ESTIMATING QUANTITIES FROM SELF-SERVE BARS

VISUAL EXAMPLES

Peaches, Canned

¼ cup | ½ cup | 1 cup

Grapes, Bunches

¼ cup | ½ cup | 1 cup

Broccoli, Florets

¼ cup | ½ cup | 1 cup

Baby Carrots

¼ cup | ½ cup | 1 cup

Lettuce, Chopped

½ cup lettuce = ¼ cup vegetable | 1 cup lettuce = ½ cup vegetable | 2 cups lettuce = 1 cup vegetable

Pinto Beans, Canned

⅛ cup beans = ⅛ c veg or ½ M/MA | ¼ cup beans =¼ cup veg or 1 M/MA | ½ cup beans = ½ cup veg or 2 M/MA

Mozzarella Cheese, Shredded

¼ oz cheese = ¼ M/MA | ½ oz cheese = ½ M/MA | 1 oz cheese = 1 M/MA

Ham, Diced, USDA Foods*

.61 oz ham =½ M/MA | 1.22 oz ham =1 M/MA | 2.44 oz ham =2 M/MA

*Based on USDA Ham, products will vary in M/MA equivalents. Refer to manufacturer information. M/MA = Meat/Meat Alternate

This institution is an equal opportunity provider. Developed by the Idaho Child Nutrition Programs.