



## Suggested Portions

| PRODUCT  | ESTIMATED SERVINGS PER CASE | ESTIMATED QTY/ PIECES PER PERSON |
|--|-----------------------------|----------------------------------|
| Apples, Various Assortments                          | 100 - 125                   | 1 Apple                          |
| Blueberries, 2 lb clam                               | 56                          | 1/2 Cup                          |
| Carrots, mini 1 lb/2 lb bags                         | 5/bag – 12/bag              | 3-4 carrots                      |
| Cheese Sticks, Marble Cheddar & Mozza (Lactose Free) | 100                         | 1 Cheese Stick                   |
| Cucumbers, Mini                                      | 96 - 140                    | 1 Piece                          |
| Egg, Hard Cooked, Peeled                             | 48                          | 1 Piece                          |
| Grapes   | 80                          | 10 Grapes                        |
| Oranges, Mandarin (Various Assortments)              | 20-90                       | 1 Piece                          |
| Pears, Various Assortments                           | 100 - 120                   | 1 Piece                          |
| Peppers, Mini  | 96                          | 1 Piece                          |
| Plums, Various Assortments                           | 90 - 300                    | 1 Piece                          |
| Snap Peas BULK BAG                                   | 42/bag                      | 3 Pieces                         |
| Strawberries   | 70                          | 3-4 Berries                      |
| Tomatoes, Various Assortments                        | 180 - 380                   | 3-4 Pieces                       |
| Milk, 125 mL carton                                  | 48 per case                 | 1 x 125ml carton                 |
| Yogurt, Stirred                                      | 12                          | 1 Piece                          |