

Fruit Vegetable Portion/Order Guidelines

Item	Portion size K-3	Portion size 4-6	Cups per package
Apple	¼ cp (3 wedges)	½ cp (6 wedges)	125 fruit/cs 1 apple= 6 wedges
Banana	1 fruit	1 fruit	150 svg/cs
Beans, Green	¼ cp	½ cp	27 cp/5 lb. bg
Broccoli, buds	¼ cp (2 buds)	½ cp (4 buds)	25cp/5 lb bg
Carrot, coins	¼ cup	½ cup	16 cp/5 lb bg
Celery sticks	¼ cup (2 sticks)	½ cup (4 sticks)	20 cp
Cucumber, sliced	¼ cp (3 sl.)	½ cp (6 sl.)	15 cp
Grapes	¼ cup	½ cup	55 cp/lug
Jicama sticks	¼ cup (3 sticks)	½ cup (6 sticks)	15 cp/5 lb. bag
Kiwi	½ fruit	1 fruit	99 fruit/case
Kohlrabi	¼ cp	½ cp	12 cp/5 lb bg
Mango slices	¼ cp (approx. 2-3 sl)	½ cp (approx. 4-6 sl)	12-14 cp/5 lb. tray
Nectarines	1 frt	1 frt	60/cs
Oranges	¼ cp (3 wedges)	½ cp (6 wedges)	678 wedges/cs
Peaches	1 frt	1 frt	60/cs
Pears	1 frt	1 frt	150/cs
Plums	1 frt	1 frt	
**Pepper strips, green	¼ cp (4 strips)	½ cp (8 strips)	15 cp/5 lb. bg
**Pepper strips, red	¼ cp (4 strips)	½ cp (8 strips)	15 cp/5 lb. bg
Pineapple, chunks	¼ cp	½ cp	11 cp/5 lb. bg
Rutabaga sticks	¼ cp	½ cp	10 cp/5 lb. bg
Sweet Potato Sticks	¼ cp	½ cp	17 ½ cp/5 lb. bg
Tomato, grape	¼ cp	½ cp	30 cp/flat
Watermelon-locally grown	1 wedge	1 wedge	Approx. 40 wedges/melon of locally grown See Food Prep
Zucchini coins	¼ cup	½ cup	16 cp/5 lb bg

***approximate** amount of cups per pack size according to the Food Buying Guide

**Calculate amount of pepper strips needed and order half that amount of green, and half red.