FNS USDA Food & Nutrition Service

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-11-07) **Visit us at** *www.fns.usda.gov/fdd*

A256 – ALMONDS, WHOLE, NATURAL, 25 LB

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• U.S. No. 1 Grade natural almonds, unsalted.
PACK / YIELD	• 25 lb bag. • One 25 lb bag AP yields about 87½ cups chopped almonds and provides about 400.0 1-oz servings nuts. • One lb AP yields about 3½ cups chopped almonds and provides about 16.0 1-oz servings nuts. • CN Crediting: 1 oz almonds provides 1 oz-equivalent meat/meat alternate. NOTE: Nuts and seeds may meet no more than 50 percent of the meat and meat alternate requirement for lunch/supper patterns in USDA's Child Nutrition Programs.
STORAGE	• Store almonds off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 - 70%). • If ideal storage conditions are not available, store almonds under refrigeration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Almonds, unsalted

	1 oz (28 g)	¼ c (36 g)
Calories	164	207
Protein	6.03 g	7.60 g
Carbohydrate	5.60 g	7.06 g
Dietary Fiber	3.3 g	4.2 g
Sugars	1.36 g	1.72 g
Total Fat	14.36 g	18.10 g
Saturated Fat	1.10 g	1.39 g
Trans Fat	N/A	N/A
Cholesterol	0 mg	0 mg
Iron	1.22 mg	1.54 mg
Calcium	70 mg	89 mg
Sodium	0 mg	0 mg
Magnesium	78 mg	98 mg
Potassium	206 mg	260 mg
Vitamin A	1 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	7.33 mg	9.25 mg

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A256 – ALMONDS, WHOLE, NATURAL, 25 LB

PREPARATION/ COOKING INSTRUCTIONS	• Almonds can be eaten as is, used in recipes, or toasted. • TO TOAST: Spread almonds in a single layer on a baking pan and bake at 300-350 °F for 8-10 minutes, stirring occasionally until almonds darken slightly (they will continue to brown slightly when removed from the oven).
USES AND TIPS	• Natural almonds are good for baking and cooking. Almonds are a tasty and nutritious addition to rice dishes, vegetable dishes, casseroles, stuffings, salads, baked goods, and desserts; they are a wonderful addition to granola; when chopped, they also make an excellent substitute for bread crumbs as a topping for casseroles or as a breading for fish or poultry. • Toasted almonds make a good snack.
FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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A255 – ALMONDS, WHOLE, ROASTED, 25 LB

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• U.S. No. 1 dry-roasted almonds. Roasted almonds are slightly harder in texture than natural almonds because the dry-roasting process removes some of the moisture. Salt may be used in the roasting process.
PACK / YIELD	• 25 lb bag. • One 25 lb bag AP yields about 87½ cups chopped almonds and provides about 400.0 1-oz servings nuts. • One lb AP yields about 3½ cups chopped almonds and provides about 16.0 1-oz servings nuts. • CN Crediting: 1 oz roasted almonds provides 1 oz-equivalent meat/meat alternate. NOTE: Nuts and seeds may meet no more than 50 percent of the meat and meat alternate requirement for lunch/supper patterns in USDA's Child Nutrition Programs.
STORAGE	• Store almonds off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 - 70%). • If ideal storage conditions are not available, store almonds under refrigeration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Almonds, dry roasted, salt added

	1 oz (28 g)	¼ c (35 g)
Calories	169	206
Protein	6.26 g	7.62 g
Carbohydrate	5.47 g	6.66 g
Dietary Fiber	3.3 g	4.1 g
Sugars	1.39 g	1.69 g
Total Fat	14.98 g	18.23 g
Saturated Fat	1.15 g	1.40 g
Trans Fat	N/A	N/A
Cholesterol	0 mg	0 mg
Iron	1.28 mg	1.56 mg
Calcium	75 mg	92 mg
Sodium	96 mg	117 mg
Magnesium	81 mg	99 mg
Potassium	211 mg	257 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0.0 mg	0.0 mg
Vitamin E	7.37 mg	8.97 mg

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A255 – ALMONDS, WHOLE, ROASTED, 25 LB

PREPARATION/ COOKING INSTRUCTIONS	• Roasted almonds are ready to use.
USES AND TIPS	• Almonds are a tasty and nutritious addition to rice dishes, vegetable dishes, casseroles, stuffing, salads, baked goods, and desserts; they are a wonderful addition to granola; when chopped, they also make an excellent substitute for bread crumbs as a topping for casseroles or as a breading for fish or poultry.
FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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A082 – BEANS, CANNED, BABY LIMA, DRY, #10

CATEGORY	• Meat/Meat Alternates or Vegetables/Fruits
PRODUCT DESCRIPTION	• U.S. Grade A canned dry baby lima beans, cooked and packed in salt water.
PACK/YIELD	• 6/#10 cans per case. Each can contains about 106 oz lima beans in liquid. • One #10 can AP yields about 10⅔ cups heated, drained lima beans and provides about 42.8 ¼-cup servings heated, drained lima beans OR 21.4 ½-cup servings heated, drained lima beans OR yields 71.5 oz (about 11⅞ cups) drained, unheated lima beans and provides about 47.4 ¼-cup servings drained, unheated lima beans OR 23.7 ½-cup servings drained, unheated beans. • CN Crediting: ¼ cup drained lima beans (heated or unheated) provides 1 oz-equivalent meat/meat alternate OR ¼ cup drained lima beans (heated or unheated) provides ¼ cup vegetable BUT NOT both components at the same meal.
STORAGE	• Store unopened canned lima beans in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes. • Store opened canned beans covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Baby lima beans, canned, solids and liquids

	¼ cup (62 g)	½ cup (124 g)
Calories	44	88
Protein	2.52 g	5.05 g
Carbohydrate	8.26 g	16.53 g
Dietary Fiber	2.2 g	4.5 g
Sugars	N/A	N/A
Total Fat	0.18 g	0.36 g
Saturated Fat	0.04 g	0.08 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	1.00 mg	2.00 mg
Calcium	17 mg	35 mg
Sodium	156 mg	312 mg
Magnesium	21 mg	42 mg
Potassium	177 mg	353 mg
Vitamin A	93 IU	186 IU
Vitamin A	5 RAE	10 RAE
Vitamin C	4.5 mg	9.1 mg
Vitamin E	N/A	N/A

A082 – BEANS, CANNED, BABY LIMA, DRY, #10

PREPARATION/ COOKING INSTRUCTIONS	• Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food. • Use a clean and sanitized can opener. • Heat without added salt and serve alone or use as directed in recipes.
USES AND TIPS	• Use lima beans in soups, salads, and entrees, or serve as a vegetable. Canned limas are ready for immediate use. Canned lima beans may be substituted for cooked dry beans in any recipe. Some or all of the salt in the recipe should be omitted when canned beans are used in place of cooked dry beans.
FOOD SAFETY INFORMATION	• As long as the can is in good shape, the contents should be safe to eat, although the taste, texture and nutritional value of the food can diminish over time. • Cook fruits and vegetables that are going to be held on a steamtable or in a hot box to 135 °F for 15 seconds. • NEVER USE foods from cans that are leaking, bulging, or are badly dented. • DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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A908 – BEANS, CANNED, BLACK TURTLE, #10

CATEGORY	• Meat/Meat Alternates or Vegetables/Fruits
PRODUCT DESCRIPTION	• Canned black turtle beans packed in salt water.
PACK/YIELD	• 6/#10 cans per case. Each can contains not less than 106 oz beans and liquid. • One #10 can AP yields 59.7 oz (about 6⅝ cups) heated, drained black turtle beans and provides about 26.7 ¼-cup servings heated, drained black turtle beans OR about 13.3 ½-cup servings heated, drained beans. • CN Crediting: ¼ cup heated, drained black turtle beans provides 1 oz-equivalent meat/meat alternate OR ¼ cup heated, drained black turtle beans provides ¼ cup vegetable BUT NOT both components at the same meal.
STORAGE	• Store unopened canned pink beans in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes. • Store opened canned beans covered and labeled in a dated nonmetallic container under refrigeration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	• Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food. • Use a clean and sanitized can opener. • Heat without added salt and serve alone or use as directed in recipes.

Nutrition Information

Beans, black turtle soup, solids and liquids

	¼ cup (60 g)	½ cup (120 g)
Calories	55	109
Protein	3.62 g	7.24 g
Carbohydrate	9.94 g	19.87 g
Dietary Fiber	4.4 g	8.3 g
Sugars	N/A	N/A
Total Fat	0.17 g	0.35 g
Saturated Fat	0.04 g	0.09 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	1.14 mg	2.28 mg
Calcium	21 mg	42 mg
Sodium	230 mg	461 mg
Magnesium	21 mg	42 mg
Potassium	185 mg	370 mg
Vitamin A	2 IU	5 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	1.6 mg	3.2 mg
Vitamin E	N/A	N/A

A908 – BEANS, CANNED, BLACK TURTLE, #10

USES AND TIPS	• Use canned beans in soups, salads and entrees. Serve one variety of beans alone or in combination with others. Canned beans may be substituted for cooked dry beans in any recipe. Some or all of the salt in the recipe should be omitted when canned beans are used in place of cooked dry beans.
FOOD SAFETY INFORMATION	• As long as the can is in good shape, the contents should be safe to eat, although the taste, texture and nutritional value of the food can diminish over time. • Cook fruits and vegetables that are going to be held on a steamtable or in a hot box to 135 °F for 15 seconds. • NEVER USE foods from cans that are leaking, bulging, or are badly dented. • DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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A084 – BEANS, CANNED, BLACK-EYED PEA, DRY, #10

CATEGORY	• Meat/Meat Alternates or Vegetables/Fruits
PRODUCT DESCRIPTION	• U.S. Grade A canned dry black-eyed peas, cooked and packed in salt water.
PACK/YIELD	• 6/#10 cans per case. Each can contains not less than 106 oz black-eyed peas and liquid. • One #10 can AP yields about 63.7 oz (9¼ cups) heated, drained black-eyed peas and provides about 37.0 ¼-cup servings heated, drained black-eyed peas OR about 18.8 ½-cup servings heated, drained peas. • CN Crediting: ¼ cup heated, drained black eyed-peas provides 1 oz-equivalent meat/meat alternate OR ¼ cup heated, drained black-eyed peas provides ¼ cup vegetable BUT NOT both components at the same meal.
STORAGE	• Store unopened canned black-eyed peas in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes. • Store opened canned black-eyed peas covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

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Nutrition Information

Cowpeas, common (blackeyes, crowder, southern), canned, mature seeds, plain, solids and liquids

	¼ cup (60 g)	½ cup (120 g)
Calories	46	92
Protein	2.84 g	5.69 g
Carbohydrate	8.18 g	16.36 g
Dietary Fiber	2.0 g	4.0 g
Sugars	N/A	N/A
Total Fat	0.33 g	0.66 g
Saturated Fat	0.09 g	0.17 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.58 mg	1.16 mg
Calcium	12 mg	24 mg
Sodium	179 mg	359 mg
Magnesium	17 mg	34 mg
Potassium	103 mg	206 mg
Vitamin A	8 IU	16 IU
Vitamin A	1 RAE	1 RAE
Vitamin C	1.6 mg	3.2 mg
Vitamin E	N/A	N/A

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A084 – BEANS, CANNED, BLACK-EYED PEA, DRY, #10

PREPARATION/ COOKING INSTRUCTIONS	• Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food. • Use a clean and sanitized can opener. • Heat without added salt and serve alone or use as directed in recipes.
USES AND TIPS	• Black-eyed peas may be used in bean salads, soups, chili, and entrees or as a vegetable. Serve black-eyed peas with pork or chicken. Canned black-eyed peas may be substituted for cooked dry black-eyed peas in any recipe. Some or all of the salt in the recipe should be omitted when canned peas are used in place of cooked dry peas.
FOOD SAFETY INFORMATION	• As long as the can is in good shape, the contents should be safe to eat, although the taste, texture and nutritional value of the food can diminish over time. • Cook fruits and vegetables that are going to be held on a steamtable or in a hot box to 135 °F for 15 seconds. • NEVER USE foods from cans that are leaking, bulging, or are badly dented. • DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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A089 – BEANS, CANNED, GARBANZO, DRY, #10

CATEGORY	• Meat/Meat Alternates or Vegetables/Fruits
PRODUCT DESCRIPTION	• U.S. Grade A canned dry garbanzo beans (chickpeas), cooked and packed in salt water.
PACK/YIELD	• 6/#10 cans per case. Each can contains about 106 oz garbanzo beans and liquid. • One #10 can AP yields 69.0 oz (about 10⅔ cups) drained, unheated beans and provides about 42.4 ¼-cup servings drained beans OR about 21.2 ½-cup servings drained, unheated beans. • CN Crediting: ¼ cup drained garbanzo beans provides 1 oz-equivalent meat/meat alternate OR ¼ cup drained garbanzo beans provides ¼ cup vegetable BUT NOT both components at the same meal.
STORAGE	• Store unopened canned pink beans in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes. • Store opened canned garbanzo beans covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

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Nutrition Information

Chickpeas (garbanzo), mature seeds, solids and liquids

	¼ cup (60 g)	½ cup (120 g)
Calories	71	143
Protein	2.97 g	5.94 g
Carbohydrate	13.57 g	27.14 g
Dietary Fiber	2.6 g	5.3 g
Sugars	N/A	N/A
Total Fat	0.68 g	1.37 g
Saturated Fat	0.07 g	0.14 g
Trans Fat	N/A	N/A
Cholesterol	0 mg	0 mg
Iron	0.81 mg	1.62 mg
Calcium	19 mg	38 mg
Sodium	179 mg	359 mg
Magnesium	17 mg	35 mg
Potassium	103 mg	206 mg
Vitamin A	14 IU	29 IU
Vitamin A	1 RAE	1 RAE
Vitamin C	2.3 mg	4.6 mg
Vitamin E	N/A	N/A

A089 – BEANS, CANNED, GARBANZO, DRY, #10

PREPARATION/ COOKING INSTRUCTIONS	• Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food. • Use a clean and sanitized can opener. • Serve "as is" from the can or add to soups or recipes.
USES AND TIPS	• Serve garbanzo beans as a salad topping. Garbanzo beans can also be incorporated into soups and casseroles.
FOOD SAFETY INFORMATION	• As long as the can is in good shape, the contents should be safe to eat, although the taste, texture and nutritional value of the food can diminish over time. • Cook fruits and vegetables that are going to be held on a steamtable or in a hot box to 135 °F for 15 seconds. • NEVER USE foods from cans that are leaking, bulging, or are badly dented. • DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.
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A088 – BEANS, CANNED, GREAT NORTHERN, DRY, #10

CATEGORY	• Meat/Meat Alternates or Vegetables/Fruits
PRODUCT DESCRIPTION	• U.S. Grade A canned dry Great Northern beans, cooked and packed in salt water.
PACK/YIELD	• 6/#10 cans per case. Each can contains about 106 oz beans in liquid. • One #10 can AP yields 66.0 oz (about 7¾ cups) heated, drained Great Northern beans and provides about 31.2 ¼-cup servings heated, drained Great Northern beans OR about 15.6 ½-cup servings heated, drained Great Northern beans. • CN Crediting: ¼ cup heated, drained Great Northern beans provides 1 oz-equivalent meat/meat alternate OR ¼ cup heated, drained Great Northern beans provides ¼ cup vegetable BUT NOT both components at the same meal.
STORAGE	• Store unopened canned Great Northern beans in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes. • Store opened canned Great Northern beans covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Beans, Great Northern, canned, mature seeds, solids and liquids

	¼ cup (66 g)	½ cup (131 g)
Calories	75	149
Protein	4.83 g	9.65 g
Carbohydrate	13.77 g	27.54 g
Dietary Fiber	3.2 g	6.4 g
Sugars	N/A	N/A
Total Fat	0.26 g	0.51 g
Saturated Fat	0.08 g	0.16 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	1.03 mg	2.06 mg
Calcium	35 mg	69 mg
Sodium	3 mg	5 mg
Magnesium	33 mg	67 mg
Potassium	230 mg	460 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0.9 mg	1.7 mg
Vitamin E	0 mg	0 mg

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A088 – BEANS, CANNED, GREAT NORTHERN, DRY, #10

PREPARATION/ COOKING INSTRUCTIONS	• Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food. • Use a clean and sanitized can opener. • Heat without added salt and serve alone or use as directed in recipes.
USES AND TIPS	• Use canned beans in soups, salads and entrees. Serve one variety of beans alone or in combination with others. Canned beans may be substituted for cooked dry beans in any recipe without the addition of salt.
FOOD SAFETY INFORMATION	• As long as the can is in good shape, the contents should be safe to eat, although the taste, texture and nutritional value of the food can diminish over time. • Cook fruits and vegetables that are going to be held on a steamtable or in a hot box to 135 °F for 15 seconds. • NEVER USE food from cans that are leaking, bulging, or are badly dented. • DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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A086 – BEANS, CANNED, KIDNEY, DRY, #10

CATEGORY	• Meat/Meat Alternates or Vegetables/Fruits
PRODUCT DESCRIPTION	• U.S. Grade A canned dry red kidney beans, cooked and packed in salt water.
PACK/YIELD	• 6/#10 cans per case. Each can contains about 106 oz kidney beans and liquid. • One #10 can AP yields about 63.7 oz (9⅜ cups) heated, drained kidney beans and provides about 38.1 ¼-cup servings heated, drained kidney beans OR about 19.0 ½-cup servings heated, drained kidney beans OR yields 69.6 oz (about 10½ cups) drained, unheated and provides about 42.5 ¼-cup servings drained, unheated kidney beans OR about 21.2 ½-cup servings drained unheated kidney beans. • CN Crediting: ¼ cup drained kidney beans (heated or unheated) provides 1 oz-equivalent meat/meat alternate OR ¼ cup drained kidney beans (heated or unheated) provides ¼ cup vegetable BUT NOT both components at the same meal.
STORAGE	• Store unopened canned kidney beans in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes. • Store opened canned kidney beans covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Meat & Bean Group
Go lean with protein
MyPyramid.gov

Nutrition Information

Beans, kidney, red, canned, mature seeds, solids and liquids

	¼ cup (64 g)	½ cup (128 g)
Calories	54	109
Protein	3.36 g	6.72 g
Carbohydrate	9.98 g	19.96 g
Dietary Fiber	4.1 g	8.2 g
Sugars	0.14 g	0.28 g
Total Fat	0.22 g	0.44 g
Saturated Fat	0.03 g	0.06 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.81 mg	1.61 mg
Calcium	15 mg	31 mg
Sodium	218 mg	436 mg
Magnesium	18 mg	36 mg
Potassium	164 mg	329 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0.7 mg	1.4 mg
Vitamin E	0.38 mg	0.77 mg

A086 – BEANS, CANNED, KIDNEY, DRY, #10

PREPARATION/ COOKING INSTRUCTIONS	• Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food. • Use a clean and sanitized can opener. • Heat without added salt.
USES AND TIPS	• Use canned beans in soups, salads and entrees. Serve one variety of beans alone or in combination with others. Canned beans may be substituted for cooked dry beans in any recipe without the addition of salt.
FOOD SAFETY INFORMATION	• As long as the can is in good shape, the contents should be safe to eat, although the taste, texture and nutritional value of the food can diminish over time. • Cook fruits and vegetables that are going to be held on a steamtable or in a hot box to 135 °F for 15 seconds. • NEVER USE food from cans that are leaking, bulging, or are badly dented. • DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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A083 – BEANS, CANNED, PINK, DRY, #10

CATEGORY	• Meat/Meat Alternates or Vegetables/Fruits
PRODUCT DESCRIPTION	• U.S. Grade A canned dry pink beans, cooked and packed in salt water.
PACK/YIELD	• 6/#10 cans per case. Each can contains about 106 oz pink beans and liquid. • One #10 can AP yields about 8⅛ cups heated, drained pink beans and provides about 32.7 ¼-cup servings heated, drained pink beans OR about 16.3 ½-cup servings heated, drained pink beans OR yields about 11¾ cups drained, unheated pink beans and provides about 47.0 ¼-cup servings drained, unheated pink beans OR about 23.5 ½-cup servings drained, unheated beans. • CN Crediting: ¼ cup drained pink beans (heated or unheated) provides 1 oz-equivalent meat/meat alternate OR ¼ cup drained pink beans (heated or unheated) provides ¼ cup vegetable BUT NOT both components at the same meal.
STORAGE	• Store unopened canned pink beans in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes. • Store opened canned pink beans covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Meat & Bean Group
Go lean with protein
MyPyramid.gov

Nutrition Information

Beans, pink, mature seeds, cooked, boiled, with salt

	¼ cup (42 g)	½ cup (85 g)
Calories	63	126
Protein	3.83 g	7.66 g
Carbohydrate	11.79 g	23.58 g
Dietary Fiber	2.2 g	4.5 g
Sugars	N/A	N/A
Total Fat	0.21 g	0.41 g
Saturated Fat	0.05 g	0.11 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.97 mg	1.94 mg
Calcium	22 mg	44 mg
Sodium	101 mg	201 mg
Magnesium	27 mg	55 mg
Potassium	215 mg	429 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	N/A	N/A

A083 – BEANS, CANNED, PINK, DRY, #10

PREPARATION/ COOKING INSTRUCTIONS	• Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food. • Use a clean and sanitized can opener. • Heat without added salt and serve alone or use as directed in recipes.
USES AND TIPS	• Use canned beans in soups, salads, and entrees. Serve one variety of beans alone or in combination with others. Canned beans may be substituted for cooked dry beans in any recipe without the addition of salt.
FOOD SAFETY INFORMATION	• As long as the can is in good shape, the contents should be safe to eat, although the taste, texture and nutritional value of the food can diminish over time. • Cook fruits and vegetables that are going to be held on a steamtable or in a hot box to 135 °F for 15 seconds. • NEVER USE food from cans that are leaking, bulging, or are badly dented. • DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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A079 – BEANS, CANNED, PINTO, DRY, WHOLE, #10

CATEGORY	• Meat/Meat Alternates or Vegetables/Fruits
PRODUCT DESCRIPTION	• U.S. Grade A canned dry pinto beans, cooked and packed in salt water.
PACK/YIELD	• 6/#10 cans per case. Each can contains about 106 oz pinto beans and liquid. • One #10 can AP yields about 66.1 oz (9 cups) heated, drained pinto beans and provides about 36.4 ¼-cup servings heated, drained pinto beans OR provides about 18.2 ½-cup servings heated, drained pinto beans. • CN Crediting: ¼ cup heated, drained pinto beans provides 1 oz-equivalent meat/meat alternate OR ¼ cup heated, drained pinto beans provides ¼ cup vegetable BUT NOT both components at the same meal.
STORAGE	• Store unopened canned pinto beans in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes. • Store opened canned pinto beans covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	• Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food. • Use a clean and sanitized can opener. • Heat without added salt and serve alone or use as directed in recipes.

