

SALAD BAR WEIGHTS

PRODUCE	FULL PAN	HALF PAN	QUARTER
Apple, sliced, 125-138 count	14#	7#	
Bananas, thirds	11#	5#	
Beans, Garbanzo			1 #10can
Beans, Black (drained)			1 #10can
Beans, Kidney			1 #10can
Bell Peppers	5#	3#	
Broccoli Florets	7#	3#	
Cabbage, shredded	9#	4#	
Cantaloupe, chunks	11#	5#	
Carrots, baby	9#	5#	
Carrots, shredded	9#	4#	
Cauliflower Florets	9#	5#	
Celery Sticks	10#	5#	
Cherry Tomatoes	11#	6#	
Corn (drained)	10#	5#	2#
Cucumbers	9#	5#	
Dried Fruit Mix		5#	2#
Fruit, canned	14#	6#	3#
Grapefruit, wedges	11#	5#	
Grapes	12#	5#	
Green Peas, Fresh			
Green Beans, Fresh	4#	3#	
Honeydew Melon, chunks	11#	5#	
Jalapenos	8#	4#	
Jicama	14#	7#	

PRODUCE	FULL PAN	HALF PAN	QUARTER
Kiwi, quarters	12#	6#	
Mushrooms	9#	4#	
Olives			
Orange, wedges	16#	8#	
Peaches, whole	12#	5#	
Pears, quartered	10#	5#	
Pickles	12#	6#	
Pineapple, fresh, chopped	11#	6#	
Plums, whole	10#	5#	
Romaine Lettuce	5#	3#	
Salsa			
Snap/Snow Peas	7#	4#	
Spinach	1#	1#	
Strawberries	14#	7#	
Tomato, wedges	12#	6#	
Zucchini Sticks	9#	4#	
Watermelon, chunks	11#	5#	
eat the rainbow.			
			

These numbers indicate the total weight (in pounds) or number of #10 cans that fill a full, half, or quarter size pan for the salad bar.

Step 1: Fill pans with the produce items you will be offering that day.

Step 2: Find the item in column #1 and the size pan (full, half, or quarter).

Step 3: Note the weigh for that item and size pan and write that number on your Menu Production Record for "Before." Make sure to add up all of your back-up items as well.

Step 4: After you serve, note your leftovers and ballpark the amount remaining - such as 1 cup, 4 cups, 10 carrots, whatever is easiest for you to estimate. This number goes in the "After" column of your MPR. Any back-up pans that you included in your "Before" calculations that were not used will need to be included in the "After" number.

The MPR is a tool for you to learn approximately how much of each item your students typically eat and adjust your offerings accordingly. The goal is to have little to no leftovers.