

# PORTION SIZE GUIDE



## VEGETABLES

ASPARAGUS	1 SPEAR
BROCOLLI	1/10TH - 1/12TH
CARROTS, MINI	3 STICKS
CARROTS, WHOLE	1/6TH
CAULIFLOWER	1/12TH - 1/14TH
CELERY	1/12TH
CHERRY TOMATO	3 PCS.
CUCUMBER, ENGLISH OR LARGE	1/6TH
CUCUMBER, MINI	1, WHOLE
PEPPERS, BELL	1/4TH
PEPPERS, MINI	1 WHOLE
SUGAR SNAP PEAS	3 PCS.
ZUCCHINI	1/4TH

## FRUITS

APPLES	1, WHOLE
APPLESAUCE	1 CUP
BANANA	1/2
BLUEBERRIES	10-15 PCS.
CANTALOUPE	1/10TH - 1/12TH
CLEMENTINE	1, WHOLE
GRAPES	4-5 PCS.
HONEYDEW MELON	1/10TH - 1/2TH
KIWI	1/2
MANGO	1/5TH
ORANGE	1/2
PEACH	1, WHOLE
PEAR	1/2
PINEAPPLE	1/10TH
STRAWBERRIES	3-4 PCS.
STONE FRUIT	1, WHOLE
WATERMELON	1/12TH - 1/14TH

\*All suggested serving sizes are represented per student and are approximate and could change without notice