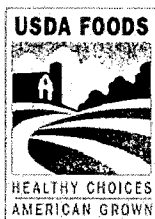


USDA Foods Product Information Sheet

For Child Nutrition Programs



100134—Beef, Crumbles w/SPP, Cooked, Frozen

Category: Meat/Meat Alternate



PRODUCT DESCRIPTION

This item is fully cooked ground beef with soy protein product (SPP) in approximately 1/4 inch crumbles with a light seasoning profile. This product is delivered frozen in cases with four 10-pound packages.

CREDITING/YIELD

- One case of beef crumbles provides approximately 557 1.15-ounce portions.
- CN Crediting: Approximately 1.15 ounces of fully cooked beef crumbles credit as 1 ounce equivalent meat/meat alternate. Please use the CN label or product formulation statement to confirm crediting information on the product you receive.

CULINARY TIPS AND RECIPES

- Fully cooked beef crumbles can be used in a variety of applications such as chili, sloppy joes, tacos, spaghetti sauce, lasagna, casseroles, pasta dishes, and any recipe that calls for ground beef.
- For more culinary techniques and recipe ideas visit [NFSMI](#) or [Team Nutrition](#).

FOOD SAFETY INFORMATION

- For more information on safe storage and cooking temperatures, and safe handling practices please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

NUTRITION FACTS

Serving size: 1.15 ounces (32g)/1 MMA beef crumbles

Amount Per Serving

Calories 67

Total Fat 4g

Saturated Fat 2g

Trans Fat 0g

Cholesterol 22mg

Sodium 109mg

Total Carbohydrate 2g

Dietary Fiber 1g

Sugars 0g

Protein 6g

Source: USDA Foods Vendor Labels

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer.

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

July 2014

Visit us at www.fns.usda.gov/fdd

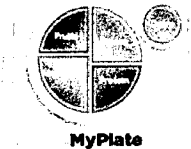
USDA Foods Product Information Sheet

For Child Nutrition Programs



100158—Beef, Fine Ground, 85/15, Frozen

Category: Meat/Meat Alternate



PRODUCT DESCRIPTION

This item is 85/15 fine ground beef. This product is in 40 pound cases containing four 10-pound vacuum-sealed packages.

CREDITING/YIELD

- One case of ground beef provides approximately 478 1.34-ounce portions.
- CN Crediting: One 1.34-ounce portion of 85/15 raw ground beef credits as 1 ounce equivalent meat/meat alternate.

CULINARY TIPS AND RECIPES

- Ground beef can be cooked and used in a variety of dishes such as spaghetti sauce, tacos, chili, casseroles, and pasta dishes.
- For more culinary techniques and recipe ideas visit [NFSMI](#) or [Team Nutrition](#).

FOOD SAFETY INFORMATION

- For more information on safe storage and cooking temperatures, and safe handling practices please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

NUTRITION FACTS

Serving size: 1.34 ounces (38g)/1 MMA 85/15 raw ground beef

Amount Per Serving

Calories 82

Total Fat 6g

Saturated Fat 2g

Trans Fat 1g

Cholesterol 26mg

Sodium 25mg

Total Carbohydrate 0g

Dietary Fiber 0g

Sugars 0g

Protein 7g

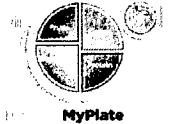
Source: [USDA National Nutrient Database](#)

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer.

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.



USDA United States Department of Agriculture
Food and Nutrition Service



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-03-12)

Visit us at www.fns.usda.gov/fdd

100101 – CHICKEN, DICED, COOKED, FROZEN, IQF, 10 LB

Nutrition Information

CATEGORY	<ul style="list-style-type: none"> Meat/Meat Alternates
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> Chicken meat is cooked and ready-to-eat without reheating or further cooking. Pieces are individually quick-frozen (IQF) and packed into bags. Cannot contain skin, wing meat, neck meat, giblets, or kidneys.
PACK/YIELD	<ul style="list-style-type: none"> 4/10 lb bags per case. One 40 lb box AP yields 40 lb cooked chicken meat and provides 640.0 1-oz servings cooked chicken meat. One lb AP yields 1 lb cooked chicken meat and provides 16.0 1-oz servings cooked chicken meat. CN Crediting: 1 oz diced, cooked chicken meat provides 1 oz-equivalent meat/meat alternate.
STORAGE	<ul style="list-style-type: none"> Store diced chicken frozen at 0°F or below in original shipping case off the floor. Refrigerate leftover diced chicken covered and labeled in a dated nonmetallic container and use within 2 days. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Chicken, diced, meat only, cooked

