

MAKING SENSE OF FOOD COST WORKSHEET: ACTIVITY 1

MONDAY

COMPONENT	MENU ITEM	FORECAST	COST PER SERVING	TOTAL COST OF MENU ITEM
ENTRÉE 1	Chicken Sandwich	125	\$0.80	
ENTRÉE 2	Bacon Grilled Cheese Sandwich	75	\$0.32	
VEGETABLE 1	Roasted Potatoes	110	\$0.14	
VEGETABLE 2	Spinach Salad	24	\$0.22	
FRUIT 1	Apple Wedges	65	\$0.17	
FRUIT 2	Watermelon Chunks	95	\$0.25	
MILK 1	1% White	15	\$0.13	
MILK 2	FF Chocolate	75	\$0.14	
CONDIMENT	Ketchup	120	\$0.09	
CONDIMENT	Mayo	54	\$0.08	
AVERAGE FOOD COST PER MEAL				\$ ÷ 200 = \$

TUESDAY

COMPONENT	MENU ITEM	FORECAST	COST PER SERVING	TOTAL COST OF MENU ITEM
ENTRÉE 1	Chicken Fried Steak & Roll	150	\$0.75	
ENTRÉE 2	Quesadilla	50	\$0.21	
VEGETABLE 1	Green Beans	75	\$0.12	
VEGETABLE 2	Roasted Sweet Potatoes	50	\$0.27	
FRUIT 1	Honeydew Melon	110	\$0.15	
FRUIT 2	Sliced Peaches	125	\$0.19	
MILK 1	1% White	17	\$0.13	
MILK 2	FF Chocolate	115	\$0.14	
CONDIMENT	Ketchup	65	\$0.09	
CONDIMENT	Salsa	50	\$0.08	
AVERAGE FOOD COST PER MEAL				\$ ÷ 200 = \$

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WEDNESDAY

COMPONENT	MENU ITEM	FORECAST	COST PER SERVING	TOTAL COST OF MENU ITEM
ENTRÉE 1	Cheeseburger	55	\$0.70	
ENTRÉE 2	Corn Dog	145	\$0.25	
VEGETABLE 1	Baked Beans	45	\$0.22	
VEGETABLE 2	Baby Carrots	65	\$0.17	
FRUIT 1	Orange Slices	75	\$0.23	
FRUIT 2	Craisins	100	\$0.17	
MILK 1	1% White	16	\$0.13	
MILK 2	FF Chocolate	80	\$0.14	
CONDIMENT	Ketchup	55	\$0.09	
CONDIMENT	Mustard	104	\$0.08	
AVERAGE FOOD COST PER MEAL				\$ ÷ 200 = \$

THURSDAY

COMPONENT	MENU ITEM	FORECAST	COST PER SERVING	TOTAL COST OF MENU ITEM
ENTRÉE 1	Spaghetti & Meatballs	112	\$0.65	
ENTRÉE 2	Popcorn Chicken & Breadstick	88	\$0.27	
VEGETABLE 1	Garden Salad	75	\$0.26	
VEGETABLE 2	Tater Tots	110	\$0.22	
FRUIT 1	Pineapple Tidbits	150	\$0.24	
FRUIT 2	Rosy Applesauce	95	\$0.19	
MILK 1	1% White	15	\$0.13	
MILK 2	FF Chocolate	76	\$0.14	
CONDIMENT	Ketchup	85	\$0.09	
CONDIMENT	Ranch	25	\$0.08	
AVERAGE FOOD COST PER MEAL				\$ ÷ 200 = \$

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FRIDAY

COMPONENT	MENU ITEM	FORECAST	COST PER SERVING	TOTAL COST OF MENU ITEM
ENTRÉE 1	Cheese Pizza	175	\$0.28	
ENTRÉE 2	Ham & Cheese Sub	25	\$0.55	
VEGETABLE 1	Cucumber Slices	77	\$0.15	
VEGETABLE 2	Tomato Wedges	65	\$0.23	
FRUIT 1	Strawberries	150	\$0.33	
FRUIT 2	Diced Pears	55	\$0.22	
MILK 1	1% White	18	\$0.13	
MILK 2	FF Chocolate	83	\$0.14	
CONDIMENT	Mayo	12	\$0.09	
CONDIMENT	Mustard	25	\$0.08	
AVERAGE FOOD COST PER MEAL				\$ ÷ 200 = \$

WEEKLY PRE-COST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Sandwich Bacon Grilled Cheese Roasted Potatoes Spinach Salad Apple Wedges Watermelon Milk	Chicken Fried Steak & Roll Quesadilla Green Beans Roasted Sweet Potatoes Honeydew Melon Sliced Peaches Milk	Cheeseburger Corn Dog Baked Beans Baby Carrots Orange Slices Craisins Milk	Spaghetti & Meatballs Popcorn Chicken & Breadstick Garden Salad Tater Tots Pineapple Tidbits Rosy Applesauce Milk	Cheese Pizza Ham & Cheese Sub Cucumber Slices Tomato Wedges Strawberries Diced Pears Milk
\$1.03	\$1.07	\$0.78	\$1.08	
AVERAGE FOOD COST PER MEAL				\$ ÷ 5 = \$

MAKING SENSE OF FOOD COST WORKSHEET: ACTIVITY 2

Calculate the sale price for the following Smart Snacks. Use the national standard of 38% of food cost. Round up where appropriate.



CHIPS

Cost: \$23.25 per case of 96

Cost per item: _____

Sale price: _____



MUFFIN, 2 oz

Cost: \$9.13 per case of 24

Cost per item: _____

Sale price: _____



WHOLE GRAIN COOKIE

Cost: \$12.36 per case of 148

Cost per item: _____

Sale price: _____



HUMMUS

Cost: \$18.24 per case of 24

Cost per item: _____

Sale price: _____



BEEF JERKY

Cost: \$28.25 per case of 48

Cost per item: _____

Sale price: _____

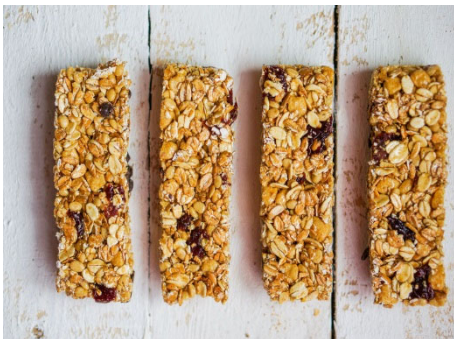


POPCORN

Cost: \$23.25 per case of 96

Cost per item: _____

Sale price: _____



GRANOLA BAR

Cost: \$45.60 per case of 96

Cost per item: _____

Sale price: _____



CHEESE STICK

Cost: \$26.60 per case of 200

Cost per item: _____

Sale price: _____



SPORTS DRINK

Cost: \$31.85 per case of 48

Cost per item: _____

Sale price: _____