



## Suggested Portions

PRODUCE	ESTIMATED SERVINGS PER CASE	ESTIMATED QTY/PIECES PER PERSON
Apples, Various Assortments	113 - 125	1 Apple
Apricots	132	1 Piece
Blueberries, 2 lb clam	56	1/2 Cup
Carrots, mini 1 lb/2 lb bags	5/bag – 12/bag	5 carrots
Cucumbers, Mini	96 - 140	1 Piece
Grapes	80	15-20 Grapes
Kiwifruit, Various Assortments	76 - 117	1 Piece
Oranges, Mandarin (Various Assortments)	20-90	1 Piece
Peaches, Various Assortments	48 - 54	1 Piece
Pears, Various Assortments	48 - 135	1 Piece
Peppers, Mini	96	1 Piece
Plums, Various Assortments	80 - 200	1 Piece
Snap Peas BULK BAG	25/bag	6-8 Pieces
Strawberries	70	3-4 Berries
Tomatoes, Various Assortments	114 - 180	3 - 5 Pieces
Milk, 120 mL cup	64 per case - 16 per tray	1 x 120ml cup
Milk 2 litres/4 litres	16 - 30	1 x 120ml serving
Soy, Fortified Beverage	24	1 x 250ml Tetra Pak