Serving Size Chart

1 cup   = ¾ cup + ¼ cup
           = ½ cup + ½ cup
           = ½ cup + ¼ cup + ¼ cup
           = ¼ cup + ¼ cup + ¼ cup + ¼ cup

¾ cup   = ½ cup + ¼ cup
           = ¼ cup + ¼ cup + ¼ cup
           = ½ cup + ⅛ cup + ⅛ cup

½ cup   = ¼ cup + ¼ cup
           = ¼ cup + ⅛cup + ⅛ cup
           = ⅛ cup + ⅜ cup
           = ⅛ cup + ⅛ cup + ⅛ cup + ⅛ cup

¼ cup   = ⅛ cup + ⅛ cup

Instructions: This is a chart to identify the minimum quantities of foods to place on the table at the beginning of the meal service according to serving sizes and number of children and adults to be served. The serving size is in the second row. Assume the adult serving size is the same as the child's. Determine the serving size needed. Follow the column down until it intersects with the row that identifies the number of children and supervising adults at the table. The answer at the intersection is the minimum amount that must be placed on the table at the beginning of the meal service.

Food Component ➜	Milk/Juice/Fruit/Vegetable c = cup				Meat/Bread/Grains oz = ounce			
Serving Size ➜	¼ c 2 oz	½ c 4 oz	¾ c 6 oz	1 c 8 oz	.5 oz 1/2 slice	1 oz 1 slice	1½ oz	2 oz
No of children & adults at table ↓								
2	½ c 4 oz	1 c 8 oz	1½ c 12 oz	2 c 16 oz	1 oz 1 slice	2 oz 2 slices	3 oz	4 oz
3	¾ c 6 oz	1½ c 12 oz	2¼ c 18 oz	3 c 24 oz	1½ oz 1½ slices	3 oz 3 slices	4½ oz	6 oz
4	1 c 8 oz	2 c 16 oz	3 c 24 oz	4 c 32 oz	2 oz 2 slices	4 oz 4 slices	6 oz	8 oz
5	1¼ c 10 oz	2½ c 20 oz	3¾ c 30 oz	5 c 40 oz	2½ oz 2½ slices	5 oz 5 slices	7½ oz	10 oz
6	1½ c 12 oz	3 c 24 oz	4½ c 36 oz	6 c 48 oz	3 oz 3 slices	6 oz 6 slices	9 oz	12 oz
7	1¾ c 14 oz	3½ c 28 oz	5¼ c 42 oz	7 c 56 oz	3½ oz 3½ slices	7 oz 7 slices	10½ oz	14 oz
8	2 c 16 oz	4 c 32 oz	6 c 48 oz	8 c 64 oz	4 oz 4 slices	8 oz 8 slices	12 oz	16 oz
9	2¼ c 18 oz	4½ c 36 oz	6¾ c 54 oz	9 c 72 oz	4½ oz 4½ slices	9 oz 9 slices	13½ oz	18 oz
10	2½ c 20 oz	5 c 40 oz	7½ c 60 oz	10 c 80 oz	5 oz 5 slices	10 oz 10 slices	15 oz	20 oz