

PORTION MEASUREMENT

STANDARD PORTION SIZES WITH DISPENSING/MEASURING

DEVICES TO BE UTILIZED

MEASURED AMOUNT

DEVICE

(3-4oz) MEAT / POULTRY / FISH

OUNCE CALIBRATED SCALE

(4oz) or (8oz) LIQUIDS

LIQUID MEASURING CUPS

(6oz) CASSEROLES / STEWS

(6 oz) LADLE

(6 oz) SOUPS

(6 oz) LADLE

(8 oz) SOUPS / CASSEROLES / STEWS

(8 oz) LADLE

(3 OZ) MEAT SALADS

**#10 SCOOP (Ivory Handle)
(3 ¼ oz)
Or (3 oz) Spoodle**

**(1/2 cup) FRUITS / VEGETABLES
STARCHES / DESSERTS**

**# 8 SCOOP (Gray Handle)
(4 oz)
Or (4 oz) Spoodle**