

Vegetables / Fruits	Snack Club 1	Snack Club 2	Snack Club 3
Apple / Orange / Pear / Kiwi / Peach / Nectarine / Plum	½ piece	½ piece	1 piece
Applesauce	~ ⅓ cup	⅓ cup	½ cup
Blueberry / Strawberry / Mango Sauce	~ ¼ cup	~ ¼ cup	~ ⅓ cup
Baby Carrots (on their own)	~ 5 pieces	~ 6 pieces	~ 7 pieces
Baby Carrots (paired with other veg)	~ 3 pieces	~ 4 pieces	~ 5 pieces
Banana	½ piece	1 piece	1 piece
Bell Peppers	3 x 1 cm slices	4 x 1 cm slices	5 x 1 cm slices
Broccoli & Cauliflower	~ 2-4 pieces	~ 2-4 pieces	~ 2-4 pieces
Beet / Carrot Matchsticks	¼ cup	⅓ cup	½ cup
Clementine	1 piece	1 piece	1 piece
Cucumber	1 x 1 inch piece	2 x 1 inch pieces	~3 x 1 inch pieces
Mini Cucumber	1 piece	1 piece	1 piece
Diced Melon	~ 4 pieces	~ 4 pieces	~ 4 pieces
Fruit Blends (for Super Smoothie)	3 tbsp	4 tbsp	⅓ cup
Grape Tomatoes	~ 2 pieces	~ 3 pieces	~ 3 pieces
Green Beans (paired with baby carrots)	~ 2 pieces	~ 2 pieces	~ 2 pieces
Pineapple	1/10 per tub	1/10 pr tub	1/10 per tub
Stone Fruit	½ piece	1 piece	1½ piece
Tomato Bruschetta	2 tbsp	2 ½ tbsp	4 tbsp
Tomato Salsa	2 tbsp	4 tbsp	5 tbsp
Pineapple, Melon & Orange Fruit Salad	~9 pieces	~9 pieces	~9 pieces
Grapes	15-20 pieces	15-20 pieces	15-20 pieces

Dairy/Egg Products/ Proteins	Snack Club 1	Snack Club 2	Snack Club 3
Cheddar Bites	~ 5 pieces	~ 5 pieces	~ 6 pieces

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Cheddar or Mozzarella Cheese Block	1.3 cm in slices	1.6 cm in slices	2.4 cm in slices
Cheddar Cheese w/ Onion & Garlic	1.3 cm in slices	1.6 cm in slices	2.4 cm in slices
Shredded Cheddar	1 tbsp	1 ½ tbsp	~2 tbsp
Falafel Bites	1 piece	2 pieces	3 pieces
Hard-Boiled Egg	1 piece	1 piece	1 piece
Maple / Dill Soft Cheese or Cream Cheese	½ tbsp	½ tbsp	½ tbsp
Vanilla Maple Yogurt (<i>paired with equal amount of fruit blend for smoothie</i>)	⅓ cup (3 tbs)	¼ cup (4.5 tbs)	¼ cup (4.5 tbs)
Vanilla Maple Yogurt/Honey Yogurt (<i>paired with granola</i>)	⅓ cup	½ cup	½ cup
Milk	½ cup	½ cup	½ cup

Dips / Sauces / Garnishes	Snack Club 1	Snack Club 2	Snack Club 3
Apple Butter	2 tsp	2 tsp	2 tsp
Hummus / Marinara Sauce / Tzatziki	1 tbsp	1 tbsp	1 tbsp
Organic Fruit Spread	½ tbsp	½ tbsp	½ tbsp

Grains	Snack Club 1	Snack Club 2	Snack Club 3
Croissant / Muffin / Brioche Bite / Raisin & Seed Oatie	1 piece	1 ½ pieces	2 pieces
Cracked Wheat Crackers	3 pieces	4 pieces	4 ½ pieces
Chickpea Crisps	½ cup	¾ cup	1 cup
Pita Crackers	5-6 pieces	8-9 pieces	10-11 pieces
Cookies (choco, oatmeal, ginger) / Gluten Free Oat & Quinoa Cocoa Bar/ Scone / Whole Wheat Flatbread/ Whole Wheat Wrap / Organic Strawberry Granola Bar / Cranberry Bar / Chocolate Chip Bar	1 piece	1.5 pieces	2 piece
Granola (plain)	¼ cup	⅓ cup	⅓ cup
Organic Strawberry Granola	⅓ cup	⅓ cup	⅓ cup
Loaves (cocoa beet, blueberry, pumpkin, date-oat, apple cinnamon)	1/10 loaf	⅛ loaf	¼ loaf

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Mini Organic Lemon / Cocoa Cookies / Maple Snaps (shasha brand)	~ 5 pieces	~ 7 pieces	~ 10 pieces
Morning Round	½ piece	1 piece	1 piece
Multigrain & Chia Crisps	~4 pieces	~6 pieces	~8 pieces
Organic Multigrain Squares / Organic Super O's / Organic Whole Wheat Flakes / Organic Blossoms	⅓ cup	⅓ cup	⅓ cup
Organic Vegetable Crackers	~ 9 pieces	~ 10 pieces	~ 11pieces
Organic Quinoa Crunchies	⅓ cup	½ cup	~ ¾ cup
Pasta Salad	~½ cup	~¾ cup	~¾ cup
Puffed Rice Squares / Multigrain Thins / Gingerbread Kids (ShaSha)	2	2	2
Rice Crackers (small rounds)	5 pieces	8 pieces	8 pieces
Roasted Red Pepper Loaf / Onion Bread / Folded Basil Loaf	1/12 loaf	1/12 loaf	1/10 loaf
Purple Corn Popcorn / Tortilla Crisps	1 ½ cups	2 cups	2 ½ cups
Snacking Round	1 ½ pieces	2 pieces	2 pieces
Trail Mix / Crunchy Trail Mix	⅓ cup	½ cup	½ cup
Whole Wheat Garlic Baguette	⅛ loaf	⅛ loaf	⅛ loaf
Whole Wheat Mini Bagel	1 piece	1 ½ pieces	1 ½ pieces
Whole Wheat Pita / Focaccia Slice	1 piece	1 piece	1 ½ pieces
Whole Wheat Raisin Focaccia	1/12 loaf	1/12 loaf	⅛ loaf
Vegan White Cheddar Puffs	~16 pieces	~21 pieces	~26 pieces

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