

Pacific Crest Trail Association Serving Size Guide

(Adapted from Florida Trail Association)

| Serving Size Guide | Approximate Amount for 50 Servings | Serving Size Per Person |
|--|---------------------------------------|----------------------------|
| Beverages | | |
| Coffee, regular ground | 1½ lbs. | 1 cup |
| Half & Half, for coffee | 2½ pints | 1½ tablespoons |
| Sugar, for coffee | 12 oz. | 1½ teaspoons |
| Fruit juice, lemonade, tea, etc. | | 1 cup |
| <i>Frozen</i> | 7 - 12 oz. cans | |
| Cocoa | To make 2½ gals. | ¾ cup |
| <i>Instant mix</i> | 2½ lbs. | ¾ cup |
| Breads, Rice, Pasta, Beans | | |
| Bread, sandwiches, side dish, French toast | 4 loaves (22-24 slices per loaf) | 2 slices |
| Rolls, croissants, small muffins, bagels | determine by pkg. size | 2 pieces |
| Pancake Mix | approx. 6 lbs., see pkg. directions | 2 4-inch cakes |
| Cereal | | |
| <i>Cooked oatmeal, grits</i> | 2 gals. cooked (2 lbs. dry) | 2/3 cup |
| <i>Cold</i> | 5 average-size boxes | ½-1 cup |
| Coffee Cake | 4 - 8" Bundt cakes | 1 regular slice |
| Pasta, | | |
| <i>As side dish</i> | 5 - 16 oz. pkgs. | ½-1 cup cooked |
| <i>As a main dish</i> | 11 - 16 oz. pkgs. | (2-4 oz. uncooked) |
| Rice, Quinoa, Other Grains, uncooked | | |
| <i>as a side dish</i> | 4 lbs. | ½ cup |
| <i>in a main dish such as risotto</i> | 6.5 lbs. | ¾ cup cooked |
| Beans | | |
| <i>canned</i> | 12 - 15.5 ounce cans | ½ cup cooked |
| <i>dried</i> | 6.5 lbs. | (2 oz. uncooked) |
| Dairy | | |
| Eggs, scrambled, omelets, frittatas | 8 ½ dozen | 2 eggs |
| Butter/Margarine, for bread | 1 lb. | 1 pat, ½ inch thick |
| Cheese, cut as appetizer | 4 lbs. | 2 oz. |
| Milk | 3 gals. | 1 cup |

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| Meat & Poultry (Uncooked) | | |
| Beef, Lamb, Pork, Chicken, boneless, cut-up for casserole, soup, stew, burritos, etc. | 16-18 lbs. | 3 oz. cooked |
| Bacon | 6 lbs., 12-20 slices per lb. | 2 slices |
| Sausage | 10-12 lbs. | 1-2 links cooked |
| Hamburgers, ground beef or mixture of ground meats | 13-15 lbs. (approx. 25% fat) | 4-8 oz. cooked |
| Ground Meat, beef, turkey, pork for meat sauce, lasagna, tacos, casseroles, etc. | 12-16 lbs. (approx. 25% fat) | ½ cup cooked |
| Hot Dogs | 12 lbs. | 2 hot dogs |
| Sandwiches | | |
| Beef, Ham, Turkey, deli sliced | 4 lbs., in total | 2 slices (1 oz.) |
| Cheese, deli sliced | 3 lbs. | 1 slice |
| Bread | 4 loaves (22-24 slices per loaf) | 2 slices |
| Condiments and Salad Dressings | | |
| Mayonnaise | 32 oz. | 1 tablespoon |
| Ketchup | 2 20-oz. bottles | 1 tablespoon |
| Mustard | 8 oz. | 1 teaspoon |
| Salad dressing, self-serve | 1 quart | 1 tablespoon |
| <i>Mixed in salad</i> | 3 cups | |
| Salsa | 2-3 quarts | 2-3 tablespoons |
| Jelly, jam, preserves | 2 32-oz. jars | 1 tablespoon |
| Seafood | | |
| Fish, fillets, steaks, fresh, frozen | 14-16 lbs. uncooked | 3-4 oz. cooked |
| Shrimp | | |
| <i>Raw in shell (any size)</i> | 18-20 lbs. | 6-7 medium shrimp |
| <i>Cooked (packaged frozen)</i> | 10 lbs. | (3 oz. cooked) |
| Sea Scallops, fresh or frozen | 10-12 lbs. | 4 scallops |
| Crabmeat, lobster meat, squid, cooked, canned or packaged | 12-15 lbs. | approx. ½ cup |

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| Vegetables & Fruit | | |
| Potatoes <i>Fresh</i> ; mashed, scalloped, au gratin, salads, etc. <i>Frozen</i> , French fries, wedges, hash browns | 18-22 lbs. raw 12-13 lbs. | ½ cup (5 oz. cooked) |
| Lettuce , romaine, red leaf, iceberg (heads stay fresh longer than bagged salad) | Approx. 6 large bunches | 1 cup |
| Vegetables , served as side dish, untrimmed, most varieties: broccoli, cabbage, carrots, eggplant, green beans, mushrooms, spinach, zucchini; sliced, diced or whole | Fresh 16-20 lbs. Frozen 10 lbs. | ½ cup cooked |
| Vegetables , in salad or vegetable platter, untrimmed <i>Fresh</i> (cauliflower, carrots, mushrooms, radishes) <i>Canned</i> | 4-6 lbs. each vegetable in salad/tray 18-20 cups (8-10 14.5-15 oz. cans, drained) | 1/4 cup, in salad ½ cup cooked |
| Tomatoes , sliced, for salad | 20-30 medium | 3 slices |
| Fruits , served as side dish or salad, cut up, apples, grapes, melons, berries, bananas <i>Fresh</i> <i>Canned</i> | 10-15 lbs. total (2-3 lbs. each of 5-6 types of fruit) 18-20 cups (8-10 14.5-15 oz. cans, drained) | ½ cup |
| Desserts | | |
| Cakes | 2 13x9x2" sheet cakes | 1 small square or 1 slice |
| Pies , 8-9 inch | 7-8 pies | 1 regular slice |
| Cookies | determine by pkg. size | 2-3 cookies |
| Other | | |
| Nuts , mixed | 2 lbs. | 2 tablespoons |
| Potato Chips , pretzels, tortilla chips, etc. | 3-4 lbs. (check package size) | 1-3 oz. |