



How much food per person per meal - *Note: All meats are pre-cooked weight

Item:			Item:		
Meats			Fruit/Vegetables		
Beef/Steak/Roasts	6-8oz	*pre-cooked	Soup, canned	5oz	
Chops	4-6oz	*pre-cooked	Soup, packet	1 pk	
Beef Canned	4-6oz	portion	Cereals		
Stew/Recipe Meat	4oz	*pre-cooked	Dry	2oz	
Hamburger	4oz	1 patty	Oatmeal, bulk	2oz	dry
Hot Dogs	4oz	2 each	Oatmeal instant	2 pks	
Chicken, Fresh	8oz	1 breast or 2 legs	Pancake mix	3oz	dry
Chicken, canned	4oz	Portion	Pastas		
Fish Fillet	8oz	*pre-cooked	Spaghetti, bulk	3oz	Uncooked
Fish, canned	3oz	Portion	Macaroni/noodles	3oz	Uncooked
Ham, slab	4oz	*pre-cooked	Ramen noodles	1 pk	
Ham, canned	4oz	Portion	Rice, bulk	½ cup	Uncooked
Bacon, sliced	2oz	2 – 3 slices	Rice, dish	4oz	
Sausage, patty/link	3oz	2 patties/links			
Deli meats, slices	2oz	2 – 3 slices			
Dairy			Breads		
Eggs, fresh	2 ea		Sliced	2 sl	
Eggs, liquid/mix	2oz	dry	Rolls	2 ea	
Milk, liquid	8oz		Biscuits	2 ea	
Cheese, block	2oz	chunk	Breadsticks	2 ea	
Cheese, sliced	2oz	2 slices			
Cheese, shredded	2 oz	1/3 cup	Beverages		
Butter	1oz	3 pats, 2 tbsp	Hot Chocolate, mix	2 tbsp.	
Cream cheese	1oz	2 tbsp	Hot Chocolate, pks	1 pk	
Fruit/Vegetables			Coffee, brewed	6oz	
Apples	1 ea		Tea, bags	2 ea	
Oranges	1 ea		Tea, iced	8oz	
Bananas	1 ea		Cold drinks, mix	2 tbsp	
Fruit, canned	5oz		Cold drinks, btl/cn	1 ea	
Fruit, dried	2oz		Cold drinks, bulk	8oz	
Juice	6oz				
Carrots, raw	1 ea	Or ½ cup shred			
Tomato	3 sl	3 slices			
Lettuce	1oz	Approx. 2 leaf			
Onion	2oz	3-4 slices			
Potatoes, raw	1 ea	medium			
Potatoes, mix	2oz				
Corn, ear	2 ea				
Veggies, canned	4oz				

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