	1 oz (28 g)
Calories	43
Protein	8.60 g
Carbohydrate	0 g
Dietary Fiber	0 g
Sugars	0 g
Total Fat	1.16 g
Saturated Fat	0.33 g
Trans Fat	0 g
Cholesterol	26 mg
Iron	.36 mg
Calcium	0 mg
Sodium	13 mg
Magnesium	7.31 mg
Potassium	70 mg
Vitamin A	0 IU
Vitamin A	0 RAE
Vitamin C	0 mg
Vitamin E	0 mg



USDA United States Department of Agriculture
Food and Nutrition Service



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-03-12)

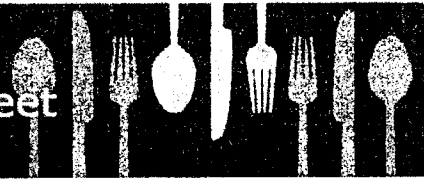
Visit us at www.fns.usda.gov/fdd

100101 – CHICKEN, DICED, COOKED, FROZEN, IQF, 10 LB

PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> • TO THAW: Keep diced chicken in the bag or pour into a clean covered container. Thaw in refrigerator at 41°F or below for 48 hours. Use thawed ham within 24 hours. • Serve leftovers within 7 days and keep refrigerated at 41°F or below until used.
USES AND TIPS	<ul style="list-style-type: none"> • Use diced chicken meat on salads, in pocket sandwiches, mixed dishes, or tossed with pasta.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> • Thaw frozen products in the refrigerator below fresh or ready-to-eat foods. • Heat processed ready-to-eat chicken products from a package to an internal temperature of 165 °F for at least 15 seconds as measured by thermometer. Judge doneness by temperature, not the color or texture of the food. The pink color in safely cooked chicken is due to the hemoglobin in tissues which can form a heat-stable color. Smoking or grilling may also cause this reaction, which occurs more in young birds. • Keep meat and poultry separate from other foods, wash working surfaces (including cutting boards), utensils, and hands after touching meat or poultry. • Sanitize cutting boards, utensils, and countertops by using a solution of 1 Tbsp unscented, liquid chlorine bleach in 1 gallon of water.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> • For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 13 of <i>Choice Plus Food Safety Supplement</i> at: http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf.

Nutrient values in the nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

USDA Nondiscrimination Statement: "The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, and marital or family status. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at (202) 720-2600 (voice and TDD). To file a complaint of discrimination write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice or TDD). USDA is an equal opportunity provider and employer."



MACARONI, ELBOW, DRY

Date: October 2012

Code: 100428

PRODUCT DESCRIPTION

- Macaroni is made from durum wheat semolina and water. It has added iron, thiamin, niacin, riboflavin, and folic acid.

PACK/YIELD

- Macaroni is packed in 1-pound packages, which is about 20 servings (½ cup each) of cooked macaroni.

STORAGE

- Store unopened packages of macaroni in a cool, clean, dry place.
- After opening, keep package tightly closed.
- Look at the “Best if used by” or “Best by” date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

PREPARATION/COOKING

- Boil water in a large pot.
- Add macaroni. Bring to boil again. Stir often.
- Cook macaroni uncovered approximately 8 to 10 minutes until firm to bite for full flavor.
- Macaroni is done cooking when it is easy to bite through but still firm.
- Remove from heat and drain well before serving.

USES AND TIPS

- Macaroni may be topped with a tomato or meat sauce, oil and garlic, cheese, and vegetables.
- Macaroni may also be used in recipes for soups, casseroles, or salads.
- Combine with eggs, fish, poultry, vegetables, or meat.
- Toss cold cooked macaroni with chopped vegetables, oil, and vinegar for an easy pasta salad.

NUTRITION INFORMATION

- ½ cup of cooked macaroni counts as 1 ounce in the MyPlate.gov Grains Group. For a 2,000-calorie diet, the daily recommendation is about 6 ounces.