Meat & Bean Group
Go lean with protein
MyPyramid.gov

Nutrition Information

Beans, pinto, canned, mature seeds, solids and liquids

	¼ cup (60 g)	½ cup (120 g)
Calories	52	103
Protein	2.92 g	5.83 g
Carbohydrate	9.15 g	18.30 g
Dietary Fiber	2.8 g	5.5 g
Sugars	0.13 g	0.26 g
Total Fat	0.49 g	0.97 g
Saturated Fat	0.10 g	0.20 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.88 mg	1.75 mg
Calcium	26 mg	52 mg
Sodium	176 mg	353 mg
Magnesium	16 mg	32 mg
Potassium	146 mg	292 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0.5 mg	1.1 mg
Vitamin E	0.35 mg	0.71 mg

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A079 – BEANS, CANNED, PINTO, DRY, WHOLE, #10

USES AND TIPS	• Use canned beans in soups, salads and entrees. Serve one variety of beans alone or in combination with others. Canned beans may be substituted for cooked dry beans in any recipe without the addition of salt.
FOOD SAFETY INFORMATION	• As long as the can is in good shape, the contents should be safe to eat, although the taste, texture and nutritional value of the food can diminish over time. • Cook fruits and vegetables that are going to be held on a steamtable or in a hot box to 135 °F for 15 seconds. • NEVER USE food from cans that are leaking, bulging, or are badly dented. • DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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A087 – BEANS, CANNED, RED, SMALL, DRY, #10

CATEGORY	• Meat/Meat Alternates or Vegetables/Fruits
PRODUCT DESCRIPTION	• U.S. Grade A canned dry red small beans, cooked and packed in salt water.
PACK/YIELD	• 6/#10 cans per case. Each can contains about 106 oz red beans and liquid. • One #10 can AP yields about 67.9 oz (about 7⅝ cups) heated, drained red small beans and provides about 30.4 ¼-cup servings heated, drained red small beans OR about 15.2 ½-cup servings heated, drained red small beans. • CN Crediting: ¼ cup heated, drained red small beans provides 1 oz-equivalent meat/meat alternate OR ¼ cup heated, drained red small beans provides ¼ cup vegetable BUT NOT both components at the same meal.
STORAGE	• Store unopened canned red small beans in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes. • Store opened canned red small beans covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Beans, red, small, canned, mature seeds, solids and liquids

	¼ cup (64 g)	½ cup (128 g)
Calories	54	109
Protein	3.36 g	6.72 g
Carbohydrate	9.98 g	19.96 g
Dietary Fiber	4.1 g	8.2 g
Sugars	0.14 g	0.28 g
Total Fat	0.22 g	0.44 g
Saturated Fat	0.03 g	0.06 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.81 mg	1.61 mg
Calcium	15 mg	31 mg
Sodium	218 mg	436 mg
Magnesium	18 mg	36 mg
Potassium	164 mg	329 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0.7 mg	1.4 mg
Vitamin E	0.38 mg	0.77 mg

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A087 – BEANS, CANNED, RED, SMALL, DRY, #10

PREPARATION/ COOKING INSTRUCTIONS	• Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food. • Use a clean and sanitized can opener. • Heat without added salt and serve alone or use as directed in recipes.
USES AND TIPS	• Use canned beans in soups, salads and entrees. Serve one variety of beans alone or in combination with others. Canned beans may be substituted for cooked dry beans in any recipe without the addition of salt.
FOOD SAFETY INFORMATION	• As long as the can is in good shape, the contents should be safe to eat, although the taste, texture and nutritional value of the food can diminish over time. • Cook fruits and vegetables that are going to be held on a steamtable or in a hot box to 135 °F for 15 seconds. • NEVER USE food from cans that are leaking, bulging, or are badly dented. • DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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A085 – BEANS, CANNED, REFRIED, DRY, #10

CATEGORY	• Meat/Meat Alternates or Vegetables/Fruits
PRODUCT DESCRIPTION	• U.S. Grade 2 canned dry pinto beans, no added fat, with salt content not to exceed 0.5%.
PACK/YIELD	• 6/#10 cans per case. Each can contains about 110.5 oz refried beans. • One #10 can AP yields about 11¾ cups heated refried beans and provides about 47.6 ¼-cup servings heated refried beans OR about 23.8 ½-cup servings heated refried beans. • CN Crediting: ¼ cup heated refried beans provides 1 oz-equivalent meat/meat alternate OR ¼ cup refried beans provides ¼ cup vegetable BUT NOT both components at the same meal.
STORAGE	• Store unopened canned refried beans in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes. • Store opened canned refried beans covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Beans, refried, canned

	¼ cup (63 g)	½ cup (126 g)
Calories	59	118
Protein	3.46 g	6.92 g
Carbohydrate	9.78 g	19.57 g
Dietary Fiber	3.3 g	6.7 g
Sugars	0.14 g	0.29 g
Total Fat	0.79 g	1.60 g
Saturated Fat	0.30 g	0.60 g
Trans Fat	N/A	N/A
Cholesterol	5 mg	10 mg
Iron	1.05 mg	2.09 mg
Calcium	22 mg	44 mg
Sodium	188 mg	377 mg
Magnesium	21 mg	42 mg
Potassium	168 mg	336 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	3.8 mg	7.6 mg
Vitamin E	0 mg	0 mg

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A085 – BEANS, CANNED, REFRIED, DRY, #10

PREPARATION/ COOKING INSTRUCTIONS	• Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food. • Use a clean and sanitized can opener. • Heat slowly at a low to medium temperature in a steam-jacketed kettle or a steamer to an internal temperature of 135 °F. Stir occasionally to distribute heated beans. Do not overheat because beans can burn and dry out quickly.
USES AND TIPS	• Serve refried beans hot. Serve as an accompaniment to a main dish, and may be topped with grated cheese or picante sauce. As part of the main dish, refried beans may be featured in various Mexican entrees, such as bean burrito, bean tostadas, chiles rellenos or nachos frijoles.
FOOD SAFETY INFORMATION	• As long as the can is in good shape, the contents should be safe to eat, although the taste, texture and nutritional value of the food can diminish over time. • Cook fruits and vegetables that are going to be held on a steamtable or in a hot box to 135 °F for 15 seconds. • NEVER USE food from cans that are leaking, bulging, or are badly dented. • DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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A091 – BEANS, CANNED, VEGETARIAN, DRY, BAKED IN SAUCE, #10

CATEGORY	• Meat/Meat Alternates or Vegetables/Fruits
PRODUCT DESCRIPTION	• U.S. Grade A canned dry pea beans (navy) or small white beans in a meatless tomato sauce that is mildly seasoned.
PACK/YIELD	• 6/#10 cans per case. Each can contains about 106 oz beans and sauce. • One #10 can AP yields about 11½ cups heated vegetarian beans with sauce and provides about 46.2 ¼-cup servings heated vegetarian beans with sauce OR about 23.1 ½-cup servings heated vegetarian beans with sauce. • CN Crediting: ¼ cup heated, drained vegetarian beans provides 1 oz-equivalent meat/meat alternate OR ¼ cup heated vegetarian beans with sauce provides ¼ cup vegetable BUT NOT both components at the same meal.
STORAGE	• Store unopened canned vegetarian beans in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes. • Store opened canned vegetarian beans covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Meat & Bean Group
Go lean with protein
MyPyramid.gov

Nutrition Information

Beans, baked, vegetarian with sauce, canned

	¼ cup (64 g)	½ cup (127 g)
Calories	60	119
Protein	3.02 g	6.03 g
Carbohydrate	13.42 g	26.85 g
Dietary Fiber	2.6 g	5.2 g
Sugars	5.05 g	10.11 g
Total Fat	0.23 g	0.47 g
Saturated Fat	0.05 g	0.09 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.76 mg	1.51 mg
Calcium	22 mg	43 mg
Sodium	218 mg	436 mg
Magnesium	17 mg	34 mg
Potassium	138 mg	284 mg
Vitamin A	69 IU	137 IU
Vitamin A	3 RAE	6 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.10mg	0.19 mg

A091 – BEANS, CANNED, VEGETARIAN, DRY, BAKED IN SAUCE, #10

PREPARATION/ COOKING INSTRUCTIONS	• Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food. • Use a clean and sanitized can opener. • Heat slowly at a low to medium temperature in a steam-jacketed kettle or a steamer to an internal temperature of 135 °F. Stir occasionally to distribute heated beans. Do not overheat because beans can burn and dry out quickly. • Heat without added salt and serve alone or use as directed in recipes.
USES AND TIPS	• Serve vegetarian beans heated or use in casseroles or in baked beans. • Serve vegetarian beans with pork and chicken.
FOOD SAFETY INFORMATION	• As long as the can is in good shape, the contents should be safe to eat, although the taste, texture and nutritional value of the food can diminish over time. • Cook fruits and vegetables that are going to be held on a steamtable or in a hot box to 135 °F for 15 seconds. • NEVER USE food from cans that are leaking, bulging, or are badly dented. • DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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A925 – BEANS, GREAT NORTHERN, DRY, WHOLE, 25 LB

CATEGORY	• Meat/Meat Alternates or Vegetables/Fruits
PRODUCT DESCRIPTION	• U.S. No. 1 grade dry Great Northern beans.
PACK/YIELD	• 25 lb bag. • One 25 lb bag AP yields about 62½ cups dry whole Great Northern beans and provides about 637.5 ¼-cup servings cooked, drained Great Northern beans OR about 318.7 ½-cup servings cooked, drained Great Northern beans. • One lb AP yields 1 lb (about 2½ cups) dry whole Great Northern beans and provides about 25.5 ¼-cup servings cooked, drained Great Northern beans OR about 12.7 ½-cup servings cooked, drained Great Northern beans. • CN Crediting: ¼ cup cooked, drained Great Northern beans provides 1-oz equivalent meat/meat alternate OR ¼ cup cooked, drained Great Northern beans provides ¼ cup vegetable BUT NOT both components at the same meal.
STORAGE	• Store dry Great Northern beans off the floor in a cool, dry place. High temperatures cause dry beans to harden and high humidity causes mold. • Store cooked Great Northern beans covered and labeled in a dated nonmetallic container under refrigeration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Great northern beans, dry, cooked, without salt

	¼ cup (44 g)	½ cup (89 g)
Calories	52	104
Protein	3.69 g	7.37 g
Carbohydrate	9.33 g	18.66 g
Dietary Fiber	3.1 g	6.2 g
Sugars	N/A	N/A
Total Fat	0.20 g	0.40 g
Saturated Fat	0.06 g	0.12 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.94 mg	1.89 mg
Calcium	30 mg	60 mg
Sodium	1 mg	2 mg
Magnesium	22 mg	44 mg
Potassium	173 mg	346 mg
Vitamin A	0 IU	1 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0.6 mg	1.2 mg
Vitamin E	N/A	N/A

Food & Nutrition Service

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-29-07) **Visit us at** *www.fns.usda.gov/fdd*

A925 – BEANS, GREAT NORTHERN, DRY, WHOLE, 25 LB

PREPARATION/ COOKING INSTRUCTIONS	• Sort dry beans to remove foreign matter, and rinse in cold water. Soaking shortens cooking time and ensures that the beans will hold their shape. • Soak dry beans overnight by adding dry beans to cold water. Cover and let stand in refrigerator overnight. Pour off soaking water, rinse, and cook immediately after soaking period. Longer periods of soaking are not recommended. • For quick soaking, pour dry beans into boiling water and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Pour off soaking water, rinse, and cook immediately after soaking period. • To cook, use approximately 1¾ qt boiling water for each lb of beans. Optional, add ½ tsp salt for every lb of beans. Cook for 1-2 hours. Add additional boiling water if beans become dry. Drain, if desired.
USES AND TIPS	• Use cooked dry beans in soups, salads, entrees, or recipes. Serve one variety of beans alone or in combination with others. Cook beans with meats or other vegetables.
FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or mold before use.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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A924 – BEANS, NAVY OR PEA, DRY, WHOLE, 25 LB

CATEGORY	• Meat/Meat Alternates or Vegetables/Fruits
PRODUCT DESCRIPTION	• U.S. No. 1 grade dry navy beans/pea beans.
PACK/YIELD	• 25 lb bag. • One 25 lb bag AP yields about 56¼ cups dry whole navy or pea beans and provides about 597.5 ¼-cup servings cooked navy or pea beans OR about 298.7 ½-cup servings cooked navy or pea beans. • One lb AP yields 1 lb (about 2¼ cups) dry whole navy or pea beans and provides about 23.9 ¼-cup servings cooked navy or pea beans OR about 11.9 ½-cup servings cooked navy or pea beans. • CN Crediting: ¼ cup cooked, drained navy or pea beans provides 1 oz-equivalent meat/meat alternate OR ¼ cup cooked, drained navy or pea beans provides ¼ cup vegetable BUT NOT both components at the same meal.
STORAGE	• Store dry navy or pea beans off the floor in a cool, dry place. High temperatures cause dry beans to harden and high humidity causes mold. • Store cooked navy or pea beans covered and labeled in a dated nonmetallic container under refrigeration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Navy beans, mature seeds, cooked, without salt

	¼ cup (46 g)	½ cup (91 g)
Calories	64	127
Protein	3.74 g	7.49 g
Carbohydrate	11.85 g	23.71 g
Dietary Fiber	4.8 g	9.6 g
Sugars	0.17 g	0.34 g
Total Fat	0.28 g	0.56 g
Saturated Fat	0.05 g	0.09 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	1.07 mg	2.15 mg
Calcium	31 mg	63 mg
Sodium	0 mg	0 mg
Magnesium	24 mg	48 mg
Potassium	177 mg	354 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0.5 mg	0.9
Vitamin E	0 mg	0.01 mg

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A924 – BEANS, NAVY OR PEA, DRY, WHOLE, 25 LB

PREPARATION/ COOKING INSTRUCTIONS	• Sort dry beans to remove foreign matter, and rinse in cold water. Soaking shortens cooking time and ensures that the beans will hold their shape. • Soak dry beans overnight by adding dry beans to cold water. Cover and let stand in refrigerator overnight. Pour off soaking water, rinse, and cook immediately after soaking period. Longer periods of soaking are not recommended. • For quick soaking, pour dry beans into boiling water and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Pour off soaking water, rinse, and cook immediately after soaking period. • To cook, use approximately 1¾ qt boiling water for each lb of beans. Optional, add ½ tsp salt for every lb of beans. Cook for 1-2 hours. Add additional boiling water if beans become dry. Drain, if desired.
USES AND TIPS	• Use cooked dry beans in soups, salads, entrees, or recipes. Serve one variety of beans alone or in combination with others. Cook beans with meats or other vegetables.
FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or mold before use.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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A939 – BEANS, PINK, DRY, WHOLE, 25 LB

CATEGORY	• Meat/Meat Alternates or Vegetables/Fruits
PRODUCT DESCRIPTION	• Dry pink beans are grade U.S. No. 1.
PACK/YIELD	• 25 lb bag. • One 25 lb bag AP yields about 56¼ cups dry pink beans and provides about 482.5 ¼-cup servings cooked, drained pink beans OR about 241.2 ½-cup servings cooked, drained pink beans. • One lb AP yields 1 lb (about 2¼ cups) dry pink beans and provides about 19.3 ¼-cup servings cooked, drained pink beans OR about 9.65 ½-cup servings cooked, drained pink beans. • CN Crediting: ¼ cup cooked, drained pink beans provides 1 oz-equivalent meat/meat alternate OR ¼ cup cooked, drained pink beans provides ¼ cup vegetable BUT NOT both components at the same meal.
STORAGE	• Store dry pink beans off the floor in a cool, dry place. High temperatures cause dry beans to harden and high humidity causes mold. • Store cooked pink beans covered and labeled in a dated nonmetallic container under refrigeration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Pink beans, mature seeds, cooked, without salt

	¼ cup (42 g)	½ cup (85 g)
Calories	63	126
Protein	3.83 g	7.66 g
Carbohydrate	11.79 g	23.58 g
Dietary Fiber	2.2 g	4.5 g
Sugars	0.16 g	0.31 g
Total Fat	0.21 g	0.41 g
Saturated Fat	0.05 g	0.11 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.97 mg	1.94 mg
Calcium	22 mg	44 mg
Sodium	1 mg	2 mg
Magnesium	27 mg	55 mg
Potassium	215 mg	429 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.43 mg	0.86 mg

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A939 – BEANS, PINK, DRY, WHOLE, 25 LB

PREPARATION/ COOKING INSTRUCTIONS	• Sort dry beans to remove foreign matter, and rinse in cold water. Soaking shortens cooking time and ensures that the beans will hold their shape. • Soak dry beans overnight by adding dry beans to cold water. Cover and let stand in refrigerator overnight. Pour off soaking water, rinse, and cook immediately after soaking period. Longer periods of soaking are not recommended. • For quick soaking, pour dry beans into boiling water and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Pour off soaking water, rinse, and cook immediately after soaking period. • To cook, use approximately 1¾ qt boiling water for each lb of beans. Optional, add ½ tsp salt for every lb of beans. Cook for 1-2 hours. Add additional boiling water if beans become dry. Drain, if desired.
USES AND TIPS	• Use cooked dry beans in soups, salads, entrees, or recipes. Serve one variety of beans alone or in combination with others. Cook beans with meats or other vegetables.
FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or mold before use.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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A942 – BEANS, PINTO, DRY, WHOLE, 25 LB

CATEGORY	• Meat/Meat Alternates or Vegetables/Fruits
PRODUCT DESCRIPTION	• U.S. No. 1 grade dry pinto beans.
PACK / YIELD	• 25 lb bag. • One 25 lb bag AP yields about 59⅜ cups dry, whole pinto beans and provides about 525.0 ¼-cup servings cooked, drained pinto beans OR about 262.5 ½-cup servings cooked, drained pinto beans. • One lb AP yields 1 lb (about 2⅜ cups) dry whole pinto beans and provides about 21.0 ¼-cup servings cooked, drained pinto beans OR about 10.5 ½-cup servings cooked, drained pinto beans. • CN Crediting: ¼ cup cooked, drained pinto beans provides 1 oz-equivalent meat/meat alternate OR ¼ cup cooked, drained pinto beans provides ¼ cup vegetable BUT NOT both components at the same meal.
STORAGE	• Store dry pinto beans off the floor in a cool, dry place. High temperatures cause dry beans to harden and high humidity causes mildew. • Store cooked pinto beans covered and labeled in a dated nonmetallic container under refrigeration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Pinto beans, dry, cooked, without salt

	¼ cup (43 g)	½ cup (86 g)
Calories	61	122
Protein	3.85 g	7.70 g
Carbohydrate	11.21 g	22.42 g
Dietary Fiber	3.8 g	7.7 g
Sugars	0.15 g	0.29 g
Total Fat	0.28 g	0.56 g
Saturated Fat	0.06 g	0.12 g
Trans Fat	0 g	N/A
Cholesterol	0 mg	0 mg
Iron	0.89 mg	1.79 mg
Calcium	20 mg	39 mg
Sodium	0 mg	1 mg
Magnesium	21 mg	43 mg
Potassium	186 mg	373 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0.3 mg	0.7 mg
Vitamin E	0.40 mg	0.80 mg

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A942 – BEANS, PINTO, DRY, WHOLE, 25 LB

PREPARATION/ COOKING INSTRUCTIONS	• Sort dry beans to remove foreign matter, and rinse in cold water. Soaking shortens cooking time and ensures that the beans will hold their shape. • Soak dry beans overnight by adding dry beans to cold water. Cover and let stand in refrigerator overnight. Pour off soaking water, rinse, and cook immediately after soaking period. Longer periods of soaking are not recommended. • For quick soaking, pour dry beans into boiling water and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Pour off soaking water, rinse, and cook immediately after soaking period. • To cook, use approximately 1¾ qt boiling water for each lb of beans. Optional, add ½ tsp salt for every lb of beans. Cook for 1-2 hours. Add additional boiling water if beans become dry. Drain, if desired.
USES AND TIPS	• Use cooked dry beans in soups, salads, entrees, or recipes. Serve one variety of beans alone or in combination with others. Cook beans with meats or other vegetables.
FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or mold before use.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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A948 – BEANS, SMALL RED, DRY, WHOLE, 25 LB

CATEGORY	• Meat/Meat Alternates or Vegetables/Fruits
PRODUCT DESCRIPTION	• U.S. No. 1 grade dry small red beans.
PACK / YIELD	• 25 lb bag. • One 25 lb bag AP yields about 53⅛ cups dry small red beans and provides about 510.0 ¼-cup servings cooked, drained small red beans OR about 255.0 ½-cup servings cooked, drained small red beans. • One lb AP yields 1 lb (about 2⅛ cups) dry, small red beans and provides about 20.4 ¼-cup servings cooked, drained small red beans OR about 10.2 ½-cup servings cooked, drained small red beans. • CN Crediting: ¼ cup cooked, drained small red beans provides 1 oz-equivalent meat/meat alternate OR ¼ cup cooked, drained small red beans provides ¼ cup vegetable BUT NOT both components at the same meal.
STORAGE	• Store small red beans off the floor in a cool, dry place. High temperatures cause dry beans to harden and high humidity causes mold. • Store cooked small red beans covered and labeled in a dated nonmetallic container under refrigeration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Kidney beans, red, mature seeds, cooked, without salt

	¼ cup (44 g)	½ cup (89 g)
Calories	56	112
Protein	3.84 g	7.67 g
Carbohydrate	10.09 g	20.18 g
Dietary Fiber	3.3 g	6.5 g
Sugars	0.14 g	0.28 g
Total Fat	0.22 g	0.44 g
Saturated Fat	0.03 g	0.06 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	1.29 mg	2.60 mg
Calcium	12 mg	25 mg
Sodium	1 mg	2 mg
Magnesium	20 mg	40 mg
Potassium	177 mg	357 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0.5 mg	1.1 mg
Vitamin E	0.38 mg	0.77 mg

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A948 – BEANS, SMALL RED, DRY, WHOLE, 25 LB

PREPARATION/ COOKING INSTRUCTIONS	• Sort dry beans to remove foreign matter, and rinse in cold water. Soaking shortens cooking time and ensures that the beans will hold their shape. • Soak dry beans overnight by adding dry beans to cold water. Cover and let stand in refrigerator overnight. Pour off soaking water, rinse, and cook immediately after soaking period. Longer periods of soaking are not recommended. • For quick soaking, pour dry beans into boiling water and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Pour off soaking water, rinse, and cook immediately after soaking period. • To cook, use approximately 1¾ qt boiling water for each lb of beans. Optional, ½ tsp salt for every lb of beans. Cook for 1-2 hours. Add additional boiling water if beans become dry. Drain, if desired.
USES AND TIPS	• Use cooked dry beans in soups, salads, entrees, or recipes. Serve one variety of beans alone or in combination with others. Cook beans with meats or other vegetables.
FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or mold before use.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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A928 – BEANS, SPLIT PEAS, DRY, 25 LB

CATEGORY	• Meat/Meat Alternates or Vegetables/Fruits
PRODUCT DESCRIPTION	• U.S. No. 1 grade dry split peas of the yellow or green variety.
PACK/YIELD	• 25 lb bag. • One 25 lb bag AP yields about 56¼ cups dry split peas and provides about 577.5 ¼-cup servings cooked, drained split peas OR about 288.7 ½-cup servings cooked, drained split peas. • One lb AP yields 1 lb (about 2¼ cups) dry split peas and provides about 23.1 ¼-cup servings cooked, drained split peas OR about 11.5 ½-cup servings cooked, drained split peas. • CN Crediting: ¼ cup cooked, drained split peas provides 1 oz-equivalent meat/meat alternate OR ¼ cup cooked, drained split peas provides ¼ cup vegetable BUT NOT both components at the same meal.
STORAGE	• Store split peas off the floor in a cool, dry place. High temperatures cause dry beans to harden and high humidity causes mold. • Store cooked split peas covered and labeled in a dated nonmetallic container under refrigeration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

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Nutrition Information

Peas, split, mature seeds, cooked, without salt

	¼ cup (49 g)	½ cup (98 g)
Calories	58	116
Protein	4.09 g	8.17 g
Carbohydrate	10.34 g	20.68 g
Dietary Fiber	4.1 g	8.1 g
Sugars	1.42 g	2.84 g
Total Fat	0.19 g	0.38 g
Saturated Fat	0.03 g	0.05 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.63 mg	1.26 mg
Calcium	7 mg	14 mg
Sodium	1 mg	2 mg
Magnesium	18 mg	35 mg
Potassium	177 mg	355 mg
Vitamin A	3 IU	7 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0.2 mg	0.4 mg
Vitamin E	0.01 mg	0.03 mg

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A928 – BEANS, SPLIT PEAS, DRY, 25 LB

PREPARATION/ COOKING INSTRUCTIONS	• Sort dry split peas to remove foreign matter. • Cook dry split peas without soaking OR add split peas to boiling water. Boil 2 minutes. Remove from heat and let soak ½ hour. • Use approximately 1¼ qt boiling water for each lb of split peas. Optional, add ½ tsp salt for every lb of split peas. Cook for approximately 20 minutes. Cook split peas in small batches to retain their shape and to avoid mashing. Drain and use in recipes.
USES AND TIPS	• Use cooked split peas in soups, salads, casseroles, entrees, or as meat extenders. Season with butter, herbs, or spices.
FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or mold before use.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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A721 – BEEF, CANNED, W/NATURAL JUICES, FULLY COOKED, 24 OZ

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• Coarse ground beef cooked in its own juices with a small amount of salt added for flavor.
PACK/YIELD	• 24/24 oz cans per case. • One 24 oz can AP yields about 12.1 1-oz servings heated, drained beef. • One lb AP yields 0.51 lb heated drained beef and provides about 8.16 1-oz servings heated, drained beef. • CN Crediting: 1 oz heated, drained beef provides 1 oz-equivalent meat/meat alternate.
STORAGE	• Store unopened canned beef off the floor in a cool, dry place. Store opened canned beef covered, in a dated nonmetallic container under refrigeration and use within 2 days. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	• Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food. • Use a clean and sanitized can opener. • Chill canned beef overnight for easy removal of fat and/or slicing. Use natural juices as part of the liquid required by any recipe. Chill only as many cans needed for one day. Using a can opener, remove both the bottom and top lids of the can and push the beef through with the bottom lid. • Heat processed ready-to-eat beef and pork products to 165 °F for 15 seconds.

Nutrition Information

Beef, canned with juices, salt added

	1 oz (28 g)	¼ cup (55 g)
Calories	62	120
Protein	5 g	10 g
Carbohydrate	0 g	0 g
Dietary Fiber	N/A	N/A
Sugars	N/A	N/A
Total Fat	4 g	8 g
Saturated Fat	2 g	3 g
Trans Fat	N/A	N/A
Cholesterol	18 mg	35 mg
Iron	0.37 mg	0.72 mg
Calcium	10 mg	20 mg
Sodium	77 mg	150 mg
Magnesium	N/A	N/A
Potassium	N/A	N/A
Vitamin A	50 IU	100 IU
Vitamin A	N/A	N/A
Vitamin C	0.62 mg	1.2 mg
Vitamin E	N/A	N/A

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A721 – BEEF, CANNED, W/NATURAL JUICES, FULLY COOKED, 24 OZ

USES AND TIPS	• Canned beef may be chopped, cubed, ground, sliced, and used in recipes. • Canned beef is thoroughly cooked during processing and may be used in main dishes, such as barbecue beef, pizza, spaghetti sauce and casseroles. Substitute canned, drained beef for cooked ground beef, cooked beef cubes or similar cooked meats in recipes.
FOOD SAFETY INFORMATION	• As long as the can is in good shape, the contents should be safe to eat, although the taste, texture and nutritional value of the food can diminish over time. • NEVER USE food from cans that are leaking, bulging, or are badly dented. • DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

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A594 – BEEF, COARSE GROUND, BULK, RAW, FROZEN, 60 LB

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• Coarse ground beef, bulk packaged in leak-proof shipping containers. The average fat content is 15%, but may not be higher than 18% fat.
PACK/YIELD	• 60 lb case for processing. • One 60 lb case AP yields 44.4 lb cooked, drained lean meat and provides about 710.4 1-oz servings cooked, drained, lean meat. • One lb AP yields 0.74 lb cooked, drained, lean meat and provides about 11.8 1-oz servings cooked, drained, lean meat. • CN Crediting: 1.36 oz raw meat when cooked provides 1 oz-equivalent meat/meat alternate.
STORAGE	• Store ground beef frozen, in the original shipping container off the floor at 0 °F or below. • Refrigerate leftover beef covered and labeled in a dated container and use within 2 days. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	• TO THAW: Thaw only the amount needed for one day's use. Remove ground beef from the container, keep in original wrapping, place on sheet pans and thaw in the refrigerator. Allow 1½ hours per lb for thawing. • Cook to an internal temperature of 155 °F for 15 seconds. Judge doneness by temperature, not color or texture of the food.

