

# Pacific Crest Trail Association Serving Size Guide

(Adapted from Florida Trail Association)

Serving Size Guide	Approximate Amount for 50 Servings	Serving Size Per Person
<b>Beverages</b>		
<b>Coffee</b> , regular ground	1.75 lbs., or 8.5 cups	1 cup
<b>Half &amp; Half</b> , for coffee	2½ pints	1½ tablespoons
<b>Sugar</b> , for coffee	12 oz.	1½ teaspoons
<b>Fruit juice, lemonade, tea, etc.</b>		1 cup
<i>Frozen</i>	7 - 12 oz. cans	
<b>Cocoa</b>	To make 2½ gals.	¾ cup
<i>Instant mix</i>	2½ lbs.	¾ cup
<b>Breads, Rice, Pasta, Beans</b>		
<b>Bread</b> , sandwiches, side dish, French toast	4 loaves (22-24 slices per loaf)	2 slices
<b>Rolls, croissants, small muffins, bagels</b>	determine by pkg. size	2 pieces
<b>Pancake Mix</b>	approx. 6 lbs., see pkg. directions	2 4-inch cakes
<b>Cereal</b>		
<i>Cooked oatmeal, grits</i>	2 gals. cooked (2 lbs. dry)	2/3 cup
<i>Cold</i>	5 average-size boxes	½-1 cup
<b>Coffee Cake</b>	4 - 8" Bundt cakes	1 regular slice
<b>Pasta</b> ,		
<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)
<b>Rice, Quinoa, Other Grains</b> , 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
<b>Beans</b>		
<i>canned</i>	12 - 15.5 ounce cans	½ cup cooked
<i>dried</i>	6.5 lbs.	(2 oz. uncooked)
<b>Dairy</b>		
<b>Eggs</b> , scrambled, omelets, frittatas	8 ½ dozen	2 eggs
<b>Butter/Margarine</b> , for bread	1 lb.	1 pat, ½ inch thick
<b>Cheese</b> , cut as appetizer	4 lbs.	2 oz.
<b>Milk</b>	3 gals.	1 cup

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

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<b>Vegetables &amp; Fruit</b>		
<b>Potatoes</b> <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)
<b>Lettuce</b> , romaine, red leaf, iceberg (heads stay fresh longer than bagged salad)	Approx. 6 large bunches	1 cup
<b>Vegetables</b> , 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
<b>Vegetables</b> , 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
<b>Tomatoes</b> , sliced, for salad	20-30 medium	3 slices
<b>Fruits</b> , 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
<b>Desserts</b>		
<b>Cakes</b>	2 13x9x2" sheet cakes	1 small square or 1 slice
<b>Pies</b> , 8-9 inch	7-8 pies	1 regular slice
<b>Cookies</b>	determine by pkg. size	2-3 cookies
<b>Other</b>		
<b>Nuts, mixed</b>	2 lbs.	2 tablespoons
<b>Potato Chips, pretzels, tortilla chips, etc.</b>	3-4 lbs. (check package size)	1-3 oz.