



## Suggested Portions

PRODUCT CASE	ESTIMATED SERVINGS PER CASE	ESTIMATED QTY/PIECES PER PERSON
Apples, Various Assortments (40 lbs)	125	1 Apple
Blueberries, 4X2 lb clam (8 lbs)	100	1/4 Cup
Carrots, Mini (20 lbs)	210	3-4 carrots
Carrots, Mini (24 lbs)	360	3-4 carrots
Cucumbers, Mini (16 lbs)	96	1 Piece
Cucumbers, Mini (24 lbs)	140	1 Piece
Cheese Sticks, Marble Cheddar & Mozza, Lactose Free (5 lbs)	100	1 Piece
Egg, Hard Cooked, Peeled (6 lbs)	48	1 Piece
Fudge Bar, Oat & Quinoa	100	1 Piece
Chocolate Chip Bar, Oat & Quinoa	100	1 Piece
Oatie Cookies, Raisin	100	1 Piece
Oranges, Mandarin (15 lbs)	80	1 Piece
Oranges, Mandarin (22 lbs)	152	1 Piece
Pears, Various Assortments (40 lbs)	100	1 Piece
Pears, Various Assortments (44 lbs)	120	1 Piece
Peppers, Mini (12 lbs)	96	1 Piece
Plums, Various Assortments (20 lbs)	84	1 Piece
Plums, Various Assortments (25 lbs)	110	1 Piece
Snap Peas 12x24oz (18 lbs)	160	3 Pieces
Strawberries (10 lbs)	70	3-4 Berries
Min Tomatoes, Various Assortments (20 lbs)	165	3-4 Pieces
Mini Tomatoes, Various Assortments (24 lbs)	375	3-4 Pieces
Milk 2%, 120 mL cup (6 lbs)	16 per tray	1 x 120ml cup
Milk 2%, 120 mL cup (23 lbs)	64 per case	1 x 120ml cup
Yogurt, Stirred – Various Flavours (2 lbs)	12	1 cup

These case sizes may vary in some areas of the province. Check your MySchool login order options for availability.