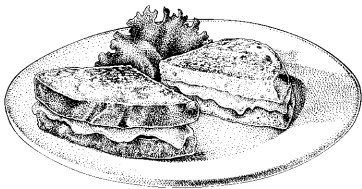


## USING THE FOOD BUYING GUIDE

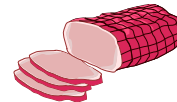
1. What number scoop would you choose, to serve the correct minimum portion of hot cooked cereal to a six year old? (See p. I-17, I-43)
2. How many tablespoons of peanut butter is the minimum serving size for the meat/meat alternate component at lunch for a three year old? (See 1-40, I-19)



3. Processed American cheese slices frequently weight  $\frac{3}{4}$  oz. How many slices should you use on a grilled cheese sandwich for a one year old? Three year old? Six year old? (See I-19)



4. The entrée on the lunch menu is ham sandwiches. You have purchased a Ham with natural juices (boiled without bone). What weight of each slice, will be the minimum portion required for a three year old? (See p. I-19, 1-48)

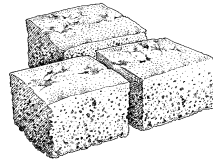


5. The menu calls for bologna sandwiches. Will a 1 oz. slice meet the minimum meat/meat alternate requirement for a one year old? (See p. I-19, 1-36)



6. Fish sticks are on the lunch menu. The brand of frozen 1 oz. fish sticks available is 60% fish and not from minced fish. How many fish sticks will meet the meal pattern for a one year old? Three year old? Six year old? (See p. 1-54)

7. The lunch menu uses cornbread as the grain/bread component. What is the minimum weight equal to one bread serving? How do you check the weight of each portion? (See p. 3-15)



8. The breakfast menu includes a granola bar with nuts and raisins. What is the minimum weight of each bar, to meet the meal pattern as one grain serving? (See p. 3-16)

9. The snack menu uses vanilla wafers as the grain component. What is the minimum serving weight to meet the meal pattern? How do you determine how many cookies to serve each age group? (See p. 3-16)



10. What size cup should you purchase to provide the minimum milk serving required for a one year old? (If the cups are filled 1/2 full?) For a three year old at breakfast if the cups are filled 3/4 full? For a six year old at lunch if the cups are filled 4/5 full? (See p. I-19)



11. Your center plans to serve lunch to 60 children. The cook plans on using two gallons of milk. Ages are: (20) 1-2 year old (30) 3-5 year old (10) 6 year old  
Will these meals be reimbursable? (See p. I-19)

