

Consumer Quantity Buying Guide

Number of People	Meats 3oz Per Person	Cheese 2oz Per Person	Salads Potato or Pasta 4oz Per Person	Chips 1oz Per Person	Bread * 3 Slices Per Person	ROLLS 1-2 per Person	Cookies 2 per Person	Ice Cream 4oz Per Person	Beverages Punch Hot/Cold 6oz Per Person	Coffee Reg Grind 2 Cups Per Person
4	3/4 lb	1/2lb	1 lb	4 ozs	12 slices	4 to 8	8	16 ozs	24 ozs	1/4 lb
8	1 1/2 lbs	1 lb	2 lbs	8 ozs	24 slices	8 to 16	1 1/2 doz	32 ozs	48 ozs	
12	2 1/4lbs	1 1/2 lbs	3 lbs	12 ozs	36 slices	1 to 2 doz	2 doz	48 ozs	72 ozs	1/2 lb
16	3 lbs	2 lbs	4 lbs	16 ozs	48 slices	1 1/2 to 3 doz	3 doz	64 ozs	96 ozs	
20	3 3/4 lbs	2 1/2 lbs	5 lbs	20 ozs	60 slices	1 1/2 to 3 Doz	3 1/2 doz	80 ozs	120 ozs	
24	4 1/2lbs	3 lbs	6 lbs	24 ozs	72 slices	2 to 4 doz	4 doz	96 ozs	144 ozs	1 lb
28	5 1/4lbs	3 1/2 lbs	7 lbs	28 ozs	84 slices	2 1/2 to 5 doz	5 doz	112 ozs	168 ozs	
32	6 lbs	4 lbs	8 lbs	32 ozs	96 slices	2 1/2 to 5 doz	5 1/2 doz	128 ozs	192 ozs	
36	6 3/4 lbs	4 1/2 lbs	9 lbs	36 ozs	108 slices	3 to 6 doz	6 doz	144 ozs	216 ozs	
40	7 1/2 lbs	5 lbs	10 lbs	40 ozs	120 slices	3 1/2 to 7 doz	7 doz	160 ozs	240 ozs	2 lb

* Bread Based on 20 Slice Loaf

The suggested amounts of food are averages. You should adjust amounts according to appeties
ALSO, find out the occasion, whether it will be used for appetizers or for the main course.
ALSO whether it is for men, women, or both and adjust accordingly.