Nutrition Information

Beef, ground, crumbles, cooked, pan-browned

	15% fat 1 oz (28 g)	18% fat 1 oz (28 g)
Calories	73	76
Protein	7.86 g	7.73 g
Carbohydrate	0 g	0 g
Dietary Fiber	0 g	0 g
Sugars	0 g	0 g
Total Fat	4.34 g	4.73 g
Saturated Fat	1.65 g	1.79 g
Trans Fat	0.30 g	0.33 g
Cholesterol	25 mg	25 mg
Iron	0.83 mg	0.80 mg
Calcium	6 mg	7 mg
Sodium	25 mg	25 mg
Magnesium	7 mg	7 mg
Potassium	115 mg	114 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.13 mg	0.14 mg

Food & Nutrition Service

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A594 – BEEF, COARSE GROUND, BULK, RAW, FROZEN, 60 LB

USES AND TIPS	• Serve ground beef as patties or use in mixed dishes such as tacos, chili, meatloaf, lasagna, vegetable & beef casseroles, and spaghetti sauce. Use as a topping on pizza.
FOOD SAFETY INFORMATION	• Thaw frozen products in the refrigerator below fresh or ready-to-eat foods. • Cook ground beef products to 155 °F for 15 seconds. The pink color in safely cooked meat is due to the hemoglobin in tissues which can form a heat-stable color. Smoking or grilling may also cause this reaction. • Keep raw meat and poultry separate from other foods, wash working surfaces (including cutting boards), utensils and hands after touching raw meat or poultry. • Sanitize cutting boards, utensils and countertops by using a solution of 1 Tbsp unscented, liquid chlorine bleach in 1 gallon water.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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A717 – BEEF, CRUMBLES, W/SPP, FULLY COOKED, FROZEN, 40 LB

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• Cooked ground beef with soy protein product (SPP) lightly seasoned and produced to a crumble size of ¼ inch maximum. Beef will comprise at least 75% of the raw formula; non-meat components will comprise no more than 25% of the raw formula.
PACK/YIELD	• 4/10 lb OR 5/8 lb OR 8/5 lb bags per case. • One 40 lb case provides about 290 2.2-oz servings. • One 10 lb bag provides about 72 2.2-oz servings. • One 8 lb bag provides about 58 2.2-oz servings. • One 5 lb bag provides about 36 2.2-oz servings. • CN Crediting: Request company formulation statement for product.
STORAGE	• Store frozen beef crumbles in original shipping container off the floor at 0 °F or below. • Refrigerate leftover beef crumbles covered and labeled in a dated container and use within 2 days. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	• Heat processed ready-to-eat beef and pork products to 165 °F for 15 seconds. Judge doneness by temperature, not by color or texture of food.

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Nutrition Information

Beef crumbles w/SPP, cooked

	2.2 oz (62 g)
Calories	126
Protein	12.69 g
Carbohydrate	1.98 g
Dietary Fiber	1.0 g
Sugars	0.05 g
Total Fat	7.49 g
Saturated Fat	3.08 g
Trans Fat	0.26 g
Cholesterol	33 mg
Iron	1.72 mg
Calcium	27 mg
Sodium	354 mg
Magnesium	23 mg
Potassium	226 mg
Vitamin A	33 IU
Vitamin A	0 RAE
Vitamin C	0 mg
Vitamin E	0.06 mg

A717 – BEEF, CRUMBLES, W/SPP, FULLY COOKED, FROZEN, 40 LB

USES AND TIPS	• Beef crumbles work well in chili, sloppy joes, tacos, spaghetti sauce, pizza, lasagna, casseroles, pasta dishes, and any recipe that calls for ground beef.
FOOD SAFETY INFORMATION	• Thaw frozen products in the refrigerator below fresh or ready-to-eat foods. • Keep meat and poultry separate from other foods, wash working surfaces (including cutting boards), utensils and hands after touching meat or poultry.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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A579 – BEEF, FINE GROUND, IRRADIATED, RAW, FROZEN, 10 LB

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• Irradiated fine ground beef, vacuum packaged in a plastic container. The target average fat content is 15%, but may not be higher than 18% fat.
PACK/YIELD	• 4/10 lb pkgs per case. • One 10 lb pkg AP yields about 7.40 lb cooked, drained lean meat and provides about 118.4 1-oz servings cooked, drained lean meat. • One lb AP yields 0.74 lb cooked, drained lean meat and provides about 11.8 1-oz servings cooked, drained lean meat. • CN Crediting: 1.36 oz raw meat when cooked and drained provides 1 oz-equivalent meat/meat alternate.
STORAGE	• Store frozen ground beef in the original shipping container off the floor at 0 °F or below. • Refrigerate leftover beef covered and labeled in a dated container and use within 2 days. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	• TO THAW: Thaw only the amount needed for one day's use. Remove ground beef from the container, keep in original wrapping, place on sheet pans and thaw in the refrigerator below fresh or ready-to-eat foods. Allow 1½ hours per lb for thawing. • Cook to 155 °F for 15 seconds. Judge doneness by temperature, not color or texture of food.

Nutrition Information

Beef, ground, crumbles, cooked, pan-browned

	15% fat 1 oz (28 g)	18% fat 1 oz (28 g)
Calories	73	76
Protein	7.86 g	7.73 g
Carbohydrate	0 g	0 g
Dietary Fiber	0 g	0 g
Sugars	0 g	0 g
Total Fat	4.34 g	4.73 g
Saturated Fat	1.65 g	1.79 g
Trans Fat	0.30 g	0.33 g
Cholesterol	25 mg	25 mg
Iron	0.83 mg	0.80 mg
Calcium	6 mg	7 mg
Sodium	25 mg	25 mg
Magnesium	7 mg	7 mg
Potassium	115 mg	114 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.13 mg	0.14 mg

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A579 – BEEF, FINE GROUND, IRRADIATED, RAW, FROZEN, 10 LB

USES AND TIPS	• Serve ground beef as patties or use in mixed dishes such as tacos, chili, meatloaf, lasagna, vegetable & beef casseroles, and spaghetti sauce. Use as a topping on pizza.
FOOD SAFETY INFORMATION	• Thaw frozen products in the refrigerator below fresh or ready-to-eat foods. • Cook ground beef products to 155 °F for 15 seconds. The pink color in safely cooked meat is due to the hemoglobin in tissues which can form a heat-stable color. Smoking or grilling may also cause this reaction. • Keep raw meat and poultry separate from other foods, wash working surfaces (including cutting boards), utensils and hands after touching raw meat or poultry. • Sanitize cutting boards, utensils, and countertops by using a solution of 1 Tbsp unscented, liquid chlorine bleach in 1 gallon water.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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A608 – BEEF, FINE GROUND, RAW, FROZEN, 10 LB

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• Fine ground beef, vacuum packaged or packaged in casings and sealed. The average fat content is 15%, but may not be higher than 18% fat.
PACK/YIELD	• 4/10 lb pkgs per case. • One 10 lb pkg AP yields 7.40 lb cooked, drained lean meat and provides about 118.4 1-oz servings cooked, drained lean meat. • One lb AP yields 0.74 lb cooked, drained lean meat and provides about 11.8 1-oz servings cooked, drained lean meat. • CN Crediting: 1.36 oz raw meat when cooked provides 1 oz-equivalent meat/meat alternate.
STORAGE	• Store ground beef frozen, in the original shipping container off the floor at 0 °F or below. • Refrigerate leftover beef covered and labeled in a dated container and use within 2 days • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	• TO THAW: Thaw only the amount needed for one day's use. Remove ground beef from the container, keep in original wrapping, place on sheet pans and thaw in the refrigerator. Allow 1½ hours per lb for thawing. • Cook to 155 °F for 15 seconds. Judge doneness by temperature, not color or texture of the food.

Nutrition Information

Beef, ground, crumbles, cooked, pan-browned

	15% fat 1 oz (28 g)	18% fat 1 oz (28 g)
Calories	73	76
Protein	7.86 g	7.73 g
Carbohydrate	0 g	0 g
Dietary Fiber	0 g	0 g
Sugars	0 g	0 g
Total Fat	4.34 g	4.73 g
Saturated Fat	1.65 g	1.79 g
Trans Fat	0.30 g	0.33 g
Cholesterol	25 mg	25 mg
Iron	0.83 mg	0.80 mg
Calcium	6 mg	7 mg
Sodium	25 mg	25 mg
Magnesium	7 mg	7 mg
Potassium	115 mg	114 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.13 mg	0.14 mg

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A608 – BEEF, FINE GROUND, RAW, FROZEN, 10 LB

USES AND TIPS	• Serve ground beef as patties or use in mixed dishes such as tacos, chili, meatloaf, lasagna, vegetable & beef casseroles, and spaghetti sauce. Use as a topping on pizza.
FOOD SAFETY INFORMATION	• Thaw frozen products in the refrigerator below fresh or ready-to-eat foods. • Cook ground beef products to 155 °F for 15 seconds. Do not judge doneness by the color or texture of the food. The pink color in safely cooked meat is due to the hemoglobin in tissues which can form a heat-stable color. Smoking or grilling may also cause this reaction. • Keep raw meat and poultry separate from other foods, wash working surfaces (including cutting boards), utensils and hands after touching raw meat or poultry. • Sanitize cutting boards, utensils and countertops by using a solution of 1 Tbsp unscented, liquid chlorine bleach in 1 gallon water.
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A578 – BEEF, PATTIES, GROUND, IRRADIATED, RAW, FROZEN, IQF, 40 LB

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• 100% raw ground beef, 3 oz patties, individually quick frozen (IQF). The target average fat content is 15% fat, but may not be higher than 18% fat. This product has been irradiated.
PACK/YIELD	• 2/20 lb pkgs or 4/10 lb pkgs per case. • One 40 lb case AP yields about 213 3-oz raw beef patties. • One 20 lb pkg AP yields about 106 3-oz raw beef patties. • One 10 lb pkg AP yields about 53 3-oz raw beef patties. • CN Crediting: One 3.0 oz raw beef patty when cooked provides 2 oz-equivalent meat/meat alternate.
STORAGE	• Store frozen beef patties in original shipping container off the floor at 0 °F or below. Refrigerate leftover beef patties covered and labeled in a dated container and use within 2 days. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	• Beef patties should be cooked from the frozen state to prevent moisture loss. Partially thaw in the refrigerator only until patties can be easily separated. Separate and place patties onto sheet pans. To avoid injury, DO NOT separate with a knife or sharp objects.

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Nutrition Information

Beef, ground, patty, cooked, pan-broiled

	1 patty, 15% fat (64 g)	1 patty, 18% fat (63 g)
Calories	148	152
Protein	15.76 g	15.29 g
Carbohydrate	0 g	0 g
Dietary Fiber	0 g	0 g
Sugars	0 g	0 g
Total Fat	8.97 g	9.67 g
Saturated Fat	3.41 g	3.66 g
Trans Fat	0.63 g	0.68 g
Cholesterol	55 mg	54 mg
Iron	1.72 mg	1.65 mg
Calcium	13 mg	15 mg
Sodium	51 mg	52 mg
Magnesium	14 mg	14 mg
Potassium	223 mg	215 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.27 mg	0.27 mg

A578 – BEEF, PATTIES, GROUND, IRRADIATED, RAW, FROZEN, IQF, 40 LB

PREPARATION/ COOKING INSTRUCTIONS (cont'd)	• Bake in standard oven at 350 °F for 18-20 minutes or convection oven at 350 °F for 6-10 minutes. Cook to an internal temperature of 155 °F for 15 seconds. Judge doneness by temperature, not color or texture of food. Serve immediately. Holding on a steam table or in a holding cabinet will cause patties to dry out.
USES AND TIPS	• Ground beef patties may be grilled, baked, or broiled.
FOOD SAFETY INFORMATION	• Thaw frozen products in the refrigerator below fresh or ready-to-eat foods. • Cook ground beef products to 155 °F for 15 seconds. Base doneness on internal temperature. The pink color in safely cooked meat is due to the hemoglobin in tissues which can form a heat-stable color. Smoking or grilling may also cause this reaction. • Keep raw meat and poultry separate from other foods, wash working surfaces (including cutting boards), utensils and hands after touching raw meat or poultry. • Sanitize cutting boards, utensil, and countertops by using a solution of 1 Tbsp unscented, liquid chlorine bleach in 1 gallon water.
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A626 – BEEF, PATTIES, GROUND, RAW, FROZEN, IQF, 40 LB

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• 100% raw ground beef, 3 oz patties, individually quick frozen (IQF). The average fat content is 15% fat, but may not be higher than 18% fat. The patties shall not have any non-meat ingredients added.
PACK/YIELD	• 8/5 lb pkgs OR 4/10 lb pkgs OR 2/20 lb pkgs per 40 lb case. • One 40 lb case AP provides about 213 3-oz raw beef patties. • One 20 lb pkg AP provides about 106 3-oz raw beef patties. • One 10 lb pkg AP provides about 53 3-oz raw beef patties. • One 5 lb pkg AP provides about 26 3-oz raw beef patties. • CN Crediting: One 3.0 oz raw beef patty when cooked provides 2-oz equivalent meat/meat alternate.
STORAGE	• Store frozen beef patties in original shipping container off the floor at 0 °F or below. Refrigerate leftover beef patties covered and labeled in a dated container and use within 2 days. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	• Beef patties should be cooked from the frozen state to prevent moisture loss. Partially thaw in refrigerator only until patties can be easily separated. Separate and place patties onto sheet pans. To avoid injury, DO NOT separate with a knife or sharp objects.

Nutrition Information

Beef, ground, patty, cooked, pan-broiled

	1 patty, 15% fat (64 g)	1 patty, 18% fat (63 g)
Calories	148	152
Protein	15.76 g	15.29 g
Carbohydrate	0 g	0 g
Dietary Fiber	0 g	0 g
Sugars	0 g	0 g
Total Fat	8.97 g	9.67 g
Saturated Fat	3.41 g	3.66 g
Trans Fat	0.63 g	0.68 g
Cholesterol	55 mg	54 mg
Iron	1.72 mg	1.65 mg
Calcium	13 mg	15 mg
Sodium	51 mg	52 mg
Magnesium	14 mg	14 mg
Potassium	223 mg	215 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.27 mg	0.27 mg

A626 – BEEF, PATTIES, GROUND, RAW, FROZEN, IQF, 40 LB

PREPARATION/ COOKING INSTRUCTIONS (cont'd)	• Bake in standard oven at 350 °F for 18-20 minutes or convection oven at 350 °F for 6-10 minutes. Cook to an internal temperature of 155 °F for 15 seconds. Judge doneness by temperature, not color or texture of the food. Serve immediately. Holding on a steam table or in a holding cabinet will cause patties to dry out.
USES AND TIPS	• Ground beef patties may be grilled, baked, or broiled.
FOOD SAFETY INFORMATION	• Thaw frozen products in the refrigerator below fresh or ready-to-eat foods. • Cook ground beef products to 155 °F for 15 seconds. Base doneness on internal temperature. The pink color in safely cooked meat is due to the hemoglobin in tissues which can form a heat-stable color. Smoking or grilling may also cause this reaction. • Keep raw meat and poultry separate from other foods. Wash working surfaces (including cutting boards), utensils and hands after touching raw meat or poultry. • Sanitize cutting boards, utensils and countertops by using a solution of 1 Tbsp unscented, liquid chlorine bleach in 1 gallon water.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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A627 – BEEF, PATTIES, LEAN, GROUND, RAW, 10% FAT, FROZEN, IQF, 40 LB

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• 100% raw ground beef, 3 oz patties, individually quick frozen (IQF). The fat content of the patties may not be higher than 10% fat. The patties shall not have any non-meat ingredients added
PACK/YIELD	• 8/5 lb pkg OR 4/10 lb pkg OR 2/20 lb pkg per case. • One 40 lb case AP provides about 213 3-oz raw beef patties. • One 20 lb pkg AP provides about 106 3-oz raw beef patties. • One 10 lb pkg AP provides about 53 3-oz patties. • One 5 lb pkg AP provides about 26 3-oz patties. • CN Crediting: One 3.0 oz raw beef patty when cooked provides 2¼ oz-equivalent meat/meat alternate.
STORAGE	• Store frozen beef patties in original shipping container off the floor at 0 °F or below. • Refrigerate leftover beef patties covered and labeled in a dated container and use within 2 days. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Beef patty, 10% fat, cooked, pan broiled

	1 patty (65 g)
Calories	132
Protein	16.29 g
Carbohydrate	0 g
Dietary Fiber	0 g
Sugars	0 g
Total Fat	6.90 g
Saturated Fat	2.73 g
Trans Fat	0.43 g
Cholesterol	53 mg
Iron	1.79mg
Calcium	10 mg
Sodium	48 mg
Magnesium	15 mg
Potassium	234 mg
Vitamin A	0 IU
Vitamin A	0 RAE
Vitamin C	0 mg
Vitamin E	0.25 mg

A627 – BEEF, PATTIES, LEAN, GROUND, RAW, 10% FAT, FROZEN, IQF, 40 LB

PREPARATION/ COOKING INSTRUCTIONS	• Beef patties should be cooked from the frozen state to prevent moisture loss. Partially thaw in refrigerator only until patties can be easily separated. Separate and place patties onto sheet pans. To avoid injury, DO NOT separate with a knife or sharp objects. • Bake in standard oven at 350 °F for 18-20 minutes or convection oven at 350 °F for 6-10 minutes. Cook to an internal temperature of 155 °F for 15 seconds. Judge doneness by temperature, not color or texture of the food. Serve immediately. Holding on a steam table or in a holding cabinet will cause patties to dry out.
USES AND TIPS	• Beef patties may be baked or broiled in an oven, pan-fried or pan-broiled. For variety, top with low-fat cheese, tomato sauce, mushrooms, onions, or other toppings. Season as desired.
FOOD SAFETY INFORMATION	• Thaw frozen products in the refrigerator below fresh or ready-to-eat foods. • Cook ground beef products to 155 °F for 15 seconds. The pink color in safely cooked meat is due to the hemoglobin in tissues which can form a heat-stable color. Smoking or grilling may also cause this reaction. • Keep raw meat and poultry separate from other foods. Wash working surfaces (including cutting boards), utensils and hands after touching raw meat or poultry. • Sanitize cutting boards, utensils and countertops by using a solution of 1 Tbsp unscented, liquid chlorine bleach in 1 gallon water.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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A706 – BEEF, PATTIES, W/SPP, FULLY COOKED, HOME-STYLE, FROZEN, IQF, 40 LB

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• Fully cooked ground beef w/SPP, 2.7 oz patties, combination of ground beef and soy protein product (SPP), individually quick frozen (IQF). The raw product is at least 75% beef. Fat content will not exceed 15%.
PACK/YIELD	• 4/10 lb OR 5/8 lb OR 8/5 lb pkg per case. • One 40 lb case AP provides about 237 2.7-oz patties. • One 10 lb pkg AP provides about 59 2.7-oz patties. • One 8 lb pkg AP provides about 47 2.7-oz patties. • One 5 lb pkg provides about 29 2.7-oz patties. • CN Crediting: Request company formulation statement for product.
STORAGE	• Store frozen beef patties in original shipping container off the floor at 0 °F or below. • Refrigerate leftover beef patties with SPP covered and labeled in a dated container and use within 2 days. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	• Bake frozen product for 15-20 minutes at 350 °F. Beef patties with SPP should be reheated to an internal temperature of 165 °F for 15 seconds. Judge doneness by temperature, not color or texture of the food. • Add seasoning, if desired, after cooking. Serve as soon as possible. Holding beef patties on a steam table or in a holding cabinet will cause them to dry out and be tough.

Nutrition Information

Beef patty w/SPP, cooked

	1 patty (77 g)
Calories	166
Protein	13.63 g
Carbohydrate	1.23 g
Dietary Fiber	0.9 g
Sugars	0.06 g
Total Fat	11.06 g
Saturated Fat	4.91 g
Trans Fat	0.18 g
Cholesterol	46 mg
Iron	1.81 mg
Calcium	24 mg
Sodium	394 mg
Magnesium	28 mg
Potassium	286 mg
Vitamin A	61 IU
Vitamin A	0 RAE
Vitamin C	1.0 mg
Vitamin E	0.06 mg

A706 – BEEF, PATTIES, W/SPP, FULLY COOKED, HOME-STYLE, FROZEN, IQF, 40 LB

USES AND TIPS	• Beef patties w/SPP may be baked, broiled in an oven, pan-fried, or pan broiled. Beef patties with SPP are excellent in a sandwich or as a main entree with gravy and mashed potatoes. • For variety, top with low fat cheese, tomato sauce, mushrooms, onions, or other toppings. Season as desired.
FOOD SAFETY INFORMATION	• Thaw frozen products in the refrigerator below fresh or ready-to-eat foods. • Heat processed ready-to-eat beef and pork products to 165 °F for 15 seconds. • Keep meat and poultry separate from other foods, wash working surfaces (including cutting boards), utensils and hands after touching meat or poultry.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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A616 – BEEF, PATTIES, W/SPP, GROUND, RAW, FROZEN, IQF, 40 LB

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• Raw ground beef, 3 oz patties, combination of combination of ground beef and soy protein product (SPP), individually quick frozen (IQF). The combined finished product is a minimum of 20% and maximum of 25% hydrated soy product in the combined finished product. The average fat content is 15%.
PACK/YIELD	• 8/5 lb pkgs OR 4/10 lb pkgs OR 2/20 lb pkgs per case. • One 40 lb case provides about 213 3-oz patties. • One 20 lb pkg AP provides about 106 3-oz patties. • One 10 lb pkg AP provides about 53 3-oz patties. • One 5 lb pkg AP provides about 26 3-oz patties. • CN Crediting: One 3 oz cooked beef patty provides 2 oz-equivalent meat/meat alternate.
STORAGE	• Store frozen beef patties in original shipping container off the floor at 0 °F or below. • Refrigerate leftover beef patties covered and labeled in a dated container and use within 2 days. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

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Nutrition Information

Beef patty with SPP, cooked

	1 patty (68 g)
Calories	168
Protein	10.64 g
Carbohydrate	5.37 g
Dietary Fiber	1.0 g
Sugars	N/A
Total Fat	11.52 g
Saturated Fat	4.25 g
Trans Fat	N/A
Cholesterol	26 mg
Iron	2.48 mg
Calcium	27 mg
Sodium	45 mg
Magnesium	33 mg
Potassium	221 mg
Vitamin A	61 IU
Vitamin A	11 RAE
Vitamin C	0 mg
Vitamin E	N/A

A616 – BEEF, PATTIES, W/SPP, GROUND, RAW, FROZEN, IQF, 40 LB

PREPARATION/ COOKING INSTRUCTIONS	• Beef patties with SPP should be cooked from the frozen state to prevent moisture loss. Partially thaw in refrigerator only until patties can be easily separated. Separate and place patties on sheet pans. To avoid injury, DO NOT separate with a knife or sharp objects. • Bake in standard oven at 350 °F for 18-20 minutes or convection oven at 350 °F for 6-10 minutes. Cook to an internal temperature of 155 °F for 15 seconds. Judge doneness by temperature, not color or texture of the food. Add seasoning, if desired, after cooking. Serve as soon as possible. Holding beef patties on a steamtable or in a holding cabinet will cause them to dry out and be tough.
USES AND TIPS	• Ground beef patties may be baked or broiled in an oven, pan-fried, or pan-broiled. • Beef patties with SPP are excellent in a sandwich or as a main entrée with gravy and mashed potatoes. • For variety, top with low fat cheese, tomato sauce, mushrooms, onions, or other toppings. Season as desired.
FOOD SAFETY INFORMATION	• Thaw frozen products in the refrigerator below fresh or ready-to-eat foods. • Cook ground beef and pork products to 155 °F for 15 seconds. The pink color in safely cooked meat is due to the hemoglobin in tissues which can form a heat-stable color. Smoking or grilling may also cause this reaction. • Keep raw meat and poultry separate from other foods, wash working surfaces (including cutting boards), utensils and hands after touching raw meat or poultry.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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A716 – BEEF, SLOPPY JOES, W/SPP, FULLY COOKED, FROZEN, 40 LB

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• Ground beef with soy protein product (SPP) cooked in a seasoned tomato product for use in a variety of applications, including sandwich fillings and similar items. Beef will comprise at least 75% of the raw formula; non-meat components will comprise no more than 25% of the raw formula.
PACK/YIELD	• 4/10 lb OR 5/8 lb OR 8/5 lb bag per case. • One 40 lb case AP provides about 151 ½-cup servings beef sloppy joe. • One 10 lb bag AP provides about 37.8 ½-cup servings beef sloppy joe. • One 8 lb bag AP provides about 30 ½-cup servings beef sloppy joe. • One 5 lb bag AP provides about 18.9 ½-cup servings beef sloppy joe. • One lb AP yields 3.78 ½-cup servings beef sloppy joe. • CN Crediting: Request company formulation statement for product.
STORAGE	• Store frozen or raw beef or pork products in original shipping container off the floor at 0 °F or below. • Refrigerate leftover beef sloppy joe covered and labeled in a dated container and use within 2 days. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Beef sloppy joe w/SPP, cooked

	½ cup (120 g)
Calories	257
Protein	20.35 g
Carbohydrate	10.00 g
Dietary Fiber	1.6 g
Sugars	5.71 g
Total Fat	15.25 g
Saturated Fat	6.13 g
Trans Fat	0.38 g
Cholesterol	60 mg
Iron	2.13 mg
Calcium	34 mg
Sodium	698 mg
Magnesium	N/A
Potassium	N/A
Vitamin A	526 IU
Vitamin A	N/A
Vitamin C	2.5 mg
Vitamin E	N/A

A716 – BEEF, SLOPPY JOES, W/SPP, FULLY COOKED, FROZEN, 40 LB

PREPARATION/ COOKING INSTRUCTIONS	• Place sealed beef sloppy joe mixture bag in a steamer or in boiling water. Heat approximately 30 minutes until product reaches serving temperature of 165 °F for 15 seconds. Keep ready-to-serve bag closed until cooking is complete. Open bags carefully to avoid being burned. Judge doneness by temperature, not by color or texture of food.
USES AND TIPS	• Beef sloppy joe can be used as a sandwich filling for lunch or dinner. Sautéed green peppers and onions can be added to serve over rice or mashed potatoes.
FOOD SAFETY INFORMATION	• Thaw frozen products in the refrigerator below fresh or ready-to-eat foods. • Heat processed ready-to-eat beef and pork products to 165 °F for 15 seconds. • Keep meat and poultry separate from other foods, wash working surfaces (including cutting boards), utensils and hands after touching meat or poultry.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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A714 – BEEF, TACO FILLING, W/SPP, FULLY COOKED, FROZEN, 40 LB

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• Ground beef with soy protein product (SPP) cooked in lightly seasoned ingredients for use in a variety of applications, including taco fillings, burritos, enchiladas and similar items. Beef will comprise at least 75% of the raw formula; non-meat components will comprise no more than 25% of the raw formula.
PACK/YIELD	• 4/10 lb OR 5/8 lb OR 8/5 lb bags per case. • One 40 lb case AP provides about 140 ½-cup servings. • One 10 lb bag AP provides about 35 ½-cup servings beef taco filling. • One 8 lb bag AP provides about 28 ½-cup servings beef taco filling. • One 5 lb bag AP provides about 17.5 ½-cup servings beef taco filling. • One lb AP provides about 3.50 ½-cup servings beef taco filling. • CN Crediting: Request company formulation statement for product.
STORAGE	• Store frozen beef taco filling in original shipping container off the floor at 0 °F or below. • Refrigerate leftover taco filling 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.