OTHER RESOURCES

- www.nutrition.gov
- www.choosemyplate.gov
- www.fns.usda.gov/fdd/

NUTRITION FACTS

Serving size: ½ cup (70g) enriched macaroni, cooked

Amount Per Serving

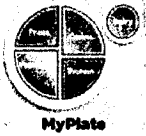
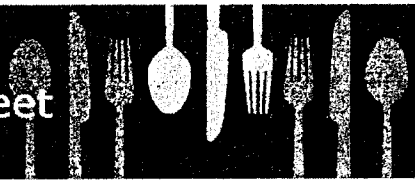
Calories 111 Calories from Fat 5

% Daily Value*

Total Fat 0.5 g	1%
Saturated Fat 0.5 g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total Carbohydrate 22 g	7%
Dietary Fiber 1 g	5%
Sugars 0 g	
Protein 4 g	

Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	6%

*Percent Daily Values are based on a 2,000 calorie diet.



ROTINI, WHOLE-WHEAT

Date: October 2012

Code: 100435

PRODUCT DESCRIPTION

- Whole-wheat rotini is made from whole durum wheat flour and water. It may be in spirals or twisted shapes.

PACK/YIELD

- Whole-wheat rotini is packed in 1 pound packages, which is about 10 servings (½ cup each) of dry rotini. Since box sizes may vary, check package for exact amount.

STORAGE

- Store unopened packages of whole-wheat rotini in a cool, clean, dry place.
- After opening, keep package of remaining dry pasta tightly closed, or store remaining dry pasta in zip-top plastic bag.
- Look at the “Best if used by” or “Best by” date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

PREPARATION/COOKING

- Boil water in a large pot.
- Add rotini. Bring to boil again. Stir often.
- Cook rotini uncovered approximately 10 to 12 minutes until firm to bite for full flavor.
- Remove from heat and drain well before serving.
- Cooking guidelines: 1 pound pasta serves 6 to 8 people.

USES AND TIPS

- Whole-wheat rotini may be topped with a tomato or meat sauce. It may also be used in recipes for soups, casseroles, or salads. Combine with eggs, fish, poultry, vegetables, meat, or cheese.
- Mix ½ cup cooked whole-wheat rotini with ¼ cup low-fat cottage cheese for a quick and healthy meal.

NUTRITIONAL INFORMATION

- ½ cup of whole-wheat rotini counts as 1 ounce in the Myplate.gov Grain Group. For a 2,000-calorie diet, the daily recommendation is about 6 ounces.
- ½ cup of whole-wheat rotini is naturally fat and sodium free.

OTHER RESOURCES

- www.nutrition.gov
- www.choosemyplate.gov
- www.fns.usda.gov/fdd/

NUTRITION FACTS

Serving size: ½ cup (70g) whole-wheat rotini, cooked

Amount Per Serving

Calories 90 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 24g **8%**

Dietary Fiber 2g **8%**

Sugars 1g

Protein 4g

Vitamin A 0% Vitamin C 0%

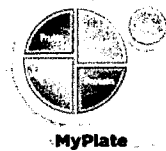
Calcium 2% Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet.



100427– Spaghetti, 100% Whole Grain

Category: Grains (Whole Grain)



PRODUCT DESCRIPTION

This item is whole grain spaghetti that is made with U.S. No. 1 whole durum wheat flour and may include other optional whole grain ingredients. This item is available in a 20 pound case.

CREDITING/YIELD

- One case of whole grain spaghetti yields about 320 oz. equivalents of grains.
- CN Crediting: 1/2 cup cooked or 1 ounce dry spaghetti credits as 1 oz. equivalent grains.

CULINARY TIPS AND RECIPES

- Whole grain spaghetti can be used as the grain component in noodle soups, pasta salads, or casseroles. This product can also be served in a more traditional way topped with tomato sauce and cheese.
- Using whole grain spaghetti in recipes can help schools meet the whole grain-rich criteria in the updated school meal patterns.
- To find culinary techniques and many recipe ideas visit [NFSMI](#) or [Team Nutrition](#).

FOOD SAFETY INFORMATION

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

NUTRITION FACTS

Serving size: 1/2 cup (70g) cooked spaghetti, whole grain

Amount Per Serving	
Calories	87
Total Fat	0g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	2mg
Total Carbohydrate	19g
Dietary Fiber	3g
Sugars	1g
Protein	4g
Source: USDA National Nutrient Database	

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer.

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.