



Suggested Serving Size Per Person

PRODUCE	ESTIMATED SERVINGS PER CASE	ESTIMATED QTY/ PIECES PER PERSON
Apples, Ambrosia	113 - 125	1 piece
Apples, Fuji	113 - 125	1 piece
Apples, Mixed Organic	113 - 125	1 piece
Apples, Nicola	88 - 100	1 piece
Apples, Pink Ladies	113	1 piece
Apples, Royal Gala	113 - 125	1 piece
Apples, Sliced - 2oz bag	80	1, 2oz bag
Blueberries	56	1/2 cup or approx. 25-30 pieces
Carrots, Baby - 2lb bags	180 (12 x 2lb bags)	15-20 servings per 2lb bag or 5 carrots each
Carrots, Baby Peeled - 2oz bags	80	1, 2oz bag
Celery Sticks	107	3, 4" sticks
Cucumbers, Mini	96 (12 average per bag)	1 piece
Cucumbers, Mini (bulk)	150	1 piece
Grapes, Blue or Pink	56	1/2 cup or 15-20 pieces
Kiwifruit	90	1 piece
Oranges, Mandarin	90 (6 x 5lb box)	1 piece
Pears, Anjou	100 - 135	1 piece
Pears, Asian Organic	48 - 60	1 piece
Pears, Bartlett	100 - 135	1 piece
Peaches	42 - 54	1 piece
Peppers, Mini	48 (12 average per bag)	1 piece
Plums, various varieties	75 - 100	2 pieces
Plums, Red Heart	80 - 85	1 piece
Snap Peas	100	1/2 cup or approx. 8 pieces
Strawberries	70	3-4 pieces
Strawberries, Organic	35	5 pieces
Tomatoes, Cherry	48-80	2-3 pieces
Tomatoes, Grape & Gems	84 - 114	3-4 pieces
+MILK	64 per case/16 per tray	1,120ml cup
Soy, Fortified Beverage	24	1, 250ml tetra pack