Nutrition Information

Beef taco filling w/SPP, cooked

	½ cup (130 g)
Calories	226
Protein	21.20
Carbohydrate	4.68 g
Dietary Fiber	4.09 g
Sugars	0.28 g
Total Fat	13.70 g
Saturated Fat	4.73 g
Trans Fat	0.13 g
Cholesterol	82 mg
Iron	1.82 mg
Calcium	24 mg
Sodium	680 mg
Magnesium	N/A
Potassium	N/A
Vitamin A	595 IU
Vitamin A	N/A
Vitamin C	1.0 mg
Vitamin E	N/A

A714 – BEEF, TACO FILLING, W/SPP, FULLY COOKED, FROZEN, 40 LB

PREPARATION/ COOKING INSTRUCTIONS	• Place beef taco filling ready-to-serve bag in a steamer or boiling water. Heat about 30 minutes or until product reaches a serving temperature of 165 °F for 15 seconds. Keep beef taco filling ready-to-serve bag sealed until cooking is complete. Open bag carefully to avoid being burned. Judge doneness by temperature, not by color or texture of food.
USES AND TIPS	• Beef taco filling can be used as the meat portion in tacos with hard or soft corn or flour tortillas; as a topping for salads; or as the meat filling in southwestern recipes.
FOOD SAFETY INFORMATION	• Thaw frozen products in the refrigerator below fresh or ready-to-eat foods. • Heat processed ready-to-eat beef and pork products to 165 °F for 15 seconds. • Keep meat and poultry separate from other foods, wash working surfaces (including cutting boards), utensils and hands after touching meat or poultry.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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B030 – CHEESE, AMERICAN, PASTEURIZED, PROCESS, BULK, 40 LB

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• Pasteurized process American cheese is a blend of fresh and aged natural cheese (such as cheddar, colby, etc.) that has been melted, pasteurized and mixed with an emulsifier according to FDA's Standard of Identity.
PACK / YIELD	• 40 lb bulk for processing. • One 40 lb case AP yields about 160 cups shredded cheese OR about 80 cups cubed cheese and provides about 640.0 1-oz servings cheese. • One lb AP yields about 4 cups shredded cheese OR about 2 cups cubed cheese and provides about 16.0 1-oz servings cheese. • CN Crediting: 1 oz cheese provides 1 oz-equivalent meat/meat alternate.
STORAGE	• Store cheese in its original container at 41 °F or lower until needed. • Protect cheeses from mold and dehydration by preventing exposure to air, wrapping tightly with plastic film without air pockets, using new plastic wrap each time opened, placing wrapped cheese in sealed container, and always working in clean area. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Cheese, pasteurized, process, American, without di sodium phosphate

	1 oz (28 g)
Calories	106
Protein	6.28 g
Carbohydrate	0.45 g
Dietary Fiber	0 g
Sugars	0.14 g
Total Fat	8.86 g
Saturated Fat	5.58 g
Trans Fat	N/A
Cholesterol	27 mg
Iron	0.11 mg
Calcium	175 mg
Sodium	184 mg
Magnesium	6 mg
Potassium	46 mg
Vitamin A	272 IU
Vitamin A	72 RAE
Vitamin C	0 mg
Vitamin E	0.08 mg

FNS USDA Food & Nutrition Service

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

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B030 – CHEESE, AMERICAN, PASTEURIZED, PROCESS, BULK, 40 LB

PREPARATION/ COOKING INSTRUCTIONS	• Pasteurized process cheese is milder in flavor and softer in body than the natural cheese from which it was made and has good melting properties. • Loaves of cheese can be easily sliced with a clean meat slicer or wire cutter. Process cheese is marginal for shredding, and is not recommended for grinding or grating. Cheese shreds more easily immediately after being removed from refrigeration. Previously frozen process cheese is best used crumbled or shredded. • To lessen crumbling, cut 40 lb block into smaller blocks with a wire cutter instead of a knife. • Cook dishes containing cheese at low temperatures since cheese toughens and gets stringy at high temperatures.
USES AND TIPS	• Serve as is with sandwiches, fruit, in cooked dishes such as sauces, casseroles or breads and as a garnish for vegetable or fruit salads.
FOOD SAFETY INFORMATION	• If cheese loaf contains mold, remove a 1 inch section of cheese around and below the mold spot, and recover the cheese in fresh wrap. When removing contaminated cheese, make sure not to touch the mold itself to avoid cross-contamination with other parts of the cheese.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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B064 – CHEESE, AMERICAN, PASTEURIZED, PROCESS, LOAVES, 5 LB

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• Pasteurized process American cheese is a blend of fresh and aged natural cheese (such as cheddar, colby, etc.) that has been melted, pasteurized and mixed with an emulsifier according to FDA's Standard of Identity.
PACK/YIELD	• 6/5 lb loaves per case. • One 5 lb loaf AP yields about 20 cups shredded cheese OR about 10 cups cubed cheese and provides about 80.0 1-oz servings cheese. • One lb AP yields about 4 cups shredded cheese OR about 2 cups cubed cheese and provides about 16.0 1-oz servings cheese. • CN Crediting: 1 oz cheese provides 1 oz-equivalent meat/meat alternate.
STORAGE	• Store cheese in its original container at 41 °F or lower until needed. • If the original wrap is removed, re-wrap cheese tightly with plastic film wrap without air pockets. Once cheese is exposed to air, mold and dehydration may occur. To protect cheese from mold, always work with it in a clean area. Cheese will keep better if re-wrapped with new plastic wrap after each use. To be extra cautious, double-wrap the cheese or place it back in its original container or a sealed dated container. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Cheese, pasteurized, process, American, without di sodium phosphate phosphate

	1 oz (28 g)
Calories	106
Protein	6.28 g
Carbohydrate	0.45 g
Dietary Fiber	0 g
Sugars	0.14 g
Total Fat	8.86 g
Saturated Fat	5.58 g
Trans Fat	N/A
Cholesterol	27 mg
Iron	0.05 mg
Calcium	156 mg
Sodium	422 mg
Magnesium	8 mg
Potassium	48 mg
Vitamin A	272 IU
Vitamin A	72 RAE
Vitamin C	0 mg
Vitamin E	0.08 mg

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B064 – CHEESE, AMERICAN, PASTEURIZED, PROCESS, LOAVES, 5 LB

PREPARATION/ COOKING INSTRUCTIONS	• Pasteurized process cheese is milder in flavor and softer in body than the natural cheese from which it was made and has good melting properties. • Loaves of cheese can be easily sliced with a clean meat slicer or wire cutter. Process cheese is marginal for shredding, and is not recommended for grinding or grating. Cheese shreds more easily immediately after being removed from refrigeration. Previously frozen process cheese is best used crumbled or shredded. • Cook dishes containing cheese at low temperatures since cheese toughens and gets stringy at high temperatures.
USES AND TIPS	• Process cheeses can be frozen; however, freezing is not recommended, because there will be changes in body and texture due to crystallization of moisture during freezing. For this reason, previously frozen cheese is best used crumbled. • Serve as is with sandwiches, fruit, in cooked dishes such as sauces, casseroles or breads and as a garnish for vegetable or fruit salads.
FOOD SAFETY INFORMATION	• If cheese loaf contains mold, remove a 1 inch section of cheese around and below the mold spot, and recover the cheese in fresh wrap. When removing contaminated cheese, make sure not to touch the mold itself to avoid cross-contamination with other parts of the cheese.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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B066 – CHEESE, AMERICAN, PASTEURIZED, PROCESS, WHITE, SLICED, 5 LB

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• Pasteurized process American cheese is a blend of fresh and aged natural cheese (such as cheddar, colby, etc.) that has been melted, pasteurized, and mixed with an emulsifier according to FDA's Standard of Identity.
PACK / YIELD	• 6/5 lb loaves per case. • One 5 lb loaf AP provides about 80.0 1-oz servings sliced cheese. • One lb AP provides about 16.0 1-oz servings sliced cheese. • CN Crediting: 1 oz cheese provides 1 oz-equivalent meat/meat alternate.
STORAGE	• Store cheese in its original container at 41 °F or lower until needed. • Protect cheeses from mold and dehydration by preventing exposure to air, wrapping tightly with plastic film without air pockets, using new plastic wrap each time opened, placing wrapped cheese in sealed container, and always working in clean area. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Cheese, pasteurized, process, American, without di sodium phosphate

	1 oz (28 g)
Calories	106
Protein	6.28 g
Carbohydrate	0.45 g
Dietary Fiber	0 g
Sugars	0.14 g
Total Fat	8.86 g
Saturated Fat	5.58 g
Trans Fat	N/A
Cholesterol	27 mg
Iron	0.11 mg
Calcium	175 mg
Sodium	184 mg
Magnesium	6 mg
Potassium	46 mg
Vitamin A	272 IU
Vitamin A	72 RAE
Vitamin C	0 mg
Vitamin E	0.08 mg

B066 – CHEESE, AMERICAN, PASTEURIZED, PROCESS, WHITE, SLICED, 5 LB

PREPARATION/ COOKING INSTRUCTIONS	• Pasteurized process cheese is milder in flavor and softer in body than the natural cheese from which it was made and has good melting properties. • Cook dishes containing cheese at low temperatures since cheese toughens and gets stringy at high temperatures.
USES AND TIPS	• Process cheeses can be frozen; however, freezing is not recommended, because there will be changes in body and texture due to crystallization of moisture during freezing. • Serve as is in sandwiches, with fruit, or as a garnish for vegetable or fruit salads.
FOOD SAFETY INFORMATION	• If sliced cheese loaf contains mold, remove a 1 inch section of cheese slices around and below the mold spot, and recover the cheese in fresh wrap. When removing contaminated cheese, make sure not to touch the mold itself to avoid cross-contamination with other parts of the cheese.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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B065 – CHEESE, AMERICAN, PASTEURIZED, PROCESS, YELLOW, SLICED, 5 LB

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• Pasteurized process American cheese is a blend of fresh and aged natural cheese (such as cheddar, colby, etc.) that has been melted, pasteurized, and mixed with an emulsifier according to FDA's Standard of Identity.
PACK / YIELD	• 6/5 lb loaves per case. • One 5 lb loaf AP provides about 80.0 1-oz servings sliced cheese. • One lb AP provides about 16.0 1-oz servings sliced cheese. • CN Crediting: 1 oz cheese provides 1 oz-equivalent meat/meat alternate.
STORAGE	• Store cheese in its original container at 41 °F or lower until needed. • Protect cheeses from mold and dehydration by preventing exposure to air, wrapping tightly with plastic film without air pockets, using new plastic wrap each time opened, placing wrapped cheese in sealed container, and always working in clean area. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Cheese, pasteurized, process, American, without di sodium phosphate

	1 oz (28 g)
Calories	106
Protein	6.28 g
Carbohydrate	0.45 g
Dietary Fiber	0 g
Sugars	0.14 g
Total Fat	8.86 g
Saturated Fat	5.58 g
Trans Fat	N/A
Cholesterol	27 mg
Iron	0.05 mg
Calcium	175 mg
Sodium	184 mg
Magnesium	6 mg
Potassium	46 mg
Vitamin A	272 IU
Vitamin A	72 RAE
Vitamin C	0 mg
Vitamin E	0.08 mg

B065 – CHEESE, AMERICAN, PASTEURIZED, PROCESS, YELLOW, SLICED, 5 LB

PREPARATION/ COOKING INSTRUCTIONS	• Pasteurized process cheese is milder in flavor and softer in body than the natural cheese from which it was made and has good melting properties. • Cook dishes containing cheese at low temperatures since cheese toughens and gets stringy at high temperatures.
USES AND TIPS	• Process cheeses can be frozen; however, freezing is not recommended, because there will be changes in body and texture due to crystallization of moisture during freezing. • Serve as is in sandwiches, with fruit, or as a garnish for vegetable and fruit salads.
FOOD SAFETY INFORMATION	• If sliced cheese loaf contains mold, remove a 1 inch section of cheese slices around and below the mold spot, and recover the cheese in fresh wrap. When removing contaminated cheese, make sure not to touch the mold itself to avoid cross-contamination with other parts of the cheese.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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B133 – CHEESE, BLEND, AMERICAN & SKIM MILK, WHITE, SLICED, 5 LB

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• A pasteurized process blend of natural cheeses. The product can be used as a substitute for pasteurized process cheese and offers a significant reduction in fat when compared to pasteurized process cheese. Pasteurized process cheese is milder in flavor and softer in body than the natural cheese from which it was made and has good melting properties.
PACK / YIELD	• 6/5 lb loaves per case. • One 5 lb loaf AP provides about 80.0 1-oz servings sliced cheese. • One lb AP provides about 16.0 1-oz servings sliced cheese. • CN Crediting: 1 oz cheese provides 1 oz-equivalent meat/meat alternate.
STORAGE	• Store cheese in the original container at 41 °F until ready to use. • Protect cheeses from mold and dehydration by preventing exposure to air, wrapping tightly with plastic film without air pockets, using new plastic wrap each time opened, placing wrapped cheese in sealed container, and always working in clean area. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Cheese, pasteurized, process, cheddar or American, reduced fat

	1 oz (28 g)
Calories	68
Protein	4.99 g
Carbohydrate	3.01 g
Dietary Fiber	0 g
Sugars	2.27 g
Total Fat	4.00 g
Saturated Fat	2.50 g
Trans Fat	N/A
Cholesterol	15 mg
Iron	0.06 mg
Calcium	150 mg
Sodium	450 mg
Magnesium	9 mg
Potassium	94 mg
Vitamin A	272 IU
Vitamin A	72 RAE
Vitamin C	0 mg
Vitamin E	0.08 mg

B133 – CHEESE, BLEND, AMERICAN & SKIM MILK, WHITE, SLICED, 5 LB

PREPARATION/ COOKING INSTRUCTIONS	• Cook dishes containing cheese at low temperatures since cheese toughens and gets stringy at high temperatures.
USES AND TIPS	• Process cheeses can be frozen; however, freezing is not recommended, because there will be changes in body and texture due to crystallization of moisture during freezing. • Serve as is with sandwiches, with fruit, in cooked dishes such as sauces, casseroles or breads, or as a garnish for vegetable or fruit salads.
FOOD SAFETY INFORMATION	• If sliced cheese loaf contains mold, remove a 1 inch section of cheese slices around and below the mold spot, and recover the cheese in fresh wrap. When removing contaminated cheese, make sure not to touch the mold itself to avoid cross-contamination with other parts of the cheese.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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B119 – CHEESE, BLEND, AMERICAN & SKIM MILK, YELLOW, SLICED, LOAVES, 5 LB

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• A pasteurized process blend of natural cheeses. The product can be used as a substitute for pasteurized process cheese and offers a significant reduction in fat when compared to pasteurized process cheese. Pasteurized process cheese is milder in flavor and softer in body than the natural cheese from which it was made and has good melting properties.
PACK / YIELD	• 6/5 lb loaves per case. • One 5 lb loaf AP provides about 80.0 1-oz servings sliced cheese. • One lb AP provides about 16.0 1-oz servings sliced cheese. • CN Crediting: 1 oz cheese provides 1 oz-equivalent meat/meat alternate.
STORAGE	• Store cheese in the original container at 41 °F until needed. • Protect cheeses from mold and dehydration by preventing exposure to air, wrapping tightly with plastic film without air pockets, using new plastic wrap each time opened, placing wrapped cheese in sealed container, and always working in clean area. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Cheese, pasteurized, process, cheddar or American, reduced fat

	1 oz (28 g)
Calories	68
Protein	4.99 g
Carbohydrate	3.01 g
Dietary Fiber	0 g
Sugars	2.27 g
Total Fat	4.00 g
Saturated Fat	2.50 g
Trans Fat	N/A
Cholesterol	15 mg
Iron	0.06 mg
Calcium	150 mg
Sodium	450 mg
Magnesium	9 mg
Potassium	94 mg
Vitamin A	272 IU
Vitamin A	72 RAE
Vitamin C	0 mg
Vitamin E	0.08 mg

B119 – CHEESE, BLEND, AMERICAN & SKIM MILK, YELLOW, SLICED, LOAVES, 5 LB

PREPARATION/ COOKING INSTRUCTIONS	• Cook dishes containing cheese at low temperatures, since cheese toughens and gets stringy at high temperatures.
USES AND TIPS	• Process cheeses can be frozen; however, freezing is not recommended, because there will be changes in body and texture due to crystallization of moisture during freezing. • Serve as is with sandwiches, with fruit, in cooked dishes such as sauces, casseroles or breads, or as a garnish for vegetable or fruit salads.
FOOD SAFETY INFORMATION	• If sliced cheese loaf contains mold, remove a 1 inch section of cheese slices around and below the mold spot, and recover the cheese in fresh wrap. When removing contaminated cheese, make sure not to touch the mold itself to avoid cross-contamination with other parts of the cheese.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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B028 – CHEESE, CHEDDAR, REDUCED FAT, WHITE, SHREDDED, 5 LB

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• Reduced fat shredded cheddar cheese is a firm-textured, semi-hard, white cheese made from cow's milk. Reduced fat cheddar cheese should contain between ¼ to ⅓ less fat than traditional cheddar cheese.
PACK / YIELD	• 6/5 lb pouches per case. • One 5 lb pouch AP yields about 20 cups shredded cheese and provides about 80.0 1-oz servings shredded cheese. • One lb AP yields about 4 cups shredded cheese and provides about 16.0 1-oz servings shredded cheese. • CN Crediting: 1 oz cheese provides 1 oz-equivalent meat/meat alternate.
STORAGE	• Store cheese in its original container at 41 °F or lower until needed. • Protect cheeses from mold and dehydration by preventing exposure to air, wrapping tightly with plastic film without air pockets, using new plastic wrap each time opened, placing wrapped cheese in sealed container, and always working in clean area. • Shredded cheese tends to mold and dehydrate quicker than block cheese. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Cheese, cheddar, reduced fat

	1 oz (28 g)
Calories	80
Protein	7.71 g
Carbohydrate	0.57 g
Dietary Fiber	0 g
Sugars	0.16 g
Total Fat	5.19 g
Saturated Fat	3.29 g
Trans Fat	N/A
Cholesterol	16 mg
Iron	0.04 mg
Calcium	257 mg
Sodium	206 mg
Magnesium	10 mg
Potassium	26 mg
Vitamin A	179 IU
Vitamin A	43 RAE
Vitamin C	0 mg
Vitamin E	0.05 mg

B028 – CHEESE, CHEDDAR, REDUCED FAT, WHITE, SHREDDED, 5 LB

PREPARATION/ COOKING INSTRUCTIONS	• Cook all dishes containing cheese at low temperatures since cheese toughens and becomes rubbery and stringy at high temperatures. When used for garnish or flavor, add cheese just before food is removed from the heat.
USES AND TIPS	• Serve reduced fat cheddar cheese as a garnish for vegetable or fruit salads or other foods. Use in cooked dishes such as sauces, combination dishes or breads, or in wraps and hoagies. • Cheddar cheese can be frozen. There will be changes in body and texture due to moisture crystallization during freezing.
FOOD SAFETY INFORMATION	• If any part of a package of shredded cheese contains mold, discard the package.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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B034 – CHEESE, CHEDDAR, REDUCED FAT, YELLOW, LOAVES, 10 LB

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• Reduced fat cheddar cheese is a firm-textured, semi-hard, yellow cheese made from cow's milk. Reduced fat cheddar cheese should contain between ¼ to ⅓ less fat than traditional cheddar cheese.
PACK/YIELD	• 4/10 lb loaves per case. • One 10 lb loaf AP yields about 40 cups shredded cheese OR about 20 cups cubed cheese and provides about 160.0 1-oz servings cheese. • One lb AP yields about 4 cups shredded cheese OR about 2 cups cubed cheese and provides about 16.0 1-oz servings cheese. • CN Crediting: 1 oz cheese provides 1 oz-equivalent meat/meat alternate.
STORAGE	• Store cheese in its original container at 41 °F or lower until needed. • If the original wrap is removed, re-wrap cheese tightly with plastic film wrap without air pockets. Once cheese is exposed to air, mold and dehydration may occur. To protect cheese from mold, always work with it in a clean area. Cheese will keep better if re-wrapped with new plastic wrap after each use. To be extra cautious, double-wrap the cheese or place it back in its original container or a sealed dated container. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Cheese, cheddar, reduced fat

	1 oz (28 g)
Calories	80
Protein	7.71 g
Carbohydrate	0.57 g
Dietary Fiber	0 g
Sugars	0.16 g
Total Fat	5.19 g
Saturated Fat	3.29 g
Trans Fat	N/A
Cholesterol	16 mg
Iron	0.04 mg
Calcium	257 mg
Sodium	206 mg
Magnesium	10 mg
Potassium	26 mg
Vitamin A	179 IU
Vitamin A	43 RAE
Vitamin C	0 mg
Vitamin E	0.05 mg

B034 – CHEESE, CHEDDAR, REDUCED FAT, YELLOW, LOAVES, 10 LB

PREPARATION/ COOKING INSTRUCTIONS	• To cut cheese, let it warm to room temperature for at least 24 to 36 hours, depending on the size of the block. Permit air to circulate around all sides of each box. Cheese at 70 °F to 80 °F is ready to cut. • Cook all dishes containing cheese at low temperatures since cheese toughens and becomes rubbery and stringy at high temperatures. When used for garnish or flavor, add cheese just before food is removed from the heat.
USES AND TIPS	• Cheddar cheese can be frozen. There will be changes in body and texture due to moisture crystallization during freezing. For this reason, previously frozen cheese is best used crumbled or shredded. • Serve reduced fat cheddar cheese as is with sandwiches, fruit, in cooked dishes such as sauces, combination dishes or breads, or as a garnish for vegetable or fruit salads.
FOOD SAFETY INFORMATION	• If a section of cheese contains mold, cut off at least 1 inch around and below the mold spot and recover the cheese in fresh wrap. When trimming off mold, keep the knife out of the mold itself to avoid cross-contamination with other parts of the cheese.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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B027 – CHEESE, CHEDDAR, REDUCED FAT, YELLOW, SHREDDED, 5 LB

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• Reduced fat shredded cheddar cheese is a firm-textured, semi-hard, yellow cheese made from cow's milk. Reduced fat cheddar cheese should contain between ¼ to ⅓ less fat than traditional cheddar cheese.
PACK/YIELD	• 6/5 lb pouches per case. • One 5 lb pouch AP yields about 20 cups shredded cheese and provides about 80.0 1-oz servings shredded cheese. • One lb AP yields about 4 cups shredded cheese and provides about 16.0 1-oz servings shredded cheese. • CN Crediting: 1 oz cheese provides 1 oz-equivalent meat/meat alternate.
STORAGE	• Store cheese in its original container at 41 °F or lower until needed. • Protect cheeses from mold and dehydration by preventing exposure to air, wrapping tightly with plastic film without air pockets, using new plastic wrap each time opened, placing wrapped cheese in sealed container, and always working in clean area. • Shredded cheese tends to mold and dehydrate quicker than block cheese. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Cheese, cheddar, reduced fat

	1 oz (28 g)
Calories	80
Protein	7.71 g
Carbohydrate	0.57 g
Dietary Fiber	0 g
Sugars	0.16 g
Total Fat	5.19 g
Saturated Fat	3.29 g
Trans Fat	N/A
Cholesterol	16 mg
Iron	0.04 mg
Calcium	257 mg
Sodium	206 mg
Magnesium	10 mg
Potassium	26 mg
Vitamin A	179 IU
Vitamin A	43 RAE
Vitamin C	0 mg
Vitamin E	0.05 mg

