

# Sample Purchasing Guide - Meal for 100 (By Portion Sizes)

Food	Size of Serving	Order for 100
<b>BAKERY PRODUCTS</b>		
Bread, Pullman Loaf - 30 oz.	1-2 slices	4-8 loaves
Crackers	2 crackers	2 lbs.
Rolls	1 1/2-2	12-17 doz
<b>BEVERAGES</b>		
Cocoa	1 C.	1 lb.
Coffee	1 C.	2-2 1/2 lbs.
Coffee, instant	1 ct.	2-3 small jars
Fruit or tomato juice	1/2 C.	4 No. 10 cans
Milk 6 oz. glass	5 gal.	
Punch	1/2 C.	3 gal.
Tea	1 C.	5 oz.
<b>CEREALS AND CEREAL PRODUCTS</b>		
<b>CEREAL TO BE COOKED</b>		
Macaroni	6 oz.	12 lbs.
Noodles	6 oz.	8 lbs.
Rice	6 oz.	10 lbs.
Spaghetti	6 oz.	12 lbs.
<b>DAIRY PRODUCTS AND EGGS</b>		
Butter	1-1 1/2 pats	2-3 lbs
Cheese, cottage	1/3 C.	17 lbs.
Cheese, longhorn	1 1/2 oz.	9 1/2 lbs.
Eggs	1-2	8 1/3-16 2/3 doz.
Ice cream, brick	-	14-16 bricks
Ice cream, bulk	No. 12 dipper	4 gal.
<b>FRUIT</b>		
Canned fruit	-	4 No. 10 cans
Fresh fruits		
Apples, for 8" pie	7 cuts per pie	30 lbs.
Cherries, for 8" pie	7 cuts per pie	16-20 qts.
Strawberries, for shortcake	1/2 C.	12-16 qts.
Frozen fruits		
Apples, cherries for 8" pie	3 oz.	20 lbs. (8 pkgs.)
<b>MEATS</b>		
<b>BEEF</b>		
Hamburger patties	3 1/2 oz.	28 lbs.
Rib roast	2 oz.	40-50 lbs.
Round steak, 1/2" thick	3 oz.	30 lbs.
<b>FISH</b>		
Fish, fried	4 1/2 oz.	32-36 lbs.
Oysters	-	3-4 gal.
Shrimp (cooked)	1 1/4 oz.	14 lbs. raw
<b>LAMB</b>		
Roast leg, 6 lb. each	2 1/2 oz.	8 legs
<b>PORK</b>		
Frankfurters 12/1	2 each	16-20 lbs.
Ham, to bake	3 oz.	40 lbs.
Pork chops	1 each	25 lbs. - 32 lbs.
Pork loin	4/1 or 3/1	32-40 lbs.
Sausages, link 16/1	3 oz.	12 1/2 lbs.
<b>POULTRY</b>		
Chicken, for dishes using cut-up cooked chicken	-	40-50 lbs. raw
Chicken, fried	1/4-1/2 chicken	26-50 fryers at 2 1/2-3 1/2 lbs. each
<b>TURKEY</b>		
Turkey, dressed	2 1/2 oz.	80 lbs.
<b>SALADS</b>		
Cabbage, raw for coleslaw	1/3 C.	16 lbs.
Fish or meat salad	1/2 C.	12 1/2 qts.
Fruit salad	1/3 C.	8 1/2 qts.
Potato salad	1/2 C.	12 1/2 qts.
Lettuce, head, garnish	-	8-10 heads
Tomatoes, sliced	3 oz.	20-25 lbs.
<b>SAUCES AND DRESSING</b>		
Gravy	2 Tbsp.	4 qts.
Salad dressing, thin	1 Tbsp.	2 qts.
Salad dressing, thick	1 1/2-2 Tbsp.	2 1/2-4 qts.
Vegetable sauce	2-3 Tbsp.	4-6 qts.
<b>SANDWICHES</b>		
Sandwich fillings	1/4 C.	6 qts.
Cold cuts	2 oz.	13 lbs.
<b>VEGETABLES</b>		
Canned vegetables	-	4 No. 10 cans
Dried beans	5-6 oz. (baked)	12 lbs.
Fresh vegetables		
Beans, green	3 oz.	20-24 lbs.
Beets	3 oz.	26-28 lbs.
Head lettuce	1/6 head	16-20 heads
Potatoes, Irish, baked	6 oz.	40 lbs.
Potatoes, to mash	1/2 C.	30 lbs.
Potatoes, sweet	4 1/2-5 oz.	36-40 lbs.
Frozen vegetables	2 1/4-2 1/2 oz.	26-34 (10-13 oz. pkgs.) or 8 (2 1/2 lb
<b>MISCELLANEOUS</b>		
Carrot, strips, 3"	2-3 pieces	4-5 lbs.