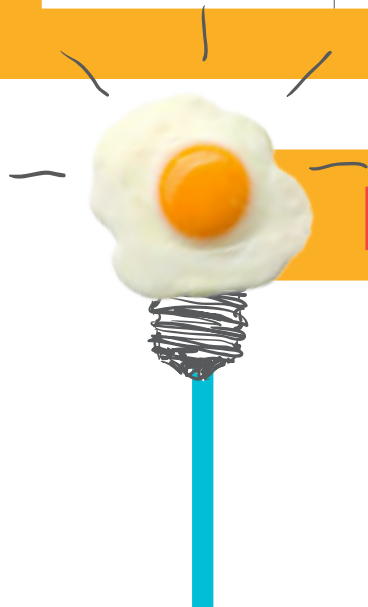


PURCHASING GUIDE



ITEM	QUANTITY	SERVING SIZE	50 CHILDREN	200 CHILDREN
GRAINS				
Whole Wheat Bread	15 slices per bag	1 slice	4 bags	14 bags
Whole Wheat Bagel	6 bagels per bag	½ bagel	5 bags	17 bags
Whole Wheat Crackers	30 per sleeve	10 crackers	5 boxes	17 boxes
DAIRY				
Milk (white)	4L jugs or bags	250 ml	4 jugs or bags	13 jugs or bags
Yogurt	12 per package (100ml)	175 ml	8 packages	30 packages
Block Cheese	525 g	50 g	5 blocks	20 blocks
FRUITS & VEGETABLES				
Cucumbers	12 wedges per cucumber	3 wedges	13 cucumbers	50 cucumbers
Carrots	88 pieces per 2lb bag	8 pieces	5 bags	19 bags
Apples	50 per bag	1 whole	1 bag	4 bags
Banana	100 per case	1 whole	½ case	2 case
Grapes	10 servings per bag	10 grapes	5 bags	20 bags



BRIGHT IDEAS

You can determine the food cost per serving when menu planning with this simple calculation:

- Package Size/Serving Size = Number of Servings
- Price of Item/Number of Servings = Food Cost Per Serving