WHAT IS CLAIMED IS:

1. An automated dispense system comprising a tray and a conveyance unit, wherein said conveyance unit is configured to:

(i) support one or more items above said tray when said conveyance unit is extended through at least one slot of said tray to lift said one or more items;

(ii) transport said one or more items to or towards a support disposed in proximity to said tray, wherein during transport, said one or more items rest on said conveyance unit; and

(iii) dispense at least one item of said one or more items from said conveyance unit to or towards said support.

2. The system of claim 1, wherein said conveyance unit is configured to (a) move in a first direction to lift said one or more items away from said tray, and (b) move in a second direction to transport said one or more items to or towards said support, which second direction is different than said first direction.

3. The system of claim 1, wherein said one or more items is a plurality of items of different types.

4. The system of claim 1, wherein said support comprises a packaging unit.

5. The system of claim 1, wherein said conveyance unit is configured to dispense said at least one item onto said support such that said at least one item rests on said support.

6. The system of claim 1, wherein said tray is configured to support said one or more items, and wherein said one or more items are not in contact with said tray when said one or more items are supported by said conveyance unit above said tray.

7. The system of claim 1, wherein said at least one item is dispensed into or onto said support under an influence of gravitational force, in absence of manual placement of said at least one item.

8. The system of claim 1, wherein said conveyance unit is configured to dispense said at least one item into or onto said support, in absence of lifting, picking, grabbing, or grasping said at

least one item from above said tray.

9. The system of claim 1, wherein said conveyance unit comprises a conveyor comprising one or more rails, which said one or more rails are configured to extend through said at least one slot of said tray to lift and support said one or more items.

10. The system of claim 1, wherein said at least one slot extends along a portion of at least one groove of said tray.

11. The system of claim 1, further comprising an additional conveyance unit that is configured to transport one or more other items above said tray to or towards said support.

12. The system of claim 1, wherein said at least one slot is sized or shaped to prevent said one or more items from passing or falling through said at least one slot when said tray is supporting said one or more items.

13. The system of claim 1, wherein said tray comprises a groove that is configured to support said one or more items, and wherein said one or more items are not in contact with said groove when said one or more items are supported by said conveyance unit above said tray.

14. The system of claim 1, wherein said conveyance unit is configured to extend along a direction away from said tray, such that said conveyance unit supports said one or more items.

15. The system of claim 14, wherein said conveyance unit is configured to extend through at least one other slot of said tray to lift one or more other items along said direction away from said tray.

16. The system of claim 13, wherein said tray comprises a plurality of grooves comprising said groove, and wherein an additional groove of said plurality of grooves is configured to support one or more other items, and wherein said groove and said additional groove are disposed at different locations of said tray.

17. The system of claim 16, wherein said one or more other items are stationary and

supported on said additional groove while said conveyance unit transports said one or more items to or towards said support.

18. The system of claim 16, wherein said plurality of grooves extend longitudinally along said tray.

19. The system of claim 16, wherein said plurality of grooves are disposed substantially parallel to one another.

20. The system of claim 1, wherein in (i) said conveyance unit is configured to extend through said at least one slot in a first direction, and wherein in (ii) said conveyance unit is configured to transport said one or more items in a second direction that is different from said first direction.

21. The system of claim 20, wherein said first direction is substantially vertical with respect to a plane of said tray.

22. The system of claim 21, wherein said second direction is substantially horizontal with respect to said plane.

23. The system of claim 1, wherein said tray or said conveyance unit is configured to automatically move such that said tray is disposed adjacent to said conveyance unit.

24. The system of claim 23, wherein said tray or said conveyance unit is automatically moved such that said tray is disposed directly above or aligned with said conveyance unit.

25. The system of claim 1, wherein said one or more items comprise one or more food items, and wherein said at least one item is from said one or more food items.

26. The system of claim 25, wherein said conveyance unit is configured to dispense said at least one item into a predetermined location within or on said support.

27. The system of claim 1, further comprising a controller configured to control a quantity of said one or more items to be dispensed into or onto said support.

28. The system of claim 27, wherein said controller is further configured to automatically update an item inventory after said at least one item is dispensed into or onto said support.

29. The system of claim 27, wherein said controller is further configured to automatically update an availability of at least one location on said tray after said at least one item is dispensed into or onto said support.

30. The system of claim 27, wherein said controller is further configured to verify that said at least one item is properly dispensed into or onto said support.