

# ESTIMATING QUANTITIES FROM SELF-SERVE BARS

## VISUAL EXAMPLES

Peaches, Canned



Grapes, Bunches



Broccoli, Florets



Baby Carrots



Lettuce, Chopped



Pinto Beans, Canned



Mozzarella Cheese, Shredded



Ham, Diced, USDA Foods\*



\*Based on USDA Ham, products will vary in M/MA equivalents. Refer to manufacturer information. M/MA = Meat/Meat Alternate  
This institution is an equal opportunity provider. Developed by the Idaho Child Nutrition Programs.

