

## Food Amounts to Serve 75

### P.M. Snacks

### 3-5 Years Old

<b>Meat Alt.</b>	<b>Fruit</b>	<b>Vegetable</b>	<b>Whole Grain</b>
	<b>1/2 cup per serving</b>	<b>1/2 cup per serving</b>	<b>see amt below</b>
<b>Cheese-</b> 37.5 oz.  <b>Cheese Sticks-</b> 37.5 oz.  <b>Eggs-</b> 38 eggs 1/2 egg per serving  <b>Plain Yogurt-</b> 150 oz. Non-Fat 1/4 cup per serving  <b>Cottage Cheese-</b> 150 oz. 1/4 cup per serving  <b>Turkey</b> 37.5 oz	<b>Apple Slices-</b> 10.25# 37.5 cups <b>Banana-</b> 28.25# <b>Blueberries</b> 37.5 cups 10# <b>Cantaloupe-</b> 26.5#  <b>Honeydew-</b> 30.75# <b>Kiwi-</b> 13.25# <b>Mandarin</b> 37.5 cups <b>Mango</b> 37.5 cups 19.75# <b>Mixed Fruit-</b> 37.5 cups. <b>Mixed Berries-</b> 37.5 cups. Oranges <b>Pineapple</b> 4.5 #10 Can 37.5 cups <b>Strawberries</b> Fresh- 14.75# Frozen(sliced)-20.75#  <b>Watermelon-</b> 24.75#	<b>Bell Peppers-</b> 10.5# 1/2 amt. when w/carrots  <b>Carrots-</b> 10.5# 1/2 amt. when w/bell Peppers  <b>Fresh Mixed Veggies-</b> 37.5c.	<b>Bagel-</b> 37.5 oz. <b>Bread Sticks-</b> 37.5 oz. <b>Cheezy Bread-</b> 37.5 oz. <b>Pita</b> 37.5 oz <b>WGR Tortilla</b> 37.5 oz  <b>Goldfish Crackers-</b> 18.75c. Or 50 - 0.75oz. pack  <b>Bread-</b> 37.5oz. <b>Crackers-</b> 30oz 6 crackers each  <b>WGR Zesty Cereal-</b> 56.25 cups Cheerios & Chex

