

A Rainbow of Seasonal Choices

**Cheat Sheet for Commonly Used Produce Items by Purchase Unit and Standard Packs**

Food As Purchased, AP	Food As Served	Purchase Unit	Servings per Purchase Unit, EP			Purchase Unit, Standard Pack	Servings per PU, Standard Pack, EP		
			1/8 cup	1/4 cup	1/2 cup		1/8 cup	1/4 cup	1/2 cup
Apples, fresh, whole, 125-138 count	Raw, unpeeled fruit	#			7.4	40# case			296
Avocados, fresh, whole	Raw, diced vegetable	#	16.4	8.2	4.1	12.5# Single layer flats	205	102	51
Bell Peppers, fresh, whole	Raw, chopped or diced vegetable	#	19.4	9.7	4.85	25# carton	485	242	121
Broccoli, fresh, florets, trimmed, ready-to-use	Cut, raw vegetable	#	57.6	28.8	14.4	3# bag	172	86.4	43
Cantaloupe, fresh, whole, 15 count	Cubed or diced fruit	#	13.48	6.74	3.37	40# case	539	269	134
Carrots, fresh, baby, ready-to-use	Raw vegetable	#	25.8	12.9	6.45	5# bags	129	64	32
Celery, fresh, sticks, ready-to-use (1/2 " x 4")	Raw vegetable	#	28.0	14.0	7.0	5# bags	56	70	35
Cherries, sweet, fresh, whole with pits	Raw, pitted	#	17.0	8.5	4.25	11# carton	187	93	46
Chili Peppers, fresh, Anaheim, whole with stem	Chopped, seeded, raw vegetable	#	22.8	11.4	5.7				
Grapefruit, pink, fresh, whole, 27-32 count	1/2 grapefruit (about 1/2 cup)	#	8.0	4.0	2.0	34-35# carton	272-280	136-140	68-70

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			1/8 cup	1/4 cup	1/2 cup		1/8 cup	1/4 cup	1/2 cup
Grapes, fresh, seedless, whole with stem	Whole fruit	#	21.0	10.5	5.25	28# lug	588	294	147
Honeydew melon, fresh, whole, 4-5 count	Fruit cubes	#	9.8	4.9	2.45	30# box	294	147	73.5
Kiwifruit, fresh, 33-39 count	Unpeeled fruit halves	#	21.6	10.8	5.4	7 1/2 # flat	162	81	40
Lemons, fresh, whole, 165 count	Wedges	#	7.0	3.5	1.75	10# carton	70	35	17
Lettuce, fresh, mixed greens (equal amounts of Romaine and Iceberg with shredded carrots & red cabbage)	Raw vegetable pieces without dressing	#	51.4	25.7	12.8	5# bag	257	128	64
Limes, fresh, whole, 230 count	Wedges	#	7.0	3.5	1.75	50# cartons	70	35	17
Nectarines, fresh, whole, 88-96 count	Whole, raw fruit	#			4.4	25# carton			110
Onions, mature, fresh, diced, ready to use	Diced, raw vegetable	#	25.2	12.6	6.3	5# bag	126	63	31
Oranges, fresh, whole, 138 count	Whole or Sections with rind	#	13.6	6.8	3.4	40# carton	544-552	272-276	136-138
Peaches, fresh, whole, 80 count	Whole, fresh, raw	#			4.5	25# lug			112
Pears, fresh, whole, 150 count	Whole, fresh, raw	#			4.1	45# bushel			184
Plums, fresh, whole, 45 and 50 count	Whole, fresh, raw	#			4.99	28# loose pack lug			139

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			1/8 cup	1/4 cup	1/2 cup		1/8 cup	1/4 cup	1/2 cup
Potatoes, fresh,, white or Russet, approx. 80 count	Baked vegetable with skin	#	14.0	7.0	3.5	50#	700	350	175
Squashes, summer (soft)	Raw, sliced vegetable	#	31.0	15.5	7.75	22# carton	682	341	170
Strawberries, fresh, whole	Raw, fresh, whole fruit	#	21.0	10.5	5.25	12# flat	252	126	63
Sweet Potatoes, fresh, whole	Cooked, sliced vegetable	#	18.2	9.10	4.55	20# carton	364	182	91
Tangelos, fresh, whole	Whole, fresh	#	9.8	4.9	2.4				
Tangerines, fresh, whole, 120 count	Whole fruit	#	5.32	2.66	1.33	40#	212	106	53
Tomatoes, fresh, cherry, whole with stem	Whole vegetable	#	24.2	12.1	6.0	12 one pint baskets per flat			
Watermelon, fresh, whole	Raw, sliced fruit, with rind	#	12.5	6.25	3.12	One melon (about 22# -26# carton	275-325	137-162	68-162
Zucchini, whole, fresh	Raw, sliced vegetable	#	26.2	13.1	6.55	22# carton	576	288	144