerling  
Pumpkin  
Sea Beans  
Summer Squash, Baby  
Sunchokes  
Winter Squash  
Tomatoes, Cherry  
Tomatoes, Heirloom  
Turnips

Sweet Potatoes, Okinawa

## **HarvestSensations®** *SCHOOL LUNCH PRODUCE IDEAS ~ WINTER*

Below is a list of seasonal produce kids really enjoy tasting \* Put some flavor back into lunch ☺

### **WINTER FRUIT**

Apples, Baby  
Apples, Heirloom  
Apples, Lady  
Apples Specialty  
Bananas  
Bananas, Baby  
Citrus, Buddha Hand  
Citrus, Blood Orange  
Citrus, Grapefruit Red  
Citrus, Kumquats  
Citrus, Oranges Navel  
Citrus, Tangerines  
Dates  
Kiwi  
Mango  
Passion Fruit  
Pears, Asian  
Pears, Forelli  
Pears, small Seckles  
Persimmon, Fuyu  
Pineapple  
Pomegranates

### **WINTER VEGGIES**

Beans, Chinese Long  
Beans, Dragon  
Beans, French  
Beans, Yellow Wax  
Beets, Baby  
*Candy, Gold & Red*  
Brussels Sprouts  
Carrots, Baby multi color  
Carrots, Globe  
Cauliflower, Colored  
Celery  
Celery Root  
Cucumbers, Persian  
Daikon  
Fennel  
Jicama  
Parsnips  
Pea Shoots  
Peas, Snow  
Peas, Sugar Snap  
Potatoes, Fingerling  
Summer Squash, Baby  
Winter Squash  
Turnips  
Sweet Potatoes, Okinawa

# HarvestSensations® SCHOOL LUNCH PRODUCE IDEAS ~ SPRING

Below is a list of seasonal produce kids really enjoy tasting \* Put some flavor back into lunch ☺

## **SPRING FRUIT**

Apples, Baby  
Bananas  
Bananas, Baby  
Cherries (late spring)  
Citrus, Blood Orange  
Citrus, Grapefruit Red  
Citrus, Manarinquat  
Citrus, Kumquats  
Citrus, Tangerines  
Dates  
Kiwi  
Longan  
Lychee  
Mango  
Peaches (late spring)  
Pears, Asian  
Pears, Forelli  
Persimmon, Fuyu  
Pineapple

## **SPRING VEGGIES**

Beans, Chinese Long  
Beans, French  
Beets, Baby  
*Candy, Gold & Red*  
Brussels Sprouts  
Cauliflower, Colored  
Celery  
Celery Root  
Cucumbers, Persian  
Daikon  
Fennel  
Jicama  
Pea Shoots  
Peas, Snow  
Peas, Sugar Snap  
Potatoes, Fingerling  
Radish, Easter Egg  
Radish, French Breakfast  
Radish, Watermelon  
Sea Beans  
Summer Squash, Baby  
Winter Squash  
Tomatoes, Cherry  
Tomatoes, Heirloom  
Turnips  
Sweet Potatoes, Okinawa  
Tomatoes Hot House  
Water Chestnuts, Fresh

# HarvestSensations<sup>®</sup> SCHOOL LUNCH PRODUCE IDEAS ~ SUMMER

Below is a list of seasonal produce kids really enjoy tasting \* Put some flavor back into lunch ☺

## SUMMER FRUIT

Apples, Baby  
Apples, Specialty  
Apricots  
Apriums  
Bananas  
Bananas, Baby  
Blueberries  
Cactus Pears  
Cherries  
Dates  
Figs  
Grapes; black, green, red  
Grapes, Champagne  
Kiwi  
Kiwi, Gold  
Lychee  
Mango  
Melon, Canary  
Melon, Casaba  
Melon, Cantaloupe  
Melon, Crenshaw  
Melon, Honeydew  
Melon, Santa Claus  
Melon, Tuscan  
Melon, Watermelon  
Nectarines, White  
Nectarines, Yellow  
Papaya  
Peaches, Saturn

## SUMMER FRUIT ~cont.

Peaches, Yellow  
Peaches, White  
Pineapple  
Pluots  
Plums  
Pomegranates  
Strawberries

## SUMMER VEGGIES

Beans, Dragon  
Beans, Purple Wax  
Beans, Romano  
Beans, Shelling  
Beans, Yellow Wax  
Beets, Candy, Gold & Red  
Brussels Sprouts  
Carrots, Baby multi color  
Cauliflower, Colored  
Celery  
Corn  
Corn, Baby  
Cucumbers, Persian  
Fennel  
Jicama  
Kohlrabi  
Pea Shoots  
Peas, Snow  
Peas, Sugar Snap  
Peppers, Sweet  
Potatoes, Fingerling  
Sea Beans  
Summer Squash, Baby  
Tomatoes, Cherry  
Tomatoes, Heirloom  
Turnips, Baby  
Sweet Potatoes, Baby  
Sweet Potatoes, Okinawa