



BUY THE PANS

Serving Size Guide



Meats

Poultry

Menu Item	Serving Size Pieces	Serving Size Ounces	Compare to
Chicken/Turkey Breasts and Loaves	1 piece	5-6 oz	A Baseball
Turkey Burgers	1 piece	4-5 oz	A Baseball
Sliced, Chunked or Diced with/without Vegetables	—	7 oz	A Baseball
Soups, Stews & Boils	—	7 oz	1 Soup Bowl
Skewered Chicken	2 pieces	5-6 oz	A Baseball
Breast Tenders	3 pieces	5-6 oz	A Baseball
Chicken Drums	2 pieces	5-6 oz	A Baseball

Fish & Seafood

Fish Entrées	1 piece	5-7 oz	Fills 1/2 of 9" Plate
Whole Fish Side/Back	1 piece	5-7 oz	Fills 1/2 of 9" Plate
Shrimp Entrées with/without vegetables	—	7-8 oz	A Small Fist
Skewered Shrimp	2 pieces	4 oz	A Small Fist
Seafood Soups, Stews and Boils	—	7 oz	1 Soup Bowl

Beef & Lamb

Rack of Lamb	8 pieces (4 Racks)	24-32 oz	—
Lamb Chops	3 pieces	5-6 oz	A Baseball
Skewered Beef	2 pieces	5-6 oz	A Baseball
Sliced Beef	3 pieces	4 oz	A Baseball
Burgers	1 piece	4-5 oz	A Baseball
Meatballs	4 pieces	4 oz	A Large Fist
Jumbo Meatballs	2 pieces	4 oz	A Large Fist

Pork

Chopped & Cubed	—	5-6 oz	A Baseball
Sliced & Medallions	3 pieces	4 oz	A Baseball
Pork Loin	1 piece	5-6 oz	A Baseball

Pasta

Menu Item	Serving Size Pieces	Serving Size Ounces	Compare to
Entrée Pasta Dishes	—	8-10 oz	A Large Fist
Baked Entrée Pasta	—	5 oz	A Large Fist
Pasta Side Dishes	—	5 oz	2 Card Decks
Stuffed Shells	2 Shells	5-6 oz	2 Card Decks
Chilled Pasta Salad	—	4-5 oz	A Small Fist

Sides

Menu Item	Serving Size Pieces	Serving Size Ounces	Compare to
Chilled Sides & Salads	—	4-5 oz	A Large Fist
Casseroles & Soufflés	—	5 oz	A Baseball
Beans & Peas	—	4-5 oz	A Small Fist
Vegetables	—	4-5 oz	A Baseball
Corn on the Cob	1 piece	4 oz	A Baseball
Long & Stringy Vegetables	7-8 piece	5 oz	A Baseball
Loose & Mashed Potatoes	—	5 oz	A Baseball
Baked Potatoes	1 piece	5 oz	A Baseball
Chilled Pasta	—	4-5 oz	A Baseball
Rice	—	4-5 oz	A Baseball
Stuffed/Deviled Eggs	2 Halves	2 oz	One Egg

Vegetarian

Menu Item	Serving Size Ounces	Compare to
Vegetable Sides	4-5 oz	A Large Fist
Tofu Entrées	7 oz	A Deck of Cards
Leaf Salads	7 oz	1 Salad Bowl
Pasta Salads	4-5 oz	A Small Fist

Salad

Menu Item	Serving Size Pieces	Serving Size Ounces	Compare to
Entrée Salads	—	7 oz	1 Salad Bowl
Side Salads	—	4-5 oz	A Small Fist
Pasta Salad	—	4-5 oz	A Small Fist
Fruit Salad	—	4 oz	A Small Fist
Salad Kabob	2 Pieces	—	A Large Fist

Dessert & Fruit

Menu Item	Serving Size Pieces	Serving Size Ounces	Compare to
Brownies, Cookies, Cupcakes & Miniature Cakes	1 Piece	1 oz	2 Dominos
Fruit Bowl/Salad	—	4 oz	A Small Fist
Cobblers, Parfaits & Pudding	—	4-5 oz	A Small Fist
Kabobs & Pops	2 Pieces	5 oz	A Deck of Cards

Bread

Menu Item	Serving Size Pieces	Serving Size Ounces	Compare to
Sliced Breads	1 Piece	4-5 oz	A Golf Ball
Muffins & Rolls	1 Piece	5 oz	A Golf Ball

Beverages

Menu Item	Serving Size Pieces	Serving Size Ounces	Compare to
Beverages by the Gallon	1 Piece	128 oz	—
Individual Bottled Beverages	1 Piece	16 oz	—