Food & Nutrition Service

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(last updated, 05-30-07) **Visit us at** *www.fns.usda.gov/fdd*

B027 – CHEESE, CHEDDAR, REDUCED FAT, YELLOW, SHREDDED, 5 LB

PREPARATION/ COOKING INSTRUCTIONS	• Cook all dishes containing cheese at low temperatures since cheese toughens and becomes rubbery and stringy at high temperatures. When used for garnish or flavor, add cheese just before food is removed from the heat.
USES AND TIPS	• Serve reduced fat cheddar cheese as a garnish for vegetable or fruit salads or other foods. Use in cooked dishes such as sauces, combination dishes or breads. • Cheddar cheese can be frozen. There will be changes in body and texture due to moisture crystallization during freezing.
FOOD SAFETY INFORMATION	• If any part of a package of shredded cheese contains mold, discard the package.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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B071 – CHEESE, CHEDDAR, WHITE, BLOCK, 40 LB

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• White cheddar cheese is a firm-textured, semi-hard, white cheese made from cow's milk. A natural cheese, which means that it is prepared and allowed to age or "ripen" to develop the flavor. Flavor can be mild, medium or sharp, depending on the amount of time it is allowed to age. The longer cheddar is aged, the more crumbly it becomes and the better it is for cooking because it does not become stringy when heated. It may be shredded.
PACK / YIELD	• 40 lb block. • One 40 lb block AP yields about 160 cups shredded cheese OR about 80 cups cubed cheese and provides about 640.0 1-oz servings cheese. • One lb AP yields about 4 cups shredded cheese OR about 2 cups cubed cheese and provides about 16.0 1-oz servings cheese. • CN Crediting: 1 oz cheese provides 1 oz-equivalent meat/meat alternate.
STORAGE	• Store cheese in its original container at 41 °F or lower until needed. • Protect cheeses from mold and dehydration by preventing exposure to air, wrapping tightly with plastic film without air pockets, using new plastic wrap each time opened, placing wrapped cheese in sealed container, and always working in clean area. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Cheese, cheddar

	1 oz (28 g)
Calories	114
Protein	7.06 g
Carbohydrate	0.36 g
Dietary Fiber	0 g
Sugars	0.15 g
Total Fat	9.40 g
Saturated Fat	5.98 g
Trans Fat	N/A
Cholesterol	30 mg
Iron	0.19 mg
Calcium	204 mg
Sodium	176 mg
Magnesium	8 mg
Potassium	28 mg
Vitamin A	284 IU
Vitamin A	75 RAE
Vitamin C	0 mg
Vitamin E	0.08 mg

B071 – CHEESE, CHEDDAR, WHITE, BLOCK, 40 LB

PREPARATION/ COOKING INSTRUCTIONS	• To cut cheese, let it warm to room temperature for at least 24 to 36 hours, depending on the size of the block. Permit air to circulate around all sides of each box. Cheese at 70 °F to 80 °F is ready to cut. To lessen crumbling, cut 40-pound blocks into smaller blocks with a wire cutter instead of a knife. • Cook all dishes containing cheese at low temperatures since cheese toughens and becomes rubbery and stringy at high temperatures. When used for garnish or flavor, add cheese just before food is removed from the heat.
USES AND TIPS	• Cheddar cheese can be frozen. There will be changes in body and texture due to moisture crystallization during freezing. For this reason, previously frozen cheese is best used crumbled or shredded. • Serve as is with sandwiches, fruit, in cooked dishes such as sauces, combination dishes or breads, or as a garnish for vegetable or fruit salads.
FOOD SAFETY INFORMATION	• If a section of cheese contains mold, cut off at least 1 inch around and below the mold spot and recover the cheese in fresh wrap. When trimming off mold, keep the knife out of the mold itself to avoid cross-contamination with other parts of the cheese.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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B087 – CHEESE, CHEDDAR, WHITE, LOAVES, 10 LB

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• White cheddar cheese is a firm-textured, semi-hard, white cheese made from cow's milk. A natural cheese, which means that it is prepared and allowed to age or "ripen" to develop the flavor. Flavor can be mild, medium or sharp, depending on the amount of time it is allowed to age. The longer cheddar is aged, the more crumbly it becomes and the better it is for cooking because it does not become stringy when heated. It may be shredded.
PACK / YIELD	• 4/10 lb loaves per case. • One 10 lb loaf AP yields about 400 cups shredded cheese OR about 20 cups cubed cheese and provides about 160.0 1-oz servings cheese. • One lb AP yields about 4 cups shredded cheese OR about 2 cups cubed cheese and provides about 16.0 1-oz servings cheese. • CN Crediting: 1 oz cheese provides 1 oz-equivalent meat/meat alternate.
STORAGE	• Store cheese in its original container at 41 °F or lower until needed. • If the original wrap is removed, re-wrap cheese tightly with plastic film wrap without air pockets. Once cheese is exposed to air, mold and dehydration may occur. To protect cheese from mold, always work with it in a clean area. Cheese will keep better if re-wrapped with new plastic wrap after each use. To be extra cautious, double-wrap the cheese or place it back in its original container or a sealed dated container. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Cheese, cheddar

	1 oz (28 g)
Calories	114
Protein	7.06 g
Carbohydrate	0.36 g
Dietary Fiber	0 g
Sugars	0.15 g
Total Fat	9.40 g
Saturated Fat	5.98 g
Trans Fat	N/A
Cholesterol	30 mg
Iron	0.19 mg
Calcium	204 mg
Sodium	176 mg
Magnesium	8 mg
Potassium	28 mg
Vitamin A	284 IU
Vitamin A	75 RAE
Vitamin C	0 mg
Vitamin E	0.08 mg

B087 – CHEESE, CHEDDAR, WHITE, LOAVES, 10 LB

PREPARATION/ COOKING INSTRUCTIONS	• To cut cheese, let it warm to room temperature for at least 24 to 36 hours, depending on the size of the block. Permit air to circulate around all sides of each box. Cheese at 70 °F to 80 °F is ready to cut. • Cook all dishes containing cheese at low temperatures since cheese toughens and becomes rubbery and stringy at high temperatures. When used for garnish or flavor, add cheese just before food is removed from the heat.
USES AND TIPS	• Cheddar cheese can be frozen. There will be changes in body and texture due to moisture crystallization during freezing. For this reason, previously frozen cheese is best used crumbled or shredded. • Serve as is with sandwiches, fruit, in cooked dishes such as sauces, combination dishes or breads, or as a garnish for vegetable and fruit salads.
FOOD SAFETY INFORMATION	• If a section of cheese contains mold, cut off at least 1 inch around and below the mold spot and recover the cheese in fresh wrap. When trimming off mold, keep the knife out of the mold itself to avoid cross-contamination with other parts of the cheese.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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B032 – CHEESE, CHEDDAR, WHITE, SHREDDED, 5 LB

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• White cheddar cheese is a firm-textured, semi-hard, white cheese made from cow's milk. A natural cheese, which means that it is prepared and allowed to age or "ripen" to develop the flavor. Flavor can be mild, medium or sharp, depending on the amount of time it is allowed to age. The longer cheddar is aged, the more crumbly it becomes and the better it is for cooking because it does not become stringy when heated.
PACK / YIELD	• 6/5 lb pouches per case. • One 5 lb pouch AP yields about 20 cups shredded cheese and provides about 80.0 1-oz servings shredded cheese. • One lb AP yields about 4 cups shredded cheese and provides about 16.0 1-oz servings shredded cheese. • CN Crediting: 1 oz cheese provides 1 oz-equivalent meat/meat alternate.
STORAGE	• Store cheese in its original container at 41 °F or lower until needed. • Protect cheeses from mold and dehydration by preventing exposure to air, wrapping tightly with plastic film without air pockets, using new plastic wrap each time opened, placing wrapped cheese in sealed container, and always working in clean area. • Shredded cheese tends to mold and dehydrate quicker than block cheese. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Cheese, cheddar

	1 oz (28 g)
Calories	114
Protein	7.06 g
Carbohydrate	0.36 g
Dietary Fiber	0 g
Sugars	0.15 g
Total Fat	9.40 g
Saturated Fat	5.98 g
Trans Fat	N/A
Cholesterol	30 mg
Iron	0.19 mg
Calcium	204 mg
Sodium	176 mg
Magnesium	8 mg
Potassium	28 mg
Vitamin A	284 IU
Vitamin A	75 RAE
Vitamin C	0 mg
Vitamin E	0.08 mg

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B032 – CHEESE, CHEDDAR, WHITE, SHREDDED, 5 LB

PREPARATION/ COOKING INSTRUCTIONS	• Cook all dishes containing cheese at low temperatures since cheese toughens and becomes rubbery and stringy at high temperatures. When used for garnish or flavor, add cheese just before food is removed from the heat.
USES AND TIPS	• Cheddar cheese can be frozen. There will be changes in body and texture due to moisture crystallization during freezing. • Serve as is in wraps/hoagies, fruit, in cooked dishes such as sauces, combination dishes or breads, or as a garnish for vegetable or fruit salads.
FOOD SAFETY INFORMATION	• If any part of a package of shredded cheese contains mold, discard the package.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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B072 – CHEESE, CHEDDAR, YELLOW, BLOCK, 40 LB

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• Yellow cheddar cheese is a firm-textured, semi-hard, yellow cheese made from cow's milk. A natural cheese, which means that it is prepared and allowed to age or "ripen" to develop the flavor. Flavor can be mild, medium or sharp, depending on the amount of time it is allowed to age. The longer cheddar is aged, the more crumbly it becomes and the better it is for cooking because it does not become stringy when heated. It may be shredded.
PACK / YIELD	• 40 lb block. • One 40 lb block AP yields about 160 cups shredded cheese OR about 80 cups cubed cheese and provides about 640.0 1-oz servings cheese. • One lb AP yields about 4 cups shredded cheese OR about 2 cups cubed cheese and provides about 16.0 1-oz servings cheese. • CN Crediting: 1 oz cheese provides 1 oz-equivalent meat/meat alternate.
STORAGE	• Store cheese in its original container at 41 °F or lower until needed. • Protect cheeses from mold and dehydration by preventing exposure to air, wrapping tightly with plastic film without air pockets, using new plastic wrap each time opened, placing wrapped cheese in sealed container, and always working in clean area. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Cheese, cheddar

	1 oz (28 g)
Calories	114
Protein	7.06 g
Carbohydrate	0.36 g
Dietary Fiber	0 g
Sugars	0.15 g
Total Fat	9.40 g
Saturated Fat	5.98 g
Trans Fat	N/A
Cholesterol	30 mg
Iron	0.19 mg
Calcium	204 mg
Sodium	176 mg
Magnesium	8 mg
Potassium	28 mg
Vitamin A	284 IU
Vitamin A	75 RAE
Vitamin C	0 mg
Vitamin E	0.08 mg

B072 – CHEESE, CHEDDAR, YELLOW, BLOCK, 40 LB

PREPARATION/ COOKING INSTRUCTIONS	• To cut cheese, let it warm to room temperature for at least 24 to 36 hours, depending on the size of the block. Permit air to circulate around all sides of each box. Cheese at 70 °F to 80 °F is ready to cut. To lessen crumbling, cut 40-pound blocks into smaller blocks with a wire cutter instead of a knife. • Cook all dishes containing cheese at low temperatures since cheese toughens and becomes rubbery and stringy at high temperatures. When used for garnish or flavor, add cheese just before food is removed from the heat.
USES AND TIPS	• Cheddar cheese can be frozen. There will be changes in body and texture due to moisture crystallization during freezing. For this reason, previously frozen cheese is best used crumbled or shredded. • Serve as is with sandwiches, fruit, in cooked dishes such as sauces, combination dishes or breads, or as a garnish for vegetable and fruit salads.
FOOD SAFETY INFORMATION	• If a section of cheese contains mold, cut off at least 1 inch around and below the mold spot and recover the cheese in fresh wrap. When trimming off mold, keep the knife out of the mold itself to avoid cross-contamination with other parts of the cheese.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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B088 – CHEESE, CHEDDAR, YELLOW, LOAVES, 10 LB

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• Yellow cheddar cheese is a firm-textured, semi-hard, yellow cheese made from cow's milk. A natural cheese, which means that it is prepared and allowed to age or "ripen" to develop the flavor. Flavor can be mild, medium or sharp, depending on the amount of time it is allowed to age. The longer cheddar is aged, the more crumbly it becomes and the better it is for cooking because it does not become stringy when heated. It may be shredded.
PACK / YIELD	• 4/10 lb loaves per case. • One 10 lb loaf AP yields about 40 cups shredded cheese OR about 20 cups cubed cheese and provides about 160.0 1-oz servings cheese. • One lb AP yields about 4 cups shredded cheese OR about 2 cups cubed cheese and provides about 16.0 1-oz servings cheese. • CN Crediting: 1 oz cheese provides 1 oz-equivalent meat/meat alternate.
STORAGE	• Store cheese in its original container at 41 °F or lower until needed. • If the original wrap is removed, re-wrap cheese tightly with plastic film wrap without air pockets. Once cheese is exposed to air, mold and dehydration may occur. To protect cheese from mold, always work with it in a clean area. Cheese will keep better if re-wrapped with new plastic wrap after each use. To be extra cautious, double-wrap the cheese or place it back in its original container or a sealed dated container. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Cheese, cheddar

	1 oz (28 g)
Calories	114
Protein	7.06 g
Carbohydrate	0.36 g
Dietary Fiber	0 g
Sugars	0.15 g
Total Fat	9.40 g
Saturated Fat	5.98 g
Trans Fat	N/A
Cholesterol	30 mg
Iron	0.19 mg
Calcium	204 mg
Sodium	176 mg
Magnesium	8 mg
Potassium	28 mg
Vitamin A	284 IU
Vitamin A	75 RAE
Vitamin C	0 mg
Vitamin E	0.08 mg

B088 – CHEESE, CHEDDAR, YELLOW, LOAVES, 10 LB

PREPARATION/ COOKING INSTRUCTIONS	• To cut cheese, let it warm to room temperature for at least 24 to 36 hours, depending on the size of the block. Permit air to circulate around all sides of each box. Cheese at 70 °F to 80 °F is ready to cut. • Cook all dishes containing cheese at low temperatures since cheese toughens and becomes rubbery and stringy at high temperatures. When used for garnish or flavor, add cheese just before food is removed from the heat.
USES AND TIPS	• Cheddar cheese can be frozen. There will be changes in body and texture due to moisture crystallization during freezing. For this reason, previously frozen cheese is best used crumbled or shredded. • Serve as is with sandwiches, fruit, in cooked dishes such as sauces, combination dishes or breads, or as a garnish for vegetable and fruit salads.
FOOD SAFETY INFORMATION	• If a section of cheese contains mold, cut off at least 1 inch around and below the mold spot and recover the cheese in fresh wrap. When trimming off mold, keep the knife out of the mold itself to avoid cross-contamination with other parts of the cheese.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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B031 – CHEESE, CHEDDAR, YELLOW, SHREDDED, 5 LB

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• Yellow cheddar cheese is firm-textured, semi-hard, yellow cheese made from cow's milk. A natural cheese, which means that it is prepared and allowed to age or "ripen" to develop the flavor. Flavor can be mild, medium or sharp, depending on the amount of time it is allowed to age. The longer cheddar is aged, the more crumbly it becomes and the better it is for cooking because it does not become stringy when heated.
PACK / YIELD	• 6/5 lb pouches per case. • One 5 lb pouch AP yields about 20 cups shredded cheese and provides about 80.0 1-oz servings shredded cheese. • One lb AP yields about 4 cups shredded cheese and provides about 16.0 1-oz servings shredded cheese. • CN Crediting: 1 oz cheese provides 1 oz-equivalent meat/meat alternate.
STORAGE	• Store cheese in its original container at 41 °F or lower until needed. • Protect cheeses from mold and dehydration by preventing exposure to air, wrapping tightly with plastic film without air pockets, using new plastic wrap each time opened, placing wrapped cheese in sealed container, and always working in clean area. • Shredded cheese tends to mold and dehydrate quicker than block cheese. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Cheese, cheddar

	1 oz (28 g)
Calories	114
Protein	7.06 g
Carbohydrate	0.36 g
Dietary Fiber	0 g
Sugars	0.15 g
Total Fat	9.40 g
Saturated Fat	5.98 g
Trans Fat	N/A
Cholesterol	30 mg
Iron	0.19 mg
Calcium	204 mg
Sodium	176 mg
Magnesium	8 mg
Potassium	28 mg
Vitamin A	284 IU
Vitamin A	75 RAE
Vitamin C	0 mg
Vitamin E	0.08 mg

B031 – CHEESE, CHEDDAR, YELLOW, SHREDDED, 5 LB

PREPARATION/ COOKING INSTRUCTIONS	• Cook all dishes containing cheese at low temperatures since cheese toughens and becomes rubbery and stringy at high temperatures. When used for garnish or flavor, add cheese just before food is removed from the heat.
USES AND TIPS	• Cheddar cheese can be frozen. There will be changes in body and texture due to moisture crystallization during freezing. • Serve as is in wraps/hoagies in cooked dishes such as sauces, combination dishes or breads, or as a garnish for vegetable or fruit salads.
FOOD SAFETY INFORMATION	• If any part of a package of shredded cheese contains mold, discard the package.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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B020 – CHEESE, MOZZARELLA, LITE, LOAVES, FROZEN, 6 LB

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• Lite mozzarella cheese is made from cows' milk and other ingredients such as enzymes and salt. It contains less fat than regular mozzarella cheese, with a maximum of 10.8% milk fat. Lite mozzarella cheese is an important source of calcium and also provides, Vitamin A, and phosphorus to the diet. The cheese should exhibit a smooth pliable body.
PACK / YIELD	• 8/6 lb loaves per case. • One 6 lb loaf AP yields about 24 cups shredded cheese OR about 12 cups cubed cheese and provides about 96.0 1-oz servings cheese. • One lb AP yields about 4 cups shredded cheese OR about 2 cups cubed cheese and provides about 16.0 1-oz servings cheese. • CN Crediting: 1 oz cheese provides 1 oz-equivalent meat/meat alternate.
STORAGE	• Store cheese in its original container at 0 °F or lower until needed. • Protect cheeses from mold and dehydration by preventing exposure to air, wrapping tightly with plastic film without air pockets, using new plastic wrap each time opened, placing wrapped cheese in sealed container, and always working in clean area. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Cheese, mozzarella, part skim milk

	1 oz (28 g)
Calories	59
Protein	8 g
Carbohydrate	1 g
Dietary Fiber	1.0 g
Sugars	0.32 g
Total Fat	2.5 g
Saturated Fat	2.4 g
Trans Fat	N/A
Cholesterol	9 mg
Iron	0.1 mg
Calcium	211 mg
Sodium	192 mg
Magnesium	N/A mg
Potassium	N/A mg
Vitamin A	N/A IU
Vitamin A	N/A RAE
Vitamin C	0 mg
Vitamin E	N/A mg

B020 – CHEESE, MOZZARELLA, LITE, LOAVES, FROZEN, 6 LB

PREPARATION/ COOKING INSTRUCTIONS	• Thaw frozen cheese in the refrigerator for 72 hours at 35 °F (best) to 41 °F (maximum) in its original wrapper to prevent moisture loss. The slower the cheese is thawed, the better. Plan your daily usage to have the correct quantity of cheese in the thawing process. • Thawed cheese should be heated for 10 minutes at a temperature of 450 °F in a preheated oven. Heating the product at a higher temperature and/or for a longer period of time may cause the cheese to scorch and brown excessively. If using this product for pizza, it is also beneficial to place any additional toppings over the cheese, rather than placing cheese over the toppings. Check the cheese during use (i.e., at the beginning of the pizza-making process) and if it feels very wet, the product is not completely thawed and must be put back under refrigeration and allowed to complete the thawing process.
USES AND TIPS	• Lite mozzarella cheese may be eaten as is with fruit, in sandwiches or in cooked dishes such as lasagna and pizza. It may also be used as a garnish for vegetable or fruit salads or other foods.
FOOD SAFETY INFORMATION	• If a section of cheese contains mold, cut off at least 1 inch around and below the mold spot, and recover the cheese in fresh wrap. When trimming off mold, keep the knife out of the mold itself to avoid cross-contamination with other parts of the cheese.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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B035 – CHEESE, MOZZARELLA, LITE, SHREDDED, FROZEN, 30 LB

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• Lite mozzarella cheese is made from cows' milk and other ingredients such as enzymes and salt. It contains less fat than regular mozzarella cheese, with a maximum of 10.8% milk fat. Lite mozzarella cheese is an important source of calcium and also provides protein, Vitamin A, and phosphorus to the diet. The cheese should exhibit a smooth pliable body; shredded cheese should be free flowing, not matted or with excessive fines. Shredded lite mozzarella cheese is frozen.
PACK / YIELD	• 30 lb case. • One 30 lb case AP yields about 120 cups shredded cheese and provides about 480.0 1-oz servings cheese. • One lb AP yields about 4 cups shredded cheese and provides about 16.0 1-oz servings. • CN Crediting: 1 oz mozzarella cheese provides 1 oz-equivalent meat/meat alternate.
STORAGE	• Shredded cheese tends to mold and dehydrate quicker than block cheese. • Because of mold considerations, store mozzarella cheese frozen in its original container at 0 °F or lower until needed for use. Store cheese out of the airflow in the cooler so it does not pick up any off-flavor air spores common in coolers. Once mozzarella cheese is exposed to air, mold and dehydration may occur. To protect cheese from mold, always work with it in a clean area. Re-wrap cheese with new plastic wrap each time opened for serving and place in its original container or other sealed container. Double-wrap if cheese will be used more than a week after opening. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Cheese, mozzarella, part skim milk

	1 oz (28 g)
Calories	59
Protein	8 g
Carbohydrate	1 g
Dietary Fiber	1.0 g
Sugars	N/A
Total Fat	2.5 g
Saturated Fat	2.4 g
Trans Fat	N/A
Cholesterol	9 mg
Iron	0.1 mg
Calcium	211 mg
Sodium	192 mg
Magnesium	N/A
Potassium	N/A
Vitamin A	N/A
Vitamin A	N/A
Vitamin C	0 mg
Vitamin E	N/A

B035 – CHEESE, MOZZARELLA, LITE, SHREDDED, FROZEN, 30 LB

PREPARATION/ COOKING INSTRUCTIONS	• Thaw frozen cheese in the refrigerator for 72 hours at 35 °F (best) to 41 °F (maximum) in its original wrapper to prevent moisture loss. The slower the cheese is thawed, the better. Plan your daily usage to have the correct quantity of cheese in the thawing process. • Thawed cheese should be heated for 10 minutes at a temperature of 450 °F in a preheated oven. Heating the product at a higher temperature and/or for a longer period of time may cause the cheese to scorch and brown excessively. If using this product for pizza, it is also beneficial to place any additional toppings over the cheese, rather than placing cheese over the toppings. Check the cheese during use (i.e., at the beginning of the pizza-making process) and if it feels very wet, the product is not completely thawed and must be put back under refrigeration and allowed to complete the thawing process.
USES AND TIPS	• Serve as is in wraps, cooked dishes such as lasagna and pizza, combination dishes or breads, or as a garnish for vegetable or fruit salads.
FOOD SAFETY INFORMATION	• If any part of a package of shredded cheese contains mold, discard the package.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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B042 – CHEESE, MOZZARELLA, LMPS, LOAVES, FROZEN, 6 LB

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• Low moisture, part skim (LMPS) mozzarella cheese is made from cows' milk and other ingredients such as enzymes and salt. It contains 30-45% milkfat by weight of the solids. Mozzarella has a mild pleasing flavor and is a good cooking cheese due to its good binding properties, moist texture, and ability to melt. Mozzarella cheese is an excellent source of calcium and contributor of protein, Vitamin A, and phosphorus to the diet. Mozzarella cheese loaves are frozen.
PACK / YIELD	• 8/6 lb loaves per case. • One 6 lb loaf AP yields about 24 cups shredded cheese OR about 12 cups cubed cheese and provides about 96.0 1-oz servings cheese. • One lb AP yields about 4 cups shredded cheese OR about 2 cups cubed cheese and provides about 16.0 1-oz servings cheese. • CN Crediting: 1 oz cheese provides 1 oz-equivalent meat/meat alternate.
STORAGE	• Store cheese frozen in its original container at 0 °F or lower until needed. • Protect cheeses from mold and dehydration by preventing exposure to air, wrapping tightly with plastic film without air pockets, using new plastic wrap each time opened, placing wrapped cheese in sealed container, and always working in clean area. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Cheese, mozzarella, part skim milk, low moisture

	1 oz (28 g)
Calories	86
Protein	7.36 g
Carbohydrate	1.09 g
Dietary Fiber	0 g
Sugars	0.17 g
Total Fat	5.68 g
Saturated Fat	3.59 g
Trans Fat	N/A
Cholesterol	15 mg
Iron	0.07 mg
Calcium	207 mg
Sodium	150 mg
Magnesium	7 mg
Potassium	27 mg
Vitamin A	147 IU
Vitamin A	39 RAE
Vitamin C	0 mg
Vitamin E	0.10 mg

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B042 – CHEESE, MOZZARELLA, LMPS, LOAVES, FROZEN, 6 LB

