RPS ***Stop The Bleed***
Restaurant Profit Systems

Food Cost Calculator

Updated November 2025

How to use this calculator

From invoice to menu price in 9 short steps. Acronyms: COGS = Cost of Goods Sold. AvT = Actual vs Theoretical.

1. **Record case and unit.**.Example: Chicken Thighs 40lbs per case $100/case we will be using oz in our recipe so we will convert to this

2. **Usable Unit Size.** Case size converted to useable units Example: 40lbs*16oz per LB= 640oz/Case

3. **Theoretical Cost per unit.** $100/640 = .156 (rounded) .16/ounce *(portion size)

4. **Yield and trim (if any).** Net usable = Unit Size times Yield percent. Example:40lb times yield % ours is 90% yield so .90x40 = 36lbs useable

5. **Portion size.** Example: 4 oz per plate. theoretical would be .16*4=.64/serving

6. **Actual cost per portion.** 4oz * 36*16=576 $100/576=.17/lb = .68/serving

7. **Total plate cost.** Sum all ingredients using this manner. Example: 6.00.

8. **Target food cost percent.** Example: 33 % for casual entree.

9. **Menu price.** Plate Cost divided by Target FC%. Example: 6.00 divided by 0.33 = 18.18 round to 18.19 or 18.25

Dish Worksheet

DISH Name	
How many units does this recipe make	
Total number of portions	

Ingredient Costing Table

Example: Chicken $100 / (40lbsx16=640(useable)x.90(yield))=.17(cost/unit)*4(units per recipe)=.68

Ingredient	Case Price	Usable Units	X Yield%	Cost Per Unit	Units Per Recipe	Final Ingredient cost
TOTAL PLATE COST						

TARGET FOOD COST PERCENT	
FINAL MENU PRICE = Plate Cost divided by Target Food Cost Percent	