

MAKING SENSE OF FOOD COST WORKSHEET: ACTIVITY 1 ANSWER KEY

MONDAY

COMPONENT	MENU ITEM	FORECAST	COST PER SERVING	TOTAL COST OF MENU ITEM
ENTRÉE 1	Chicken Sandwich	125	\$0.80	\$100
ENTRÉE 2	Bacon Grilled Cheese Sandwich	75	\$0.32	\$24
VEGETABLE 1	Roasted Potatoes	110	\$0.14	\$15.40
VEGETABLE 2	Spinach Salad	24	\$0.22	\$5.28
FRUIT 1	Apple Wedges	65	\$0.17	\$11.05
FRUIT 2	Watermelon Chunks	95	\$0.25	\$23.75
MILK 1	1% White	15	\$0.13	\$1.95
MILK 2	FF Chocolate	75	\$0.14	\$10.50
CONDIMENT	Ketchup	120	\$0.09	\$10.80
CONDIMENT	Mayo	54	\$0.08	\$4.32
AVERAGE FOOD COST PER MEAL				$\$207.05 \div 200 =$ \$1.04

TUESDAY

COMPONENT	MENU ITEM	FORECAST	COST PER SERVING	TOTAL COST OF MENU ITEM
ENTRÉE 1	Chicken Fried Steak & Roll	150	\$0.75	\$112.50
ENTRÉE 2	Quesadilla	50	\$0.21	\$10.50
VEGETABLE 1	Green Beans	75	\$0.12	\$9.00
VEGETABLE 2	Roasted Sweet Potatoes	50	\$0.27	\$13.50
FRUIT 1	Honeydew Melon	110	\$0.15	\$16.50
FRUIT 2	Sliced Peaches	125	\$0.19	\$23.75
MILK 1	1% White	17	\$0.13	\$2.21
MILK 2	FF Chocolate	115	\$0.14	\$16.10
CONDIMENT	Ketchup	65	\$0.09	\$5.85
CONDIMENT	Salsa	50	\$0.08	\$4.00
AVERAGE FOOD COST PER MEAL				$\$213.91 \div 200 =$ \$1.07



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WEDNESDAY

COMPONENT	MENU ITEM	FORECAST	COST PER SERVING	TOTAL COST OF MENU ITEM
ENTRÉE 1	Cheeseburger	55	\$0.70	\$38.50
ENTRÉE 2	Corn Dog	145	\$0.25	\$36.25
VEGETABLE 1	Baked Beans	45	\$0.22	\$9.90
VEGETABLE 2	Baby Carrots	65	\$0.17	\$11.05
FRUIT 1	Orange Slices	75	\$0.23	\$17.25
FRUIT 2	Craisins	100	\$0.17	\$17.00
MILK 1	1% White	16	\$0.13	\$2.08
MILK 2	FF Chocolate	80	\$0.14	\$11.20
CONDIMENT	Ketchup	55	\$0.09	\$4.95
CONDIMENT	Mustard	104	\$0.08	\$8.32
AVERAGE FOOD COST PER MEAL				$\$156.50 \div 200 =$ \$0.78

THURSDAY

COMPONENT	MENU ITEM	FORECAST	COST PER SERVING	TOTAL COST OF MENU ITEM
ENTRÉE 1	Spaghetti & Meatballs	112	\$0.65	\$72.80
ENTRÉE 2	Popcorn Chicken & Breadstick	88	\$0.27	\$23.76
VEGETABLE 1	Garden Salad	75	\$0.26	\$19.50
VEGETABLE 2	Tater Tots	110	\$0.22	\$24.20
FRUIT 1	Pineapple Tidbits	150	\$0.24	\$36.00
FRUIT 2	Rosy Applesauce	95	\$0.19	\$18.05
MILK 1	1% White	15	\$0.13	\$1.95
MILK 2	FF Chocolate	76	\$0.14	\$10.64
CONDIMENT	Ketchup	85	\$0.09	\$7.65
CONDIMENT	Ranch	25	\$0.08	\$2.00
AVERAGE FOOD COST PER MEAL				$\$216.55 \div 200 =$ \$1.08



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FRIDAY

COMPONENT	MENU ITEM	FORECAST	COST PER SERVING	TOTAL COST OF MENU ITEM
ENTRÉE 1	Cheese Pizza	175	\$0.28	\$49
ENTRÉE 2	Ham & Cheese Sub	25	\$0.55	\$13.75
VEGETABLE 1	Cucumber Slices	77	\$0.15	\$11.55
VEGETABLE 2	Tomato Wedges	65	\$0.23	\$14.95
FRUIT 1	Strawberries	150	\$0.33	\$49.50
FRUIT 2	Diced Pears	55	\$0.22	\$12.10
MILK 1	1% White	18	\$0.13	\$2.34
MILK 2	FF Chocolate	83	\$0.14	\$11.62
CONDIMENT	Mayo	12	\$0.09	\$1.08
CONDIMENT	Mustard	25	\$0.08	\$2.00
AVERAGE FOOD COST PER MEAL				$\$167.89 \div 200 =$ \$0.84

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
\$1.04	\$1.07	\$0.78	\$1.08	\$0.84
AVERAGE FOOD COST PER MEAL				$\$4.81 \div 5 =$ \$0.96



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MAKING SENSE OF FOOD COST WORKSHEET: ACTIVITY 2 ANSWER KEY

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: **\$0.242**

Sale price: **\$0.637 OR \$0.65**



MUFFIN, 2 oz

Cost: \$9.13 per case of 24

Cost per item: **\$0.38**

Sale price: **\$1.00**



WHOLE GRAIN COOKIE

Cost: \$12.36 per case of 148

Cost per item: **\$0.083**

Sale price: **\$0.219 OR \$0.25**



HUMMUS CUP

Cost: \$18.24 per case of 24

Cost per item: **\$0.76**

Sale price: **\$2**



BEEF JERKY

Cost: \$28.25 per case of 48

Cost per item: **\$0.588**

Sale price: **\$1.548 or \$1.55**

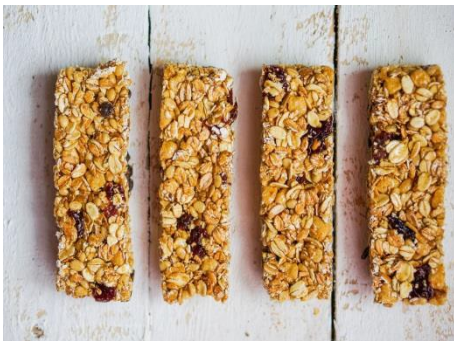


POPCORN

Cost: \$23.25 per case of 96

Cost per item: **\$0.242**

Sale price: **\$0.637 or \$0.65**



GRANOLA BAR

Cost: \$45.60 per case of 96

Cost per item: **\$0.475**

Sale price: **\$1.25**



CHEESE STICK

Cost: \$26.60 per case of 200

Cost per item: **\$0.133**

Sale price: **\$0.35**



SPORTS DRINK

Cost: \$31.85 per case of 48

Cost per item: **\$0.663**

Sale price: **\$1.746 or \$1.75**



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