PREPARATION/ COOKING INSTRUCTIONS	• Thaw frozen cheese in the refrigerator for 72 hours at 35 °F (best) to 41 °F (maximum) in its original wrapper to prevent moisture loss. The slower the cheese is thawed, the better. Plan your daily usage to have the correct quantity of cheese in the thawing process. • Thawed cheese should be heated for 10 minutes at a temperature of 450 °F in a preheated oven. Heating the product at a higher temperature and/or for a longer period of time may cause the cheese to scorch and brown excessively. If using this product for pizza, it is also beneficial to place any additional toppings over the cheese, rather than placing cheese over the toppings. Check the cheese during use (i.e., at the beginning of the pizza-making process) and if it feels very wet, the product is not completely thawed and must be put back under refrigeration and allowed to complete the thawing process.
USES AND TIPS	• Serve as is with sandwiches, fruit, in cooked dishes such as sauces, combination dishes or breads and as a garnish for salads.
FOOD SAFETY INFORMATION	• If a section of cheese contains mold, cut off at least 1 inch around and below the mold spot and recover the cheese in fresh wrap. When trimming off mold, keep the knife out of the mold itself to avoid cross-contamination with other parts of the cheese.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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FNS USDA Food & Nutrition Service

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 04-26-07) **Visit us at** *www.fns.usda.gov/fdd*

B037 – CHEESE, MOZZARELLA, LMPS, SHREDDED, FROZEN, 30 LB

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• Low moisture, part skim (LMPS) mozzarella cheese is made from cows' milk and other ingredients such as enzymes and salt. It contains 30-45% milkfat by weight of the solids. Mozzarella has a mild pleasing flavor and is a good cooking cheese due to its good binding properties, moist texture, and ability to melt. Mozzarella cheese is an important source of calcium and also provides protein, Vitamin A, and phosphorus to the diet. Shredded mozzarella cheese is frozen.
PACK / YIELD	• 30 lb case. • One 30 lb case AP yields about 120 cups shredded cheese and provides about 480.0 1-oz servings cheese. • One lb AP yields about 4 cups shredded cheese and provides about 16.0 1-oz servings. • CN Crediting: 1 oz cheese provides 1 oz-equivalent meat/meat alternate.
STORAGE	• Shredded cheese tends to mold and dehydrate quicker than block cheese. • Because of mold considerations, store mozzarella cheese frozen in its original container at 0 °F or lower until needed for use. Store cheese out of the airflow in the cooler so it does not pick up any off-flavor air spores common in coolers. Once mozzarella cheese is exposed to air, mold and dehydration may occur. To protect cheese from mold, always work with it in a clean area. Re-wrap cheese with new plastic wrap each time opened for serving and place in its original container or other sealed container. Double-wrap if cheese will be used more than a week after opening. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Cheese, mozzarella, part skim milk, low moisture

	1 oz (28 g)
Calories	86
Protein	7.36 g
Carbohydrate	1.09 g
Dietary Fiber	0 g
Sugars	0.17 g
Total Fat	5.68 g
Saturated Fat	3.59 g
Trans Fat	N/A
Cholesterol	15 mg
Iron	0.07 mg
Calcium	207 mg
Sodium	150 mg
Magnesium	7 mg
Potassium	27 mg
Vitamin A	147 IU
Vitamin A	39 RAE
Vitamin C	0 mg
Vitamin E	0.10 mg

B037 – CHEESE, MOZZARELLA, LMPS, SHREDDED, FROZEN, 30 LB

PREPARATION/ COOKING INSTRUCTIONS	• Thaw frozen cheese in the refrigerator for 72 hours at 35 °F (best) to 41 °F (maximum) in its original wrapper to prevent moisture loss. The slower the cheese is thawed, the better. Plan your daily usage to have the correct quantity of cheese in the thawing process. • Thawed cheese should be heated for 10 minutes at a temperature of 450 °F in a preheated oven. Heating the product at a higher temperature and/or for a longer period of time may cause the cheese to scorch and brown excessively. If using this product for pizza, it is also beneficial to place any additional toppings over the cheese, rather than placing cheese over the toppings. Check the cheese during use (i.e., at the beginning of the pizza-making process) and if it feels very wet, the product is not completely thawed and must be put back under refrigeration and allowed to complete the thawing process.
USES AND TIPS	• Serve as is in wraps, cooked dishes such as lasagna and pizza, combination dishes or breads, or as a garnish for vegetable or fruit salads.
FOOD SAFETY INFORMATION	• If any part of a package of shredded cheese contains mold, discard the package.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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B006 – CHEESE, QUESO BLANCO, LOAVES, 5 LB

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• Queso Blanco is a Latin-style cheese prepared by an acid set process. Queso Blanco, "white cheese," has a creamy white appearance made from pasteurized cow's milk. It is slightly acidic, does not melt when heated and is sliceable. The cheese is firm, curdy and has a salty taste.
PACK / YIELD	• 4/5 lb loaves per case. • One 5 lb loaf AP provides about 80.0 1-oz servings cheese. • One lb AP provides about 16.0 1-oz servings cheese. • CN Crediting: 1 oz cheese provides 1 oz-equivalent meat/meat alternate.
STORAGE	• Store cheese in its original container at 41 °F or lower until needed. • If the original wrap is removed, re-wrap cheese tightly with plastic film wrap without air pockets. Once cheese is exposed to air, mold and dehydration may occur. To protect cheese from mold, always work with it in a clean area. Cheese will keep better if re-wrapped with new plastic wrap after each use. To be extra cautious, double-wrap the cheese or place it back in its original container or a sealed dated container. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Cheese, queso blanco

	1 oz (28 g)
Calories	90
Protein	6 g
Carbohydrate	1 g
Dietary Fiber	0 g
Sugars	N/A
Total Fat	6.1 g
Saturated Fat	4.0 g
Trans Fat	N/A
Cholesterol	15 mg
Iron	0.3 mg
Calcium	200 mg
Sodium	230 mg
Magnesium	N/A
Potassium	N/A
Vitamin A	N/A
Vitamin A	N/A
Vitamin C	0 mg
Vitamin E	N/A

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(last updated, 05-30-07) **Visit us at** *www.fns.usda.gov/fdd*

B006 – CHEESE, QUESO BLANCO, LOAVES, 4/5 LB

PREPARATION/ COOKING INSTRUCTIONS	• Queso Blanco can be easily crumbled, sliced or shredded. Dishes containing this cheese should be heated at lower temperatures to preserve quality. • Queso Blanco has a high melting temperature and will soften but does not melt when heated.
USES AND TIPS	• Queso Blanco may be eaten as a snack with fruit, but is popularly used in main ethnic dishes such as enchiladas and burritos. It may also be used as a garnish for vegetable or fruit salads or other foods.
FOOD SAFETY INFORMATION	• If a section of cheese contains mold, cut off at least 1 inch around and below the mold spot and recover the cheese in fresh wrap. When trimming off mold, keep the knife out of the mold itself to avoid cross-contamination with other parts of the cheese.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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A528 – CHICKEN PATTIES, BURGER-STYLE, FROZEN

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• Frozen fully cooked chicken burgers are made from fully cooked ground chicken with soy protein product (SPP), spices, and seasonings, and shaped into burger-style patties. Each chicken burger-style patty weighs approximately 2.7 oz.
PACK / YIELD	• 6/5 lb bags per case. • One 30 pound case provides about 177.8 2.7-oz patties. One 5-pound bag provides about 29.6 2.7-oz patties. • CN Crediting: One 2.7 oz cooked burger-style chicken patty provides 2.0 oz-equivalent meat/meat alternate.
STORAGE	• Store chicken burger-style patties frozen at 0 °F or below in original shipping case off the floor. • Refrigerate leftover chicken burger-style patties 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.
PREPARATION / COOKING INSTRUCTIONS	• Frozen chicken burger-style patties should not be thawed before heating. If accidentally thawed, heat immediately and serve. DO NOT REFREEZE. • TO COOK: Place frozen chicken burger-style patties in a single layer on sheet pans. In a convection oven heat 8-10 minutes at 375 °F and in a conventional oven heat 10-12 minutes at 400 °F. Cook chicken products to 165 °F for 15 seconds. Judge doneness by temperature, not the color or texture of the food. • Serve promptly or refrigerate and use any leftovers within 2 days. Reheat to internal temperature of 165 °F for 15 seconds.

Nutrition Information

Chicken burger-style patty, cooked

	1 patty (77 g)
Calories	110
Protein	12 g
Carbohydrate	2 g
Dietary Fiber	1 g
Sugars	1 g
Total Fat	6 g
Saturated Fat	2 g
Trans Fat	0 g
Cholesterol	70 mg
Iron	0.3 mg
Calcium	40 mg
Sodium	520 mg
Magnesium	N/A
Potassium	N/A
Vitamin A	0 IU
Vitamin A	0 RAE
Vitamin C	0 mg
Vitamin E	N/A

A528 – CHICKEN PATTIES, BURGER-STYLE, FROZEN

USES AND TIPS	• Chicken burger-style patties are excellent on a sandwich bun or as a center-of-the plate entrée with mashed potatoes and gravy.
FOOD SAFETY INFORMATION	• Cook chicken products to an internal temperature of 165 °F for 15 seconds. 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. • 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	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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A507 – CHICKEN, BONED, FULLY COOKED, CANNED, 50 OZ

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• Canned boned chicken, fully cooked, not less than 89% chicken; not more than 10% chicken broth; 0.5% salt added. May occasionally contain small bones. Average fat content is 9.5%.
PACK/YIELD	• 12/50 oz cans per case. • Each 50 oz can AP yields about 46.5 oz heated drained chicken meat and skin and provides about 46.5 1-oz servings heated drained chicken meat and skin. • One lb AP yields about 14.7 l-oz servings heated drained chicken meat and skin. • CN Crediting: 1 oz canned heated, drained chicken meat and skin provides 1 oz-equivalent meat/meat alternate.
STORAGE	• Store unopened canned chicken in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes. • Store opened canned chicken covered and labeled in a dated nonmetallic container under refrigeration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

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Nutrition Information

Chicken, canned, meat only

	with broth 1 oz (28 g)	no broth 1 oz (28 g)
Calories	47	52
Protein	6.17 g	7.17 g
Carbohydrate	0 g	0.23 g
Dietary Fiber	0 g	0 g
Sugars	0 g	0 g
Total Fat	2.25 g	2.30 g
Saturated Fat	0.62 g	0.64 g
Trans Fat	N/A	N/A
Cholesterol	18 mg	14 mg
Iron	0.45 mg	0.37 mg
Calcium	4 mg	4 mg
Sodium	143 mg	38 mg
Magnesium	3 mg	5 mg
Potassium	39 mg	43 mg
Vitamin A	32 IU	50 IU
Vitamin A	10 RAE	15 RAE
Vitamin C	0.6 mg	0 mg
Vitamin E	0.07 mg	0.09 mg

A507 – CHICKEN, BONED, FULLY COOKED, CANNED, 50 OZ

PREPARATION/ COOKING INSTRUCTIONS	• Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food. • Use a clean and sanitized can opener. • Place canned chicken in refrigerator overnight. Chill only as many cans as will be needed for 1 day's use. Chilling meat in container will permit easier removal of fat from meat. Using a can opener, cut and remove both the bottom and top lids of the can and push the chicken through with the bottom lid. The chicken is best cut across the grain and handled as little as possible to prevent it from becoming stringy. Drain liquid into a separate container for use in recipe or discard if not needed. Use the broth from the chicken for part of the liquid in many main dish and soup recipes.
USES AND TIPS	• Use canned boned chicken in main dishes, such as chicken salad, barbecue chicken, and creamed chicken or in chicken noodle soup.
FOOD SAFETY INFORMATION	• As long as the can is in good shape, the contents should be safe to eat, although the taste, texture and nutritional value of the food can diminish over time. • Cook chicken products to an internal temperature of 165 °F for 15 seconds. 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. • Sanitize cutting boards, utensils and countertops by using a solution of 1 Tbsp unscented, liquid chlorine bleach in 1 gallon of water. • NEVER USE food from cans that are leaking, bulging, or are badly dented. • DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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A526 – CHICKEN, CUT-UP, 7-PIECE BATTER/BREADED, COOKED, FROZEN, CHICKEN BREASTS, THIGHS, AND DRUMSTICKS, 30 LB

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• Cooked, batter/breaded, frozen parts from chickens weighing 3.0-3.5 lbs without necks and giblets. Each chicken is cut into 7 pieces (3 breast pieces without wings, 2 thighs with back portions, and 2 drumsticks). Batter/breading (not to exceed 25%) consists of enriched flour, salt, spices, and other seasonings.
PACK/YIELD	• 30 lb case packed in a minimum of 3 plastic-film bags or layers. • One 30 lb case AP contains about 10 chickens and provides about 70.0 servings cooked chicken pieces. • CN Crediting: 1 breast piece (with or without back) OR 2 drumsticks OR 1 thigh with back provides 2 oz-equivalent meat/meat alternate.
STORAGE	• Store breaded chicken frozen at 0 °F or below in original shipping case off the floor. Refrigerate leftover breaded 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.

Nutrition Information

Chicken, meat and skin, cooked, batter, fried

	1 breast pc (140 g)	2 drumsticks (144 g)
Calories	364	386
Protein	34.78 g	31.61 g
Carbohydrate	12.59 g	11.92 g
Dietary Fiber	0.4 g	0.4 g
Sugars	0 g	N/A
Total Fat	18.48 g	22.68 g
Saturated Fat	4.93 g	5.96 g
Trans Fat	N/A	N/A
Cholesterol	119 mg	124 mg
Iron	1.75 mg	1.94 mg
Calcium	28 mg	24 mg
Sodium	385 mg	387 mg
Magnesium	34 mg	29 mg
Potassium	281 mg	268 mg
Vitamin A	94 IU	124 IU
Vitamin A	28 RAE	37 RAE
Vitamin C	0 mg	0 mg
Vitamin E	1.48 mg	N/A

A526 – CHICKEN, CUT-UP, 7-PIECE BATTER/BREADED, COOKED, FROZEN, CHICKEN BREASTS, THIGHS, AND DRUMSTICKS, 30 LB

PREPARATION/ COOKING INSTRUCTIONS	• Thaw before heating. If accidentally thawed, heat promptly. Do not thaw at room temperature. DO NOT REFREEZE. • Place frozen chicken parts in a single layer on sheet pans. Heat thoroughly in a preheated conventional or deck oven at 450 °F for approximately 1 hour or approximately 35 minutes in a 350 °F convection oven, or until crisp and golden and an internal temperature of 165 °F for 15 seconds is reached. Judge doneness by temperature, not the color or texture of the food. Drumsticks and may be heated in separate pans since they require less time to heat. • Sort pieces and cook similar sizes together. • Serve promptly or refrigerate and use any leftovers within 2 days. Reheat to internal temperature of 165 °F for 15 seconds.
USES AND TIPS	• Chicken parts are ready to heat and serve.
FOOD SAFETY INFORMATION	• Cook chicken products to an internal temperature of 165 °F for 15 seconds. 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. • 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	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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A515 – CHICKEN, CUT-UP, 8-PIECE, RAW, FROZEN, IQF, 40 LB

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• U.S. Grade A chicken parts from broilers or fryers cut into 8 pieces. Weight of chicken is 2.50 to 3.25 pounds packaged without neck and giblets. Wings may be replaced with other parts.
PACK/YIELD	• 40 lb case. • 40 lb AP yields about 17.6 lb cooked, boned chicken meat and skin OR about 14.4 lb cooked, boned chicken meat without skin and provides about 83.0 servings chicken pieces. • One lb AP yields about 0.44 lb cooked boned chicken meat and skin OR about 0.36 lb cooked chicken meat without skin and provides about 5.76 servings chicken pieces. • CN Crediting: 1 breast piece OR 1 drumstick and 1 wing OR 1 thigh with back provides 2 oz or more equivalent meat/meat alternate OR 1 oz cooked chicken (with or without skin) provides 1 oz-equivalent meat/meat alternate.
STORAGE	• Store frozen chicken products in original shipping container off the floor at 0 °F or below. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Chicken, broilers or fryers, meat and skin, cooked, roasted

	breast (1 oz) (28 g)	dark meat (1 oz) (28 g)
Calories	56	72
Protein	8.45 g	7.36 g
Carbohydrate	0 g	0 g
Dietary Fiber	0 g	0 g
Sugars	0 g	0 g
Total Fat	2.21 g	4.47 g
Saturated Fat	0.62 g	1.24 g
Trans Fat	N/A	N/A
Cholesterol	24 mg	26 mg
Iron	0.30 mg	0.39 mg
Calcium	4 mg	4 mg
Sodium	20 mg	25 mg
Magnesium	8 mg	6 mg
Potassium	69 mg	62 mg
Vitamin A	26 IU	57 IU
Vitamin A	8 RAE	17 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.08 mg	N/A

A515 – CHICKEN, CUT-UP, 8-PIECE, RAW, FROZEN, IQF, 40 LB

PREPARATION/ COOKING INSTRUCTIONS	• TO THAW: Thaw only the amount needed for one day's use. Avoid leftovers. Thaw in refrigerator (35-40 °F) overnight on sheet pans. If accidentally thawed, cook promptly. Do not thaw at room temperature. DO NOT REFREEZE. It is not necessary to wash raw chicken. Any bacteria which might be present are destroyed by cooking. • Sort pieces and cook similar sizes together. • TO COOK: Cook chicken within 24 hours after thawing. Do not partially cook one day and finish cooking the next. Insert thermometer into the thickest part of the meat. Be sure thermometer does not touch bone. Cook chicken products to an internal temperature of 165 °F for 15 seconds. Judge doneness by temperature, not the color or texture of the food. • Serve promptly or refrigerate and use any leftovers within 2 days. Reheat to internal temperature of 165 °F for 15 seconds.
USES AND TIPS	• Chicken may be baked or oven-fried, broiled, barbecued, or simmered.
FOOD SAFETY INFORMATION	• Thaw frozen products in the refrigerator below fresh or ready-to-eat foods. • Cook chicken products to an internal temperature of 165 °F for 15 seconds. 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	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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A517 – CHICKEN, DICED, COOKED, FROZEN, IQF, 10 LB

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• Chicken meat is cooked and ready-to-eat without reheating or further cooking. Breast and leg meat are cut into irregular shapes and diced into ½ inch square cuts, leaving pieces with random natural depth and shape. Pieces are individually quick-frozen (IQF) and packed into bags. Cannot contain skin, wing meat, neck meat, giblets, or kidneys.
PACK / YIELD	• 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	• 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.

Nutrition Information

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	N/A
Cholesterol	26 mg
Iron	1.08 mg
Calcium	0 mg
Sodium	13 mg
Magnesium	N/A
Potassium	N/A
Vitamin A	0 IU
Vitamin A	0 RAE
Vitamin C	0 mg
Vitamin E	N/A

A517 – CHICKEN, DICED, COOKED, FROZEN, IQF, 10 LB

PREPARATION/ COOKING INSTRUCTIONS	• TO THAW: Keep diced chicken in the bag or pour into a clean covered container. Thaw in the refrigerator at 36 to 41 °F for 24 hours. Keep thawed chicken in the refrigerator until needed. Use within 2 days after thawing.
USES AND TIPS	• Use diced chicken meat on salads, in pocket sandwiches, mixed dishes, or tossed with pasta.
FOOD SAFETY INFORMATION	• 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 15 seconds. 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	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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A563 – CHICKEN, FAJITA STRIPS, FULLY COOKED, FROZEN, IQF, 30 LB

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• Individually quick frozen (IQF) dark chicken fajita strips, approximately ½ inch wide, produced from marinated ready-to-cook boneless, skinless strips of whole muscle dark chicken meat with grill markings.
PACK / YIELD	• 6/5 lb or 3/10 lb bags per case. • One 30 lb case AP yields 30 lb cooked chicken fajita strips and provides about 266.6 1.8-oz servings chicken fajita strips. • One lb AP yields 1 lb cooked chicken fajita strips and provides about 8.88 1.8-oz servings chicken fajita strips. • CN Crediting: 1.8 oz chicken fajita strips provides 1 oz-equivalent meat/meat alternate.
STORAGE	• Store chicken fajita strips frozen at 0 °F or below in original shipping case off the floor. Refrigerate leftover chicken fajita strips 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.
PREPARATION / COOKING INSTRUCTIONS	• Place frozen chicken fajita strips in a single layer on sheet pans. Heat to an internal temperature of 165 °F for 15 seconds. Times and temperatures are critical to product quality. In a deck oven heat 25-30 minutes at 350 °F and in a convection oven heat 15-20 minutes at 400 °F.

Nutrition Information

Chicken fajita strips, cooked

	1 oz (28 g)
Calories	36
Protein	5.2 g
Carbohydrate	0.3 g
Dietary Fiber	0 g
Sugars	0.1 g
Total Fat	1.49 g
Saturated Fat	0.4 g
Trans Fat	0 g
Cholesterol	25 mg
Iron	0.3 mg
Calcium	3 mg
Sodium	193 mg
Magnesium	N/A
Potassium	N/A
Vitamin A	17.8 IU
Vitamin A	N/A
Vitamin C	0.2 mg
Vitamin E	N/A

A563 – CHICKEN, FAJITA STRIPS, FULLY COOKED, FROZEN, IQF, 30 LB

USES AND TIPS	• Chicken fajita strips can be served in tortillas, taco shells or pita bread. Top with refried beans, onions, or peppers. Fajita strips can be offered on a salad bar, served over Spanish rice, or in a tortilla with chopped tomatoes.
FOOD SAFETY INFORMATION	• Thaw frozen products in the refrigerator below fresh or ready-to-eat foods. • Reheat product as directed above. • Heat processed ready-to-eat chicken products from a package to an internal temperature of 165 °F for 15 seconds. 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	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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A509 – CHICKEN, LEG QUARTERS, RAW, FROZEN, 40 LB

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• U.S. Grade B or better ready-to-cook bone-in chicken leg quarters with skin that must weigh between 9.0 and 13.0 oz each or produced from ready-to-cook whole broilers/fryers which weigh 2.50 to 3.75 lb packaged without necks and giblets.
PACK / YIELD	• 40 lb case. • 40 lb AP yields about 16.8 lb cooked boned chicken meat with skin and provides about 58.1 1-chicken leg quarter servings. • One lb AP yields about 0.42 lb cooked boned chicken meat and skin and provides 1.45 1-chicken leg quarter servings OR about 6.72 1-oz servings cooked poultry meat and skin. • CN Crediting: 1 chicken leg quarter with skin provides 3.7 oz-equivalent meat/meat alternate OR 1 oz cooked chicken (with or without skin) provides 1 oz-equivalent meat/meat alternate.
STORAGE	• Store frozen chicken products in original shipping container off the floor at 0 °F or below. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Chicken, one leg, bone removed, meat and skin, cooked, roasted

	1 oz (28 g)	1 leg (114 g)
Calories	66	264
Protein	7.36 g	29.59 g
Carbohydrate	0 g	0 g
Dietary Fiber	0 g	0 g
Sugars	0 g	0 g
Total Fat	3.82 g	15.34 g
Saturated Fat	1.06 g	4.24 g
Trans Fat	N/A	N/A
Cholesterol	26 mg	105 mg
Iron	0.38 mg	1.52 mg
Calcium	3 mg	14 mg
Sodium	25 mg	99 mg
Magnesium	7 mg	26 mg
Potassium	64 mg	256 mg
Vitamin A	38 IU	154 IU
Vitamin A	12 RAE	47 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.08 mg	0.31 mg

A509 – CHICKEN, LEG QUARTERS, RAW, FROZEN, 40 LB

PREPARATION/ COOKING INSTRUCTIONS	• TO THAW: Thaw only the amount needed for 1 day's use. Avoid leftovers. Thaw in refrigerator (35-40 °F) overnight on sheet pans. If accidentally thawed, cook promptly. Do not thaw at room temperature. DO NOT REFREEZE. It is not necessary to wash raw chicken. Any bacteria which might be present are destroyed by cooking. • Sort pieces and cook similar sizes together. • TO COOK: Cook chicken within 24 hours after thawing. Do not partially cook one day and finish cooking the next. Insert thermometer into the thickest part of the meat. Be sure thermometer does not touch bone. Cook chicken products to an internal temperature of 165 °F for 15 seconds. Judge doneness by temperature, not the color or texture of the food. • Serve promptly or refrigerate and use any leftovers within 2 days. Reheat to internal temperature of 165 °F for 15 seconds.
USES AND TIPS	• Chicken may be baked or oven-fried, broiled, barbecued, or simmered.
FOOD SAFETY INFORMATION	• Thaw frozen products in the refrigerator below fresh or ready-to-eat foods. • Cook chicken products to an internal temperature of 165 °F for 15 seconds. 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	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

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A575 – EGG MIX, ALL PURPOSE, DRIED, 10 LB

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• Dried whole egg solids, not less than 71.8%; maltodextrin; vegetable oil, salt, and citric acid. The moisture content is not more than 3.2%.
PACK/YIELD	• 4/10 lb bags per case. • One 10 lb bag AP all purpose dried egg mix yields about 229.7 1-large egg servings OR 459.4 ½-large egg servings when reconstituted. • One lb AP all purpose dried egg mix yields about 23.0 1-large egg servings OR 46.0 ½-large egg servings when reconstituted. • 8.5 oz AP all purpose egg mix yields 12 (one dozen) 1-large egg servings OR 24 (two dozen) ½-large egg servings when reconstituted. • CN Crediting: 1 large egg provides 2 oz-equivalent meat/meat alternate OR ½ large egg provides 1 oz-equivalent meat/meat alternate.
STORAGE	• Store unopened bags of dried egg mix in a cool, dry place off the floor. Store opened portions of egg mix in the refrigerator, either in the resealable bag or in a tightly closed container. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	TO RECONSTITUTE: Reconstitute all purpose egg mix by weight, using one part egg mix with 2 parts water. Sift all purpose egg mix into required amount of warm water in a mixer bowl and mix with a wire beater at low speed until well blended. Reconstitute only the quantity of dried egg mix needed for the recipe and use immediately.

