

Food Amounts to Serve 50

P.M. Snacks

3-5 Years Old

| Meat Alt. | Fruit | Vegetable | Whole Grain |
|---|--|--|--|
| | ½ cup per serving | ½ cup per serving | see amt below |
| Cheese- 25 oz. Cheese Sticks- 25 oz. Eggs- 25 eggs ½ egg per serving Plain Yogurt- 100 oz. Non-Fat ¼ cup per serving Cottage Cheese- 100 oz. ¼ cup per serving Turkey 25oz | Apple Slices 25 cups- 6.75# Banana- 25 cups 18.75# Blueberries 25 cups 6.75# Mixed Berries 25 cups Cantaloupe- 25 cups 17.5# Honeydew- 25 cups 20.5# Kiwi- 25 cups 8.75# Mango 25 cups 13.75# Mandarin 25 cups Mixed Fruit- 25 cups. Oranges 28.75 # Pineapple 2 #10 cans Strawberries 25 cups Fresh- 9.75# Frozen(sliced)-13.75# Watermelon- 25 cups 16.5# | Bell Peppers- 25 cups 7# ½ amt. when w/ carrots Carrots- 25 cups 7# ½ amt. when w/ bell Peppers Fresh Mixed Veggies- 25 cups. | Bagel- 25 oz. Bread Sticks- 25 oz. Cheezy Bread- 25 oz. Pita - 25 oz WGR Tortilla 25 oz Goldfish Crackers- 12.5 cups. Or 50 - 0.75 oz. pack Bread- 25 oz. Crackers- 20 o 6 crackers each WGR Zesty Cereal- 37.5 cups Cheerios & Chex |

1% Milk- 1.75 Gallon

½ cup or 4 oz. per serving

Food Amounts to Serve 50

Breakfast

3-5 Years Old

Fruits – ½ cup per serving

Whole Grain/Breads/Cereals

| | |
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| Apples 6.75# 25 cups Applesauce- #10 Can- 2.25 cans Apricots- #10 Can- 2.25 cans Bananas- 18.75# Berries/Mixed Berries- 8.5# Honeydew- 20.5# Mandarins Fresh- 14.75# Canned- #10 Can- 2.25 cans. Mixed Fruit- 25 cups Peaches Fresh- 11.25# Frozen- 13.75# Canned- #10 Can- 2 cans. Pears Fresh- 12.75# Canned- #10 Can- 2.25 cans. Pineapple Fresh- 15.75# Frozen- 13.75# Canned- # Can- 2.25 cans | Breads- ½ Slice or 0.5oz. per serving Bread/WGR Tortilla/Biscuits- 25 oz. WGR Waffles/Pancakes- 2# Whole Grain Muffins- 3# WGR -Hot Cereal ¼ cup per serving cooked Oatmeal cooked- 1.25# Whole Grain Cream of Wheat 1# WGR Cereal- ½ cup per serving Cheerios- 25 cups Wheaties- 25 cups WGR Cereal- ¾ cup per serving Kix- 37.5 cups Wheat Chex- 37.5 cups |
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1% Milk- 2.5 Gallons

¾ cup or 6oz. per serving

Food Amounts to Serve 50

Lunch 3-5 Years Old

Meat- 1.5oz. per serving

Vegetable- 1/4 c. per serving

Fruit- 1/4 c. per serving

WGR (see amt. below)

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| Ground Beef- 6.25# Chicken Breast- 6.5# Thighs- 11# Fajita Strips 3 oz serving 9.5# Tuna- 4.75# Cod Fillet-Fresh 6.75# 1(3-4oz. piece coated fish) 9.5# Ground Pork(sausage)- 6.25# Shredded Pork- 6.75# Sliced Turkey- 4.75# (1/2 amt. in Turkey & Cheese sandwiches) Sliced Ham- 5.5# (1/2 amt. in Ham & Cheese sandwiches) Sliced Roast Beef- 4.75# Meat Alternatives Beans- 3/8c. per serving (See recipes) Cheese- 4.75# (1/2 amt in meat & Cheese sandwiches) | Broccoli- 12.5 cups 1.75# Brussels Sprouts 12.5 cups Fresh-3.75# Frozen- 5# Cabbage- 1/2 cup serving. Shredded 4# Chopped 5.75# Carrots-12.5 cups 3.25# Cauliflower 12.5cups- 3# Corn 12.5 cups- 4.75# Green Beans 12.5 cups Fresh- 4.25# Frozen- 4.75# Canned- #10 can-1.25 Mixed Vegetables 12.5 cups- Fresh- 12.5 cups Frozen- 4.75# Mixed Greens OR Spinach Salad 1/4 cup Greens & 1/8 cup Bell Peppers OR Shred Carrots (See recipe for amts.) Peas & Carrots-12.5 cups 4.75# Red Potatoes- 12.5 cups 5.25# Sweet Potatoes- 12.5 cups 7.75# Condense Tomato Soup Each 50 oz can condense plus 50 oz water approx. 12 -1 cup servings | Cantaloupe 12.5 cups- 8.75# Honeydew-12.5 cups 10.25# Kiwi-12.5 cups 4.5# Mango-Frozen Diced 12.5 cups 6.75# Mixed Fruit- 12.5 cups 8.75# Oranges-12.5 cups 7.5# Pineapple 12.5 cups Fresh- 8# Frozen- 10.5# Canned- #10 can-1.5 Strawberries 12.5 cups Fresh- 5# Frozen(sliced)- 7# Watermelon-12.5 cups 8.25# | Bread- 25 oz. Inc. buns & dinner rolls WGR Brown Rice 1/4 cooked per serving. Long Grain- 3# Instant- 1.75# WGR Cornbread- 30 oz. Crackers- 20 oz. 6 crackers each WGR Crust(pizza)- 25 oz. Italian Bread- 30 oz. WGR Tortillas- 25 oz. WGR Pasta 1/4 cup cooked per serving. Bowtie- 1.75# Egg Noodles- 1.25# Elbow Macaroni- 1.5# Lasagna Noodles- 1.75# Penne- 1.5# Spaghetti Noodles- 1.5# |
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1% Milk- 2.5 Gallons

3/4 cup or 6oz. per serving