Bacon 2-3 slices per person

Bagels 1 per person

Beans 3 oz per person

Beverages, including milk 8 oz per person per meal

Bread for lunch 2 slices per person

Biscuits 1 per person

Cereal (dry) 1 oz per person, ¾ cup (read the box)

Cheese for sandwiches 1 oz per person

Cheese – shredded 1 oz per person

Chips 1 oz per person

Cream Cheese 1 oz per person

Desserts READ THE PACKAGE

Eggs for breakfast 2 per person

Eggs for French toast 1 egg for 2 slices of bread

Fruit (canned) 3 oz per person

Fruit Fresh 1 piece per person

Gravy ¼ cup per person

Ham for breakfast 2-3 oz per person

Hot Dogs 1-2 per person (ask) and get the same number of buns

Ketchup 1 oz per person

Mashed Potatoes side dish 4 ounces per person

Mayonnaise ½ to 1 oz per person

Meat for sandwiches 1-2 oz per person

Meat as a main item 4-5 ounces per person

Meat as part of a combined dish 2-3 ounces per person

Pancakes (read the package) 4 per person

Pasta as a side dish 2 oz per person

Pasta as a main dish 4 oz per person

Rice as a side dish 1.5 ounces per person

Rolls 1 per person

Salad 1 ounce (undressed) per person as a side dish

Salad Dressing ½ to 1 ounce per person

Salsa 2-3 Tablespoons per person

Sausage 3 links, 2 patties per person

Soup (as prepared) 1 cup per person

Sour Cream 1 oz per person

Syrup 1 oz per person

Vegetables as a side dish 3 oz per person (who will eat it)

Yogurt 8 oz per person