Nutrition Information

Egg mix, dried

	1 large egg 2 Tbsp (17 g)
Calories	90
Protein	6 g
Carbohydrate	4 g
Dietary Fiber	0 g
Sugars	N/A
Total Fat	6 g
Saturated Fat	1.5 g
Trans Fat	N/A
Cholesterol	210 mg
Iron	1 mg
Calcium	40 mg
Sodium	105 mg
Magnesium	N/A
Potassium	N/A
Vitamin A	N/A
Vitamin A	N/A
Vitamin C	0 mg
Vitamin E	N/A

A575 – EGG MIX, ALL PURPOSE, DRIED, 10 LB

PREPARATION/ COOKING INSTRUCTIONS (cont'd)	• Dried egg mix can be reconstituted for use in recipes or it can be sifted with the dry ingredients and the water added to other liquid ingredients.
USES AND TIPS	• Use only in thoroughly cooked products such as scrambled eggs or long-cooked casseroles or baked products such as cornbread, pancakes, cookies, muffins, and baked custard. Do not use dried egg mix in uncooked products, such as egg-milk drinks, ice cream, or uncooked salad dressings.
FOOD SAFETY INFORMATION	• Handle raw eggs properly to avoid spoilage or food poisoning. Wash hands and sanitize all preparation surfaces and tools used to prepare foods containing raw eggs. • Cook eggs that will be held on a steamtable to 155 °F for 15 seconds. In casserole-type mixed dishes, cook or bake until the internal temperature reaches 165 °F for 15 seconds.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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A569 – EGGS, PASTEURIZED, WHOLE, FROZEN, 30 LB

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• Frozen, homogenized whole eggs with a color stabilizer.
PACK/YIELD	• 30 lb case. • One 30 lb case AP yields about 56¼ cups (270 large whole eggs) and provides 540.0 ½-large egg servings. • One lb AP yields about 1⅞ cups (9 large whole eggs) and provides 18.0 ½-large egg servings. • 1 large whole egg is equivalent to 1¾ oz (3⅓ Tbsp or 50 g) frozen eggs. • 10 large whole eggs is equivalent to 1 lb 1¾ oz (2 cups 1⅓ Tbsp) frozen eggs. • 25 whole eggs is equivalent to 2 lb 13 oz (1 qt 1¼ cups) frozen eggs. • CN Crediting: 1 large egg provides 2 oz-equivalent meat/meat alternate OR ½ large egg provides about 1 oz-equivalent meat/meat alternate.
STORAGE	• Store frozen eggs in the freezer of the floor at 0 °F or below. Do not pour unused portion back into the carton. Refrigerate unused portion immediately in a clear, tightly covered and labeled container. Use thawed eggs within 24 hours. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

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Nutrition Information

Egg, whole, frozen, raw

	1 large egg, raw, 3.3 Tbsp (50 g)	1 large egg, scrambled, cooked ¼ cup (70 g)
Calories	74	82
Protein	5.97 g	6.20 g
Carbohydrate	0.53 g	1.48 g
Dietary Fiber	0 g	0 g
Sugars	0.39 g	0.86 g
Total Fat	5.06 g	5.18 g
Saturated Fat	1.57 g	1.61 g
Trans Fat	N/A	0 g
Cholesterol	216 mg	218 mg
Iron	0.92 mg	0.94 mg
Calcium	30 mg	54 mg
Sodium	66 mg	147 mg
Magnesium	6 mg	8 mg
Potassium	65 mg	98 mg
Vitamin A	262 IU	305 IU
Vitamin A	79 RAE	92 RAE
Vitamin C	0 mg	0.2 mg
Vitamin E	0.48 mg	0.55 mg

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A569 – EGGS, PASTEURIZED, WHOLE, FROZEN, 30 LB

PREPARATION/ COOKING INSTRUCTIONS	• TO THAW: Thaw only the amount needed for one day's use. Thaw eggs in the refrigerator in a closed container. • SCRAMBLED EGG RECIPE: 50 servings (equivalent to 1 egg per serving). Beat 5 lb 9 oz (2 qt 2½ cups) frozen whole eggs, thawed. Add 1 qt nonfat dry milk, reconstituted and 1 ½ tsp salt. Mix until well blended. Pour 3 lb 12 oz (1 qt 3¼ cups) egg mixture into two steamtable pans (12" x 20" x 2 ½") which have been lightly coated with pan release spray. Bake in a conventional oven at 350 °F for 20 minutes. Stir once after 15 minutes. Portion with No. 16 scoop (¼ cup). For best results, serve within 15 minutes. • Omelets and scrambled eggs prepared on top of the range should always be cooked until firm throughout.
USES AND TIPS	• Pasteurized frozen eggs can be used in place of shell eggs. Pasteurized eggs should be used instead of shell eggs in uncooked or slightly heated foods such as milk drinks, ice cream, salad dressings, cream puddings, or soft custards.
FOOD SAFETY INFORMATION	• Handle raw frozen and thawed eggs properly to avoid spoilage or food poisoning. Wash hands and sanitize all preparation surfaces and tools used to prepare foods containing raw eggs. • Cook eggs that will be held on a steamtable to 155 °F for 15 seconds. In casserole-type mixed dishes, cook or bake until the internal temperature reaches 165 °F for 15 seconds.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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A568 – EGGS, PASTEURIZED, WHOLE, FROZEN, 5 LB

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• Frozen, homogenized whole eggs with a color stabilizer.
PACK/YIELD	• 6/5 lb per case. • One 5 lb case AP yields about 9⅜ cups (45 large whole eggs) and provides 90.0 ½-large egg servings. • One lb AP yields about 1⅞ cups (9 large whole eggs) and provides 18.0 ½-large egg servings. • 1 large whole egg is equivalent to 1¾ oz (3⅓ Tbsp or 50 g) frozen eggs. • 10 large whole eggs is equivalent to 1 lb 1¾ oz (2 cups 1⅓ Tbsp) frozen eggs. • 25 large whole eggs is equivalent to 2 lb 13 oz (1 qt 1¼ cups) frozen eggs. • CN Crediting: 1 large egg provides 2 oz-equivalent meat/meat alternate OR ½ large egg provides 1 oz-equivalent meat/meat alternate.
STORAGE	• Store frozen eggs in the freezer off the floor at 0 °F or below. Do not pour unused portion back into the case. Refrigerate unused portion immediately in a clear, tightly covered and labeled container. Use thawed eggs within 24 hours. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Egg, whole, frozen, raw

	1 large egg, raw, 3.3 Tbsp (50 g)	1 large egg, scrambled, cooked ¼ cup (70 g)
Calories	74	82
Protein	5.97 g	6.20 g
Carbohydrate	0.53 g	1.48 g
Dietary Fiber	0 g	0 g
Sugars	0.39 g	0.86 g
Total Fat	5.06 g	5.18 g
Saturated Fat	1.57 g	1.61 g
Trans Fat	N/A	0 g
Cholesterol	216 mg	218 mg
Iron	0.92 mg	0.94 mg
Calcium	30 mg	54 mg
Sodium	66 mg	147 mg
Magnesium	6 mg	8 mg
Potassium	65 mg	98 mg
Vitamin A	262 IU	305 IU
Vitamin A	79 RAE	92 RAE
Vitamin C	0 mg	0.2 mg
Vitamin E	0.48 mg	0.55 mg

A568 – EGGS, PASTEURIZED, WHOLE, FROZEN, 5 LB

PREPARATION/ COOKING INSTRUCTIONS	• TO THAW: Thaw only the amount needed for one day's use. Thaw eggs in the refrigerator in a closed container (about 48-72 hours to thaw). • SCRAMBLED EGG RECIPE: 50 servings (equivalent to 1 egg per serving). Beat 5 lb 9 oz (2 qt 2½ cups) frozen whole eggs, thawed. Add 1 qt nonfat dry milk, reconstituted and 1 ½ tsp salt. Mix until well blended. Pour 3 lb 12 oz (1 qt 3¼ cups) egg mixture into two steamtable pans (12" x 20" x 2 ½") which have been lightly coated with pan release spray. Bake in a conventional oven at 350 °F for 20 minutes. Stir once after 15 minutes. Portion with No. 16 scoop (¼ cup). For best results, serve within 15 minutes. • Omelets and scrambled eggs prepared on top of the range should always be cooked until firm throughout.
USES AND TIPS	• Pasteurized frozen eggs can be used in place of shell eggs. Pasteurized eggs should be used instead of shell eggs in uncooked or slightly heated foods such as milk drinks, ice cream, salad dressings, cream puddings, or soft custards.
FOOD SAFETY INFORMATION	• Handle raw frozen and thawed eggs properly to avoid spoilage or food poisoning. Wash hands and sanitize all preparation surfaces and tools used to prepare foods containing raw eggs. • Cook eggs that will be held on a steamtable to 155 °F for 15 seconds. In casserole-type mixed dishes, cook or bake until the internal temperature reaches 165 °F for 15 seconds.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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A693 – HAM, WATER ADDED, FULLY COOKED, FROZEN, 10 LB

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• Ham, water added, cured, boneless, and fully cooked. Ham is 97% fat free (3% fat) and approximately 4 to 4½ inches in diameter. Frozen product.
PACK/YIELD	• 4/10 lb hams per case. • One 10 lb ham AP yields about 8.2 lb cooked lean meat and provides about 131.0 1.22-oz servings ham water added. • One lb AP yields 0.82 lb cooked lean meat and provides about 13.1 1.22-oz servings ham water added. • CN Crediting: 1.22 oz ham water added provides 1 oz-equivalent meat/meat alternate.
STORAGE	• Store frozen ham in original shipping container off the floor at 0 °F or below. • Refrigerate leftover beef ham covered and labeled in a dated container and use within 2 days. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	• TO THAW: Remove the amount needed from frozen storage. Thaw in refrigerator at 36-45 °F for 48 hours. Use thawed ham within 24 hours. • TO HEAT: Roast ham at 325 °F to an internal temperature of at least 140 °F for 15 seconds, about 2 hours. Heat ham with or without casings. Remove casings before serving. Judge doneness by temperature, not by color or texture of food. • One or more freeze/thaw cycles of this product will cause moisture loss and affect quality.

Nutrition Information

Pork, cured, ham, boneless, cooked, heated

	1.2 oz (34 g)
Calories	33
Protein	5.27 g
Carbohydrate	0.35 g
Dietary Fiber	0 g
Sugars	0.49 g
Total Fat	1.15 g
Saturated Fat	0.48 g
Trans Fat	0.01 g
Cholesterol	15 mg
Iron	0.24 mg
Calcium	3 mg
Sodium	342 mg
Magnesium	6 mg
Potassium	94 mg
Vitamin A	12 IU
Vitamin A	4 RAE
Vitamin C	0 mg
Vitamin E	0.07 mg

A693 – HAM, WATER ADDED, FULLY COOKED, FROZEN, 10 LB

USES AND TIPS	• Serve hot or cold, sliced or diced for sandwiches, salads, and casseroles at lunch. If served cold, the optimum serving temperature is 40 °F.
FOOD SAFETY INFORMATION	• Thaw frozen products in the refrigerator below fresh or ready-to-eat foods. • Keep meat and poultry separate from other foods. Wash working surfaces (including cutting boards), utensils and hands after touching meat and poultry. • If this product is reheated, it should reach an internal temperature of 140 °F for 15 seconds.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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A726 - HAM, WATER ADDED, FULLY COOKED, SLICED, FROZEN, 5 LB

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• Ham, water added, cured, boneless, fully cooked, and sliced. Sliced ham is 97% fat free (3% fat).
PACK/YIELD	• 8/5 lb hams per case. • One 40 lb case AP yields 32.8 lb cooked lean meat and provides about 524.0 1.22-oz servings sliced ham water added. • One 5 lb pkg AP yields 4.1 lb cooked lean meat and provides about 65.6 1.22-oz servings sliced ham water added. • One lb AP provides 0.82 lb lean cooked meat and provides about 13.1 1.22-oz servings sliced ham water added. • CN Crediting: 1.22 oz sliced ham water added provides 1 oz-equivalent meat/meat alternate.
STORAGE	• Store frozen ham in its original shipping container off the floor at 0 °F or below. • Refrigerate leftover ham covered and labeled in a dated container and use within 2 days. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Pork, cured, ham, boneless, cooked

	1.22 oz (35 g)
Calories	40
Protein	6.51 g
Carbohydrate	0.43 g
Dietary Fiber	0 g
Sugars	0.61 g
Total Fat	1.42 g
Saturated Fat	0.49 g
Trans Fat	0.01 g
Cholesterol	19 mg
Iron	0.30 mg
Calcium	3 mg
Sodium	423 mg
Magnesium	7 mg
Potassium	117 mg
Vitamin A	15 IU
Vitamin A	4 RAE
Vitamin C	0 mg
Vitamin E	0.08 mg

A726 HAM, WATER ADDED, FULLY COOKED, SLICED, FROZEN, 5 LB

PREPARATION/ COOKING INSTRUCTIONS	• Ham may be served chilled or heated. • TO THAW: Remove the amount needed from frozen storage. Thaw in refrigerator at 36-45 °F for 48 hours. Use thawed ham within 24 hours. • One or more freeze/thaw cycles of this product will cause moisture loss and affect quality.
USES AND TIPS	• Serve ham cold in a hoagie or hero sandwich, or serve hot in a breakfast egg sandwich.
FOOD SAFETY INFORMATION	• Thaw frozen products in the refrigerator below fresh or ready-to-eat foods. • Keep meat and poultry separate from other foods. Wash working surfaces (including cutting boards), utensils, and hands after touching meat or poultry.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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A727 – HAM, WATER PRODUCT, FULLY COOKED, DICED, FROZEN, 5 LB

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• Ham and water product, cured, fully cooked, ¼ inch diced.
PACK/YIELD	• 8/5 lb bags per 40 lb case. • One 5 lb bag AP provides 2 lb cooked lean meat and provides about 32.0 2.5-oz servings ham and water product. • One lb AP yields 0.40 lb cooked lean meat and provides about 6.4 2.5-oz servings ham and water product. • CN Crediting: 2.5 oz ham and water product provides 1 oz-equivalent meat/meat alternate. (Ham and water products are not all the same. Crediting information provided is for the commodity item only.)
STORAGE	• Store frozen ham products in original shipping container at 0 °F or below. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	• Ham may be served chilled or heated. • TO THAW: Remove the amount needed from frozen storage. Thaw in refrigerator at 36-45 °F for 48 hours. Use thawed ham within 24 hours. • One or more freeze/thaw cycles of this product will cause moisture loss and affect quality.

Nutrition Information

Ham, cooked, cubed, frozen

	2.5 oz (71 g)
Calories	85
Protein	11.26 g
Carbohydrate	4.22 g
Dietary Fiber	0 g
Sugars	2.81 g
Total Fat	2.13 g
Saturated Fat	0.70 g
Trans Fat	0 g
Cholesterol	35 mg
Iron	0 mg
Calcium	0 mg
Sodium	817 mg
Magnesium	25 mg
Potassium	577 mg
Vitamin A	0 RAE
Vitamin A	0 IU
Vitamin C	0.0 mg
Vitamin E	0.25 mg

A727 – HAM, WATER PRODUCT, FULLY COOKED, DICED, FROZEN, 5 LB

USES AND TIPS	• Cubed ham may be used as a salad bar or salad ingredient or used in recipes. • Ham is thoroughly cooked during processing and may be served hot in main dishes, such as pizza, soups, casseroles, and similar items or served cold in salad or any recipe specifying diced ham.
FOOD SAFETY INFORMATION	• Thaw frozen products in the refrigerator below fresh or ready-to-eat foods. • To cook left-over ham, reheat to an internal temperature of 165 F for 15 seconds. • Keep meat and poultry separate from other foods. Wash working surfaces (including cutting boards), utensils, and hands after touching raw meat or poultry.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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A725 – LUNCHEON MEAT, READY-TO-EAT, CANNED, 24 OZ

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• Canned luncheon meat is a ready-to-eat all-pork product.
PACK/YIELD	• 24/24 oz cans per case. • One 24 oz can AP provides about 14.1 1.7-oz servings luncheon meat. • CN Crediting: 1.7 oz (by weight) luncheon meat provides 1 oz-equivalent meat/meat alternate.
STORAGE	• Store unopened canned luncheon meat in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes. • Store opened canned luncheon meat covered and labeled in a dated nonmetallic container under refrigeration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	• Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food. • Use a clean and sanitized can opener. • To remove luncheon meat from the can in one piece, remove both the bottom and top lids of the can with a can opener and push out the luncheon meat with thumbs against one lid. • Heat processed ready-to-eat beef and pork products to 165 °F for 15 seconds.

Nutrition Information

Luncheon meat, canned

	1.7 oz (48 g)	¼ cup (55 g)
Calories	112	130
Protein	6.80 g	9.43 g
Carbohydrate	0.85 g	1.18 g
Dietary Fiber	N/A	N/A
Sugars	0.85 g	1.18 g
Total Fat	8.50 g	11.78 g
Saturated Fat	3.4 g	4.71 g
Trans Fat	N/A	N/A
Cholesterol	31 mg	42 mg
Iron	0.31 mg	0.42 mg
Calcium	17 mg	24 mg
Sodium	408 mg	566 mg
Magnesium	N/A	N/A
Potassium	N/A	N/A
Vitamin A	85 IU	118 IU
Vitamin A	N/A	N/A
Vitamin C	1.0 mg	1.4 mg
Vitamin E	N/A	N/A

A725 – LUNCHEON MEAT, READY-TO-EAT, CANNED, 24 OZ

USES AND TIPS	• Canned luncheon meat may be baked whole with a glaze (mix together ¼ cup honey and 1 tsp prepared mustard and spread on top of luncheon meat). Canned luncheon meat may be sliced for sandwiches or served hot with beans, cabbage, or potatoes. Canned luncheon meat may be cut into large pieces and added to soups, scrambled eggs, or salads. Cut luncheon meat into small pieces and make a meat sauce, hash, or sandwich filling.
FOOD SAFETY INFORMATION	• As long as the can is in good shape, the contents should be safe to eat, although the taste, texture and nutritional value of the food can diminish over time. • NEVER USE food from cans that are leaking, bulging, or are badly dented. • DO NOT TASTE canned food with a foul odor, or that spurts liquid from the container when opened.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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B473 – PEANUT BUTTER, SMOOTH, 5 LB

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• U.S. Grade A peanut butter is finely ground with a smooth texture.
PACK/YIELD	• 6/5 lb cans per case. • One 5 lb can AP yields about 9 cups peanut butter and provides about 72.0 2-Tbsp servings peanut butter. • One lb AP yields about 1.8 cups peanut butter and provides about 14.4 2-Tbsp servings peanut butter. • CN Crediting: 2 Tbsp peanut butter provides 1 oz-equivalent meat/meat alternate.
STORAGE	• Store unopened peanut butter off the floor in a cool, dry place. Avoid freezing and sudden changes in temperature. • Store opened cans of peanut butter covered in refrigerated storage. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	• Ready-to-serve.
USES AND TIPS	• Serve peanut butter in sandwiches and baked items according to recipe. Peanut butter can be used to flavor pies, cakes and cookies. Add peanut butter to batter for flavorful biscuits. Blend peanut butter and milk to make a vegetable sauce or peanut soup.

Nutrition Information

Peanut butter, smooth, with added salt

	2 Tbsp (32 g)	¼ cup (65 g)
Calories	202	406
Protein	7.02 g	14.14 g
Carbohydrate	7.67 g	15.47 g
Dietary Fiber	1.8 g	3.7 g
Sugars	2.08 g	4.19 g
Total Fat	15.85 g	31.95 g
Saturated Fat	3.04 g	6.14 g
Trans Fat	N/A	N/A
Cholesterol	0 mg	0 mg
Iron	0.69 mg	1.40 mg
Calcium	17 mg	35 mg
Sodium	152 mg	307 mg
Magnesium	57 mg	115 mg
Potassium	189 mg	382 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0.0 mg	0.0 mg
Vitamin E	1.90 mg	3.83 mg

B473 – PEANUT BUTTER, SMOOTH, 5 LB

FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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B498 - PEANUTS, ROASTED, RUNNER, UNSALTED, SHELLED & GRANULES, #10

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• Roasted peanuts (shelled) unsalted, of the Runner variety. Peanut granules are chopped roasted peanuts.
PACK/YIELD	• 6/#10 cans per case. Each can contains about 64 oz of peanuts or peanut granules. • One #10 can AP yields about 12 cups peanut granules OR about 12 cups whole peanuts and provides about 64.0 1-oz servings nuts. • CN Crediting: 1 oz peanuts provides 1 oz-equivalent meat/meat alternate. NOTE: Nuts and seeds may meet no more than 50 percent of the meat and meat alternate requirement for lunch/supper patterns in USDA's Child Nutrition Programs.
STORAGE	• Store unopened peanuts in cool, dry place. • Store opened peanuts covered in the refrigerator at 41 °F or below and use as soon as possible. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	• Ready to serve.

Nutrition Information

Peanuts, oil-roasted, without salt

	1 oz (28 g)	¼ cup (33 g)
Calories	165	193
Protein	7.47 g	8.76 g
Carbohydrate	5.36 g	6.29 g
Dietary Fiber	2.0 g	2.3 g
Sugars	1.18 g	1.38 g
Total Fat	13.98 g	16.39 g
Saturated Fat	1.94 g	2.28 g
Trans Fat	N/A	N/A
Cholesterol	0 mg	0 mg
Iron	0.52 mg	0.61 mg
Calcium	25 mg	29 mg
Sodium	2 mg	2 mg
Magnesium	52 mg	62 mg
Potassium	193 mg	227 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	1.96 mg	2.3 mg

B498 - PEANUTS, ROASTED, RUNNER, UNSALTED, SHELLED & GRANULES, #10

USES AND TIPS	• Use roasted peanuts or peanut granules in granola bars and cereal; combine with raisins for a nutritious snack. Add roasted peanuts to muffins, cakes, and desserts or use in stuffing for chicken, turkey, or pork. Add to vegetable and rice dishes or use as a coating for chicken. Add to cookies and frostings or use as a garnish over casseroles, pudding, gelatin, or ice cream.
FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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B500 - PEANUTS, ROASTED, VIRGINIA, UNSALTED, SHELLED & GRANULES, #10

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• Roasted peanuts (shelled) unsalted, of the Virginia or Spanish variety. Peanut granules are chopped roasted peanuts.
PACK/YIELD	• 6/#10 cans per case. Each can contains about 64 oz peanuts or peanut granules. • One #10 can AP yields about 12 cups peanut granules OR about 12 cups whole peanuts and provides about 64.0 1-oz servings nuts. • CN Crediting: 1 oz peanuts provides 1 oz-equivalent meat/meat alternate. NOTE: Nuts and seeds may meet no more than 50 percent of the meat and meat alternate requirement for lunch/supper patterns in USDA's Child Nutrition Programs.
STORAGE	• Store unopened peanuts in cool, dry place. • Store opened peanuts covered in the refrigerator at 41 °F or below and use as soon as possible. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	• Ready to serve.