### 1% Milk- 2.5 Gallons

**1/2 cup or 4 oz. per serving**

## Food Amounts to Serve 75

### Lunch      3-5 Years Old

**Meat- 1.5oz. per serving**

**Vegetable- ¼ c. per serving**

**Fruit- ¼ c. per serving**

**WGR (see amt. below)**

<b>Ground Beef- 9.5#</b>  <b>Chicken</b> Breast- 9.75# Thighs- 16.5# Fajita Strips 3 oz serving 14 #  <b>Tuna- 7.25#</b>  <b>Cod Fillet- 10.25#</b> 1(3-4oz. piece Coated Filet) 14.25 #  <b>Ground Pork(sausage)-</b> 9.5#  <b>Shredded Pork- 10.25#</b>  <b>Sliced Turkey- 7.25#</b> (½ amt. in Turkey & Cheese sandwiches)  <b>Sliced Ham- 8.5#</b> (½ amt. in Ham & Cheese sandwiches)  <b>Sliced Roast Beef- 7.25#</b>   <b>Meat Alternatives</b>  <b>Beans- 3/8c. per serving</b> (See recipes)  <b>Cheese- 7.25#</b> (½ amt in meat & Cheese sandwiches)	<b>Broccoli- 2.75#</b>  <b>Brussels Sprouts</b> Fresh-5.75# Frozen- 7.5#  <b>Cabbage- ½ cup</b> <b>serving.</b> Shredded 5.75# Chopped 8.5#  <b>Carrots- 5#</b>  <b>Cauliflower- 4.5#</b> <b>Corn- 7.25#</b>  <b>Green Beans</b> Fresh- 6.5# Frozen- 7.25# Canned- #10 can-2.  <b>Mixed Vegetables-</b> Fresh- 18.75 cups Frozen- 7.25#  <b>Mixed Greens OR</b> <b>Spinach Salad</b> ¼ cup Greens & 1/8 cup Bell Peppers OR Shred Carrots (See recipe for amts.)   <b>Peas &amp; Carrots- 7.25#</b> <b>Red Potatoes- 8#</b> <b>Sweet Potatoes- 11.75#</b> <b>Condense Tomato Soup</b> Each 50 oz can condense plus 50 oz water approx. 12 -1 cup servings	<b>Cantaloupe- 13.25#</b>  <b>Honeydew- 15.5#</b>  <b>Kiwi- 6.75#</b>  <b>Mango-Frozen Diced</b> 10.25# 18.75 cups  <b>Mixed Fruit- 13.25#</b> Or 18.75 cups  <b>Oranges- 11.25#</b>  <b>Pineapple</b> Fresh- 12# Frozen- 14# Canned- 10 can-2.25  <b>Strawberries</b> Fresh- 7.25# Frozen(sliced)-10.5#  <b>Watermelon- 12.5#</b>	<b>Bread- 37.5 oz.</b> Inc. buns & dinner rolls  <b>WGR Brown Rice ¼</b> <b>cooked per serving.</b> Long Grain- 4.5# Instant- 2.75#  <b>WGR Cornbread- 45oz.</b>  <b>Crackers- 30oz.</b> 6 crackers each  <b>WGR Crust(pizza)-</b> 37.5oz.  <b>Italian Bread- 45oz.</b>  <b>WGR Tortillas- 37.5oz.</b>  <b>WGR Pasta ¼ cup</b> <b>cooked per serving</b>  <b>Bowtie- 2.75#</b>  <b>Egg Noodles- 2#</b>  <b>Elbow Macaroni- 2.25#</b>  <b>Lasagna Noodles- 2.75#</b>  <b>Penne- 2.25#</b>  <b>Spaghetti Noodles- 2.25#</b>
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**1% Milk- 3.75 Gallons**

**¾ cup or 6oz. per serving**

## Food Amounts to Serve 75

### Breakfast

#### 3-5 Years Old

##### Fruits – ½ cup per serving

##### Whole Grain/Breads/Cereals

<b>Apples</b> 10.25# -37.5 cups <b>Applesauce-</b> #10 Can- 3.5 cans  <b>Apricots-</b> #10 Can- 3.5 cans  <b>Bananas-</b> 28.25#  <b>Berries/Mixed Berries-</b> 12.75#  <b>Honeydew-</b> 30.75#  <b>Mandarins</b> Fresh- 22.25# Canned- #10 Can- 3.5 cans  <b>Mixed Fruit-</b> 37.5 cups  <b>Peaches</b> Fresh- 17# Frozen- 20.75# Canned- #10 Can- 3 cans  <b>Pears</b> Fresh- 19.25# Canned- #10 Can- 3.5 cans  <b>Pineapple</b> Fresh- 23.75# Frozen- 20.75# Canned- # Can- 3.5 cans	<b>Breads- ½ Slice or 0.5oz. per serving</b> Bread/WGR Tortilla/Biscuits- 37.5oz. WGR Waffles/Pancakes- 3# Whole Grain Muffins- 4.5#  <b>WGR -Hot Cereal ¼ cup per serving cooked</b> Oatmeal cooked- 2# Whole Grain Cream of Wheat 1.5#  <b>WGR Cereal- ½ cup per serving</b> Cheerios- 37.5 cups Wheaties- 37.5 cups  <b>WGR Cereal- ¾ cup per serving</b> Kix- 56.25 cups Wheat Chex- 56.25 cups  <b>Extra's</b> Eggs 3/4 eggs each. Yogurt 2 oz serving each. Cottage Cheese 2 oz serving each. Cheese 1.5 oz serving each.
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**¾ cup or 6oz. per serving**