

Northern Fruit and Vegetable Program Serving Sizes

Product	Serving Size	Package Size	Servings per Bag or Case
Vegetables			
Broccoli Florets	½ cup (85g)	5 lb bag	27
Carrots Sticks	½ cup (85g)	5lb bag	27
Celery Sticks	½ cup (85g)	5 lb bag	27
Cauliflower Florets	½ cup (85g)	5 lb bag	27
Cucumbers - Mini	½ cup (1 cuc.) (85g)	20lb case	105
Peas – Sugar Snap	½ cup (85g)	5lb bag	27
Tomatoes- Grape	½ cup (85g)	8lb case	43
Fruit			
Mixed Fruit Salad	½ cup (140g)	5 lb tray	27
Apple Sauce Cups	1 individual cup	12 x 6 cup case	72
Apples Slices	½ cup (140g)	5 lb bag	27
Apples - Whole	1 apple (140g)	40 lb (150-200 per case)	163
Cherries - Dried	1 single serve bag	100 count case	100
Cantaloupe Chunks	½ cup (140g)	5 lb tray	27
Honeydew Melon Chunks	½ cup (140g)	5 lb tray	27
Pineapple Chunks	½ cup (140g)	5lb tub	27
Strawberries - Whole	½ cup (140g)	6 x 1 litre tray	40
Dip			
Ranch Dip- Lite	1 oz cup	100 pack case	100
Hummus Dip	2oz cup	30 pack case	30

