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 | ¼ cup beans | ½ cup beans

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

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Build a Healthy Lunch

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