

FARM TO SCHOOL PRODUCE PACK SIZE CHART

Top 10 Minimally Processed Fruits & Vegetables* Purchased by Washington Schools			
Item	Type of Processing	Pack Size	Notes
Shredded Lettuce	Shredding ¼" or 1/8"	<ul style="list-style-type: none"> 5 lb bag, 4 or 6/case 20 lb case 	
Broccoli Florets	Fresh, cut into florets	<ul style="list-style-type: none"> 3 lb bag 3 lb bag, 4 or 6/case 12 lb case 20 lb case 	<i>Broccoli slaw is listed in Food Buying Guide, could be marketed as a way to get more dark green subgroup into a coleslaw.</i>
Carrots	Peeled and cut into sticks, coins, or shreds	<ul style="list-style-type: none"> 1.5 oz bags sticks, 200/case 2 oz bags sticks, 100/case 3 lb bag, 10/case 5 lb bag, 4/case 20 lb case 	**2 oz sticks = ½ Cup, ideal for single-serves ** ½ Cup = approx. 6 sticks **1 lb = 3 ¾ Cups sticks
Salad Mix	Cut and mixed	<ul style="list-style-type: none"> 2 lb bag, 6/case 5 lb bag, 4/case 20 lb case 	
Sliced Apples	Cut, with ascorbic acid	<ul style="list-style-type: none"> 2 oz bags, 100/case 3 lb bag, 4/case 	**2 oz = ½ Cup, ideal for single-serves ** ½ Cup = approx ½ of a 125-138 count apple, or 2/5 of a 120 count apple
Corn	Cut from cob fresh, cut from cob frozen	30 lb case	
Peas	Shelled fresh, shelled frozen	30 lb case	
Frozen Strawberries	Sliced IQF or whole IQF	<ul style="list-style-type: none"> 5 lb bag, 6/case 30 lb case 	
Cauliflower	Fresh florets, frozen florets	<ul style="list-style-type: none"> 3 lb bag 3 lb bag, 4 or 6/case 5 lb bag, 4/case 12 lb case 	
Frozen Blueberries	Whole IQF	<ul style="list-style-type: none"> 5 lb bag, 6/case 30 lb case 	

**Single-serve sizes based on the Food Buying Guide that schools use to guide planning and documentation of all food served in their meal programs.

Pack size estimates based on USDA Commodity Foods list, and input from schools (Spokane, Wahluke, Ellensburg, Whatcom, LaConner), and farms/processors/distributors (Ralph's Greenhouse, Shawn's Produce, Duck Delivery)