Nutrition Information

Peanuts, Virginia, oil-roasted, without salt

	1 oz (28 g)	¼ cup (36 g)
Calories	164	207
Protein	7.33 g	9.25 g
Carbohydrate	5.63 g	7.10 g
Dietary Fiber	2.5 g	3.2 g
Sugars	1.18 g	1.38 g
Total Fat	13.8 g	17.38 g
Saturated Fat	1.80 g	2.27 g
Trans Fat	N/A	N/A
Cholesterol	0 mg	0 mg
Iron	0.47 mg	0.60 mg
Calcium	24 mg	31 mg
Sodium	2 mg	2 mg
Magnesium	53 mg	67 mg
Potassium	185 mg	233 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	1.96 mg	2.30 mg

B500 - PEANUTS, ROASTED, VIRGINIA, UNSALTED, SHELLED & GRANULES, #10

USES AND TIPS	• Use roasted peanuts or peanut granules in granola bars and cereal; combine with raisins for a nutritious snack. Add roasted peanuts to muffins, cakes and desserts or use in stuffing for chicken, turkey or pork. Add to vegetable and rice dishes or use as a coating for chicken. Add to cookies and frostings or use as a garnish over casseroles, pudding, gelatin or ice cream.
FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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A720 – PORK SAUSAGE CRUMBLES, W/SPP, FULLY COOKED, FROZEN, 40 LB

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• Ground pork with soy protein product (SPP) that is lightly seasoned and processed into a maximum crumble size of ¼ inch. Pork will comprise at least 75% of the raw formula; non-meat components will comprise no more than 25% of the raw formula; fat will not exceed 15 grams per 100 grams; sodium content will not exceed 700 milligrams per 100 grams.
PACK/YIELD	• 4/10 lb OR 5/8 lb OR 8/5 lb bags per case. • One 40 lb case AP provides about 320.0 2.0-oz servings pork crumbles. • One 10 lb pkg AP provides about 80.0 2.0-oz servings pork crumbles. • One 8 lb pkg AP provides about 64.0 2.0-oz servings pork crumbles. • One 5 lb pkg AP provides about 40.0 2.0-oz servings pork crumbles. • One lb AP provides about 8.0 2.0-oz servings pork crumbles. • CN Crediting: Request company formulation statement for product.
STORAGE	• Store frozen pork crumbles in original shipping container off the floor at 0 °F or below. • Refrigerate leftover pork crumbles in a covered container and use within four days. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

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Nutrition Information

Pork crumbles w/SPP, cooked

	1 oz (28 g)
Calories	59
Protein	7.12 g
Carbohydrate	1.02 g
Dietary Fiber	1.0 g
Sugars	0.22 g
Total Fat	2.91 g
Saturated Fat	1.02 g
Trans Fat	0.03 g
Cholesterol	15.7 mg
Iron	0.57 mg
Calcium	24 mg
Sodium	123 mg
Magnesium	N/A
Potassium	N/A
Vitamin A	20 IU
Vitamin A	N/A
Vitamin C	0.3 mg
Vitamin E	N/A

A720 – PORK SAUSAGE CRUMBLES, W/SPP, FULLY COOKED, FROZEN, 40 LB

PREPARATION/ COOKING INSTRUCTIONS	• Pork crumbles, a heat and serve product, may be reheated from a thawed or frozen state. • TO THAW: Leave in the case under refrigeration 24 hours. • Heat in a single layer on trays in an oven preheated to 400 °F. The cooking time may vary by: oven type; amount of food on a tray; or, the number of trays placed in the oven. Internal temperature of product must reach a serving temperature of 165 °F for 15 seconds before serving. Judge doneness by temperature, not by color or texture of food. • CONVENTIONAL OVENS: Frozen 15 to 20 minutes, thawed 12 to15 minutes. • CONVECTION OVENS: Frozen 12 to15 minutes, thawed 8 to10 minutes.
USES AND TIPS	• Pork crumbles work well in burrito fillings, chili, hash, sloppy joe, tacos, spaghetti sauce, pizza, lasagna, casseroles, pasta dishes, and any recipe that calls for ground pork.
FOOD SAFETY INFORMATION	• Thaw frozen products in the refrigerator below fresh or ready-to-eat foods. • Heat processed ready-to-eat beef and pork products to 165 °F for 15 seconds.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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A719 – PORK SAUSAGE LINKS, SKINLESS, W/SPP, FULLY COOKED, FROZEN, IQF, 40 LB

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• Made from ground pork with soy protein product (SPP) and sausage seasonings, formed into cylindrical skinless links, 1 oz portion, fully cooked, and then individually quick frozen (IQF). Pork will comprise at least 75% of the raw formula; non-meat components will comprise no more than 25% of the raw formula; fat will not exceed 15 grams per 100 grams; sodium content will not exceed 700 milligrams per 100 grams.
PACK/YIELD	• 8/5 lb pkgs per case. • One 40 lb case AP provides about 640.0 1-oz links. • One 5 lb pkg AP provides about 80.0 1-oz links. • CN Crediting: One 1-oz pork sausage link w/SPP provides 0.5 oz-equivalent meat/meat alternate.
STORAGE	• Store frozen pork sausage links in original shipping container off the floor at 0 °F or below. • Refrigerate leftover pork sausage links covered and labeled in a dated container and use within 2 days. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

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Nutrition Information

Breakfast links, pork w/SPP, cooked

	1 link (29 g)
Calories	60
Protein	5 g
Carbohydrate	1 g
Dietary Fiber	0 g
Sugars	0.5 g
Total Fat	4 g
Saturated Fat	1.5 g
Trans Fat	N/A
Cholesterol	15 mg
Iron	0.35 mg
Calcium	20 mg
Sodium	190 mg
Magnesium	N/A
Potassium	N/A
Vitamin A	0 IU
Vitamin A	0 RAE
Vitamin C	0 mg
Vitamin E	N/A

A719 – PORK SAUSAGE LINKS, SKINLESS, W/SPP, FULLY COOKED, FROZEN, IQF, 40 LB

PREPARATION/ COOKING INSTRUCTIONS	• Place frozen pork patty links on sheet pans and heat thoroughly to an internal temperature of 165 °F for 15 seconds. If thawed, use within 24 hours. Cooking time and temperature are critical to product acceptability. Pork patties may also be grilled or heated in a microwave. All heating times are approximate. Judge doneness by temperature, not by color or texture of food. • CONVENTIONAL OVEN: Preheat oven to 325 °F. Heat 10 to 12 minutes if frozen and 8 to 10 minutes if thawed. • CONVECTION OVEN: Preheat oven to 325 °F. Heat 5 to 5½ minutes if frozen and 4 to 4½ minutes if thawed.
USES AND TIPS	• Use alone as a breakfast item.
FOOD SAFETY INFORMATION	• Thaw frozen products in the refrigerator below fresh or ready-to-eat foods. • Heat processed ready-to-eat beef and pork products to 165 °F for 15 seconds.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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A722 – PORK, CANNED, W/NATURAL JUICES, FULLY COOKED, 24 OZ

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• Coarse ground pork cooked in its own juices with a small amount of salt for flavoring.
PACK/YIELD	• 24/24 oz cans per case. • One 24 oz can AP provides about 12.1 1-oz servings heated, drained pork. • One lb AP yields 0.51 lb heated, drained pork and provides about 8.16 1-oz servings heated, drained pork. • CN Crediting: 1 oz heated, drained pork provides 1 oz-equivalent meat/meat alternate.
STORAGE	• Store unopened canned pork in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes. • Store opened canned pork covered and labeled in a dated nonmetallic container under refrigeration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Pork, canned with juices, salt added

	1 oz (28 g)	¼ cup (55 g)
Calories	62	120
Protein	5 g	9 g
Carbohydrate	0 g	0 g
Dietary Fiber	N/A	N/A
Sugars	N/A	N/A
Total Fat	4 g	8 g
Saturated Fat	2 g	3 g
Trans Fat	N/A	N/A
Cholesterol	18 mg	30 mg
Iron	0.18 mg	0.37 mg
Calcium	10 mg	20 mg
Sodium	77 mg	150 mg
Magnesium	N/A	N/A
Potassium	N/A	N/A
Vitamin A	50 IU	100 IU
Vitamin A	N/A	N/A
Vitamin C	0.62 mg	1.2 mg
Vitamin E	N/A	N/A

A722 – PORK, CANNED, W/NATURAL JUICES, FULLY COOKED, 24 OZ

PREPARATION/ COOKING INSTRUCTIONS	• Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food. • Use a clean and sanitized can opener. • Chill canned pork overnight for easy removal of fat and/or slicing. Use natural juices as part of the liquid required by any recipe. Chill only as many cans needed for one day. Using a can opener, remove both the bottom and top lids of the can and push the pork through with the bottom lid. • Heat processed ready-to-eat beef and pork products to 165 °F for 15 seconds.
USES AND TIPS	• Canned pork is thoroughly cooked during processing and may be used in main dishes, such as barbecue pork, pizza, soups, stews, spaghetti sauce, vegetable stir-fry, casseroles and similar items. Substitute canned, drained pork for cooked ground pork, cooked pork cubes or similar cooked meats in recipes.
FOOD SAFETY INFORMATION	• As long as the can is in good shape, the contents should be safe to eat, although the taste, texture and nutritional value of the food can diminish over time. • NEVER USE food from cans that are leaking, bulging, or are badly dented. • DO NOT TASTE canned food with a foul odor, or that spurts liquid from the container when opened.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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A672 – PORK, LEG ROAST, FROZEN, 36-42 LB

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• Frozen boneless, trimmed, netted pork leg (fresh ham) roast prepared from U.S. inspected fresh domestic pork.
PACK/YIELD	• Individual roasts are vacuum packaged and packed 36-42 lbs net weight per case. • One lb AP pork outside roast yields about 0.58 lb cooked trimmed, sliced lean meat and provides about 9.28 servings 1 oz cooked lean meat. • One lb AP pork inside roast yields about 0.54 lb cooked trimmed, sliced lean meat and provides about 8.64 servings 1 oz cooked lean meat. • CN Crediting: 1 oz cooked pork provides 1 oz-equivalent meat/meat alternate.
STORAGE	• Store frozen pork roasts in original shipping container off the floor at or below 0 °F. • Refrigerate leftover pork covered and labeled in a dated container and use within 2 days • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	• TO THAW: Remove packages from shipping containers and place them in single layers on sheet pans in the refrigerator. At temperatures ranging from 38-45 °F, it will take 1-2 days to thaw the meat sufficiently. Frozen meat may be roasted without thawing first, but roasting time must be increased by approximately 1½ times.

Nutrition Information

Pork, fresh, leg, rump half, separable lean and fat only, roasted

	1 oz (28 g)
Calories	71
Protein	8.19 g
Carbohydrate	0 g
Dietary Fiber	0 g
Sugars	0 g
Total Fat	4.05 g
Saturated Fat	1.49 g
Trans Fat	N/A
Cholesterol	27 mg
Iron	0.30 mg
Calcium	3 mg
Sodium	18 mg
Magnesium	8 mg
Potassium	106 mg
Vitamin A	3 IU
Vitamin A	1 RAE
Vitamin C	0.1 mg
Vitamin E	0.06 mg

A672 – PORK, LEG ROAST, FROZEN, 36-42 LB

PREPARATION/ COOKING INSTRUCTIONS (cont'd)	• Season fresh ham roast. Preheat oven to 325 °F and allow approximately 20-25 minutes per lb. Internal temperature of the roasts should reach 145 °F for 4 minutes. Judge doneness by temperature, not by color or texture of food. Let stand for 2 minutes after cooking.
USES AND TIPS	• When cooked, pork roast can be served sliced, diced, and chopped for sandwiches, salads, casseroles, and entree items.
FOOD SAFETY INFORMATION	• Keep meat and poultry separate from other foods. Wash working surfaces (including cutting boards), utensils and hands after touching meat and poultry. • Sanitize cutting boards, utensils, and countertops by using a solution of 1 Tbsp unscented, liquid chlorine bleach in 1 gallon water.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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A708 – PORK, SAUSAGE PATTIES, W/SPP, FULLY COOKED, FROZEN, IQF, 40 LB

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• Ground pork with soy protein product (SPP) and sausage seasonings, formed into round or oval patties, fully cooked, 1.2 oz portion, and then individually quick frozen (IQF). Seasonings may include salt, sugar, white pepper, sage, red pepper, and rosemary. Pork will comprise at least 75% of the raw formula; non-meat components will comprise no more than 25% of the raw formula; fat will not exceed 15 grams per 100 grams; sodium content will not exceed 700 milligrams per 100 grams.
PACK/YIELD	• 8/5 lb pkgs per case. • One 40 lb case AP provides about 533 1.2-oz pork patties. • One 5 lb pkg AP provides about 66 1.2-oz pork patties. • CN Crediting: One 1.2 oz cooked pork patty provides 0.5 oz-equivalent meat/meat alternate.
STORAGE	• Store frozen pork patties in original shipping container off the floor at 0 °F or below. • Refrigerate leftover pork patties covered and labeled in a dated container and use within 2 days. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Pork breakfast patties w/SPP, cooked

	1 patty, 1.2 oz (34 g)
Calories	70
Protein	8.5 g
Carbohydrate	1 g
Dietary Fiber	1 g
Sugars	0 g
Total Fat	3 g
Saturated Fat	1.2 g
Trans Fat	0 g
Cholesterol	19 mg
Iron	0.7 mg
Calcium	29 mg
Sodium	148 mg
Magnesium	N/A
Potassium	N/A
Vitamin A	23 IU
Vitamin A	0 RAE
Vitamin C	0 mg
Vitamin E	N/A

A708 – PORK, SAUSAGE PATTIES, W/SPP, FULLY COOKED, FROZEN, IQF, 40 LB

PREPARATION/ COOKING INSTRUCTIONS	• Place frozen pork patties on sheet pans and heat thoroughly to an internal temperature of 165 °F for 15 seconds. If thawed, use within 24 hours. Cooking time and temperature are critical to product acceptability. Pork patties may also be grilled or heated in a microwave. Judge doneness by temperature, not by color or texture of food. • CONVENTIONAL OVEN: Preheat oven to 375 °F. Heat 8-9 minutes. • CONVECTION OVEN: Preheat oven to 350 °F. Heat 7-8 minutes. All heating times are approximate.
USES AND TIPS	• Use alone as a breakfast item, or in sandwiches.
FOOD SAFETY INFORMATION	• Thaw frozen products in the refrigerator below fresh or ready-to-eat foods. • Heat processed ready-to-eat beef and pork products to 165 °F for 15 seconds.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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A707 – PORK, SAUSAGE PATTIES, W/SPP, FULLY COOKED, FROZEN, IQF, 5 LB

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• Ground pork with soy protein product (SPP) and sausage seasonings, formed into round or oval patties, fully cooked, 2.7 oz portion, and then individually quick frozen (IQF). Seasonings may include salt, sugar, white pepper, sage, red pepper and rosemary. Pork will comprise at least 75% of the raw formula; non-meat components will comprise no more than 25% of the raw formula; fat will not exceed 15 grams per 100 grams; sodium content will not exceed 700 milligrams per 100 grams.
PACK/YIELD	• 8/5 lb pkgs per case. • One 40 lb case AP provides about 237 2.7-oz pork patties. • One 5 lb pkg AP provides about 29 2.7-oz pork patties. • CN Crediting: One 2.7 oz cooked pork patty provides 1.5 oz equivalent meat/meat alternate.
STORAGE	• Store frozen pork patties in original shipping container off the floor at 0 °F or below. • Refrigerate leftover pork patties covered and labeled in a dated container and use within 2 days. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Pork breakfast patties, cooked

	1 (2.7 oz) patty (76 g)
Calories	160
Protein	13 g
Carbohydrate	2 g
Dietary Fiber	1 g
Sugars	1 g
Total Fat	11 g
Saturated Fat	4 g
Trans Fat	N/A
Cholesterol	35 mg
Iron	1 mg
Calcium	40 mg
Sodium	510 mg
Magnesium	N/A
Potassium	N/A
Vitamin A	0 IU
Vitamin A	N/A
Vitamin C	0 mg
Vitamin E	N/A

A707 – PORK, SAUSAGE PATTIES, W/SPP, FULLY COOKED, FROZEN, IQF, 5 LB

PREPARATION/ COOKING INSTRUCTIONS	• Place frozen pork patties on sheet pans and heat thoroughly to an internal temperature of 165 °F. If thawed, use within 24 hours. Cooking time and temperature are critical to product acceptability. Pork patties may also be grilled or heated in a microwave. Judge doneness by temperature, not by color or texture of food. All heating times are approximate: - CONVENTIONAL OVEN: Preheat oven to 375 °F. Heat 8-9 minutes. - CONVECTION OVEN: Preheat oven to 350 °F. Heat 7-8 minutes.
USES AND TIPS	• Use alone as a breakfast item, or in sandwiches.
FOOD SAFETY INFORMATION	• Thaw frozen products in the refrigerator below fresh or ready-to-eat foods. • Heat processed ready-to-eat beef and pork products to 165 °F for 15 seconds.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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A712 – PORK SLOPPY JOE MIX, W/SPP, FULLY COOKED, FROZEN, 40 LB

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• Ground pork with soy protein product (SPP) cooked in seasoned tomato product. Pork will comprise at least 75% of the raw formula; non-meat components will comprise no more than 25% of the raw formula; fat will not exceed 15 grams per 100 grams; sodium content will not exceed 700 milligrams per 100 grams.
PACK/YIELD	• 4/10 lb OR 5/8 lb OR 8/5 lb bags per case. • One 40 lb case AP provides about 320.0 2.0-oz servings pork sloppy joe. • One 10 lb bag AP provides about 80.0 2.0-oz servings pork sloppy joe. • One 8 lb bag AP provides about 64.0 2.0-oz servings pork sloppy joe. • One 5 lb bag AP provides about 40.0 2.0-oz servings pork sloppy joe. • One lb AP provides about 8.0 2.0-oz servings pork sloppy joe. • CN Crediting: Request company formulation statement.
STORAGE	• Store frozen pork sloppy joe in original shipping container off the floor at 0 °F or below. • Refrigerate leftover pork sloppy joe 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.
PREPARATION/ COOKING INSTRUCTIONS	Place pork sloppy joe ready-to-serve bag in a steamer or boiling water. Heat approximately 30 minutes or until product reaches a serving temperature of 165 °F for 15 seconds. Keep pork sloppy joe ready-to-serve bag sealed until cooking is complete. Open bag carefully to avoid being burned. Judge doneness by temperature, not by color or texture of food.

Nutrition Information

Pork sloppy joe w/SPP, cooked

	2 oz (56 g)
Calories	100
Protein	8.68 g
Carbohydrate	3.01 g
Dietary Fiber	0.24 g
Sugars	1.55 g
Total Fat	6.14 g
Saturated Fat	2.17 g
Trans Fat	0.19 g
Cholesterol	23 mg
Iron	0.97 mg
Calcium	10 mg
Sodium	292 mg
Magnesium	N/A
Potassium	N/A
Vitamin A	291 IU
Vitamin A	N/A
Vitamin C	2.48 mg
Vitamin E	N/A

A712 – PORK SLOPPY JOE MIX, W/SPP, FULLY COOKED, FROZEN, 40 LB

USES AND TIPS	• Pork sloppy joe makes an excellent sandwich filling for lunch or dinner. Sautéed green peppers and onions can be added to serve over rice or mashed potatoes.
FOOD SAFETY INFORMATION	• Thaw frozen products in the refrigerator below fresh or ready-to-eat foods. • Heat processed ready-to-eat beef and pork products to 165 °F for 15 seconds.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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A718 – PORK TACO FILLING, W/SPP, FULLY COOKED, FROZEN, 40 LB

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• Ground pork with soy protein product (SPP) cooked in lightly seasoned ingredients. Pork will comprise at least 75% of the raw formula; non-meat components will comprise no more than 25% of the raw formula; fat will not exceed 15 grams per 100 grams; sodium content will not exceed 700 milligrams per 100 grams.
PACK/YIELD	• 5/8 lb OR 8/5 lb bags per case. • One 40 lb case AP provides about 320.0 2.0-oz servings pork taco filling. • One 8 lb bag AP provides about 64.0 2.0-oz servings pork taco filling. • One 5 lb bag AP provides about 40.0 2.0-oz servings pork taco filling. • One lb AP provides about 8.0 2.0-oz servings pork taco filling. • CN Crediting: Request company formulation statement for product.
STORAGE	• Store frozen taco filling in original shipping container off the floor at 0°F or below. • Refrigerate leftover taco filling 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.
PREPARATION/ COOKING INSTRUCTIONS	Place pork taco filling ready-to-serve bag in a steamer or boiling water. Heat approximately 30 minutes or until product reaches a serving temperature of 165°F for 15 seconds. Keep pork taco filling ready-to-serve bag sealed until cooking is complete. Open bag carefully to avoid being burned. Judge doneness by temperature, not by color or texture of food.

Nutrition Information

Pork taco filling w/SPP, cooked

	2 oz (56 g)
Calories	88
Protein	7.64 g
Carbohydrate	1.72 g
Dietary Fiber	1.58 g
Sugars	0.43 g
Total Fat	5.84 g
Saturated Fat	1.92 g
Trans Fat	0.06 g
Cholesterol	22 mg
Iron	0.71 mg
Calcium	11 mg
Sodium	244 mg
Magnesium	N/A
Potassium	N/A
Vitamin A	279 IU
Vitamin A	N/A
Vitamin C	1.80 mg
Vitamin E	N/A

A718 – PORK TACO FILLING, W/SPP, FULLY COOKED, FROZEN, 40 LB

USES AND TIPS	• Pork Taco filling can be used as the meat portion in tacos with hard or soft corn or flour tortillas; as a topping for salads; or as the meat filling in burritos, enchiladas and similar items.
FOOD SAFETY INFORMATION	• Thaw frozen products in the refrigerator below fresh or ready-to-eat foods. • Heat processed ready-to-eat beef and pork products to 165°F for 15 seconds.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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A805 – SALMON, POUCH, PINK, READY-TO-SERVE, 43 OZ

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• Skinless, boneless pink salmon packaged in flexible sealed pouch. May also contain salt and seasonings.
PACK/YIELD	• 8/43 oz pouches per case. • One 43 oz pouch AP yields about 36.9 oz drained salmon and provides about 36.9 1-oz servings drained fish. • One lb AP yields about 0.86 lb drained salmon and provides about 13.7 1-oz servings drained fish. • CN Crediting: 1 oz drained salmon provides 1 oz-equivalent meat/meat alternate.
STORAGE	• Store unopened pouches of salmon off the floor in a cool dry place. Temperature changes shorten shelf life and speed deterioration of the salmon. • Store opened pouches of pink salmon covered and labeled in a dated nonmetallic container under refrigeration and use within 24 hours. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Salmon, pink, canned, drained, solids and bone

	1 oz (28 g)
Calories	39
Protein	6.54 g
Carbohydrate	0 g
Dietary Fiber	0 g
Sugars	0 g
Total Fat	1.37 g
Saturated Fat	0.24 g
Trans Fat	N/A
Cholesterol	23 mg
Iron	0.26 mg
Calcium	79 mg
Sodium	113 mg
Magnesium	10 mg
Potassium	88 mg
Vitamin A	21 IU
Vitamin A	7 RAE
Vitamin C	0 mg
Vitamin E	0.36 g

A805 – SALMON, POUCH, PINK, READY-TO-SERVE, 43 OZ

PREPARATION/ COOKING INSTRUCTIONS	• Pouch salmon is ready-to-serve.
USES AND TIPS	• Pink salmon is ready-to-serve in salads, sandwiches and main dishes.
FOOD SAFETY INFORMATION	• Refrigerate salmon after opening pouch.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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B477 – SUNFLOWER SEED BUTTER, 5 LB

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• Sunflower seed butter is a spread made from sunflower seeds. It is a source of protein and is low in saturated fat. Sunflower seed butter is similar to peanut butter in taste and texture and can be used as a substitute for peanut butter for most persons with peanut allergy. • CAUTION must be used if providing this product to persons with known peanut allergy. A small number of people with peanut allergy may also be allergic to sunflower seed butter.
PACK / YIELD	• 6/5 lb cans per case. • One 5 lb can AP yields about 9 cups sunflower seed butter and provides about 72.0 2-Tbsp servings sunflower seed butter. • One lb AP yields about 1.8 cups sunflower seed butter and provides about 14.4 2-Tbsp servings sunflower seed butter. • CN Crediting: 2 Tbsp sunflower seed butter provides 1 oz-equivalent meat/meat alternate.
STORAGE	• Store sunflower seed butter in a cool, dry place. Avoid freezing and hot temperatures. • Store opened containers tightly covered in refrigerated storage. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Sunflower seed butter, salt added

	2 Tbsp (32 g)	¼ cup (65 g)
Calories	185	373
Protein	6.29 g	12.68 g
Carbohydrate	8.77 g	17.69 g
Dietary Fiber	N/A	N/A
Sugars	N/A	N/A
Total Fat	15.27 g	30.79 g
Saturated Fat	1.60 g	3.23 g
Trans Fat	N/A	N/A
Cholesterol	0 mg	0 mg
Iron	1.52 mg	3.06 mg
Calcium	39 mg	79 mg
Sodium	166 mg	335 mg
Magnesium	118 mg	238 mg
Potassium	23 mg	46 mg
Vitamin A	17 IU	34 IU
Vitamin A	1 RAE	2 RAE
Vitamin C	0.9 mg	1.7 mg
Vitamin E	N/A	N/A

B477 – SUNFLOWER SEED BUTTER, 5 LB

PREPARATION/ COOKING INSTRUCTIONS	• Ready to serve.
USES AND TIPS	• Sunflower seed butter can be used in sandwiches, in snacks such as stuffed celery and in recipes as an alternative to peanut butter.
FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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A742 – TUNA, CANNED, CHUNK LIGHT, IN WATER, 66.5 OZ

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• Chunk light tuna in water consists of small bite-size pieces of fish and not more than 1.5% added salt. Tuna is thoroughly cooked during processing. The meat is light to dark in color and full in flavor.
PACK/YIELD	• 6/66.5 oz cans per case. • One 66.5 oz can AP yields about 51.2 oz drained tuna and provides about 51.2 1-oz servings drained fish. • CN Crediting: 1 oz drained tuna provides 1 oz-equivalent meat/meat alternate.
STORAGE	• Store unopened canned tuna off the floor in a cool, dry place. Store opened canned tuna covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	• Use in recipes specifying canned tuna.
USES AND TIPS	• Serve as is, chilled, or heated. Use tuna in salads, casseroles, sandwiches or main dishes.

Nutrition Information

Fish, tuna, light, canned in water, drained solids

	1 oz (28 g)
Calories	33
Protein	7.23 g
Carbohydrate	0 g
Dietary Fiber	0 g
Sugars	0 g
Total Fat	0.23 g
Saturated Fat	0.07 g
Trans Fat	0 g
Cholesterol	9 mg
Iron	0.43 mg
Calcium	3 mg
Sodium	96 mg
Magnesium	8 mg
Potassium	67 mg
Vitamin A	16 IU
Vitamin A	5 RAE
Vitamin C	0 mg
Vitamin E	0.09 mg

A742 – TUNA, CANNED, CHUNK LIGHT, IN WATER, 66.5 OZ

FOOD SAFETY INFORMATION	• As long as the can is in good shape, the contents should be safe to eat, although the taste, texture and nutritional value of the food can diminish over time. • NEVER USE food from cans that are leaking, bulging, or are badly dented. • DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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A745 – TUNA, POUCH, LIGHT, READY-TO-SERVE, 43 OZ

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• Light tuna packed in laminated pouches and thermally processed; contains no more than 1.5% added salt. Light tuna is ready-to-eat from the pouch.
PACK/YIELD	• 8/43 oz pouches per case. • One 43 oz pouch yields about 33.1 oz drained tuna and provides about 33.1 1-oz servings drained fish. • CN Crediting: 1 oz drained tuna provides 1 oz-equivalent meat/meat alternate.
STORAGE	• Store unopened pouches off the floor in a cool, dry place. Opened pouches must be refrigerated and used within 2 days. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	• Use in recipes specifying canned tuna.
USES AND TIPS	• Tuna is ready-to-serve on a salad bar, in salads or in sandwiches. Tuna can also be served heated in casserole main dishes.

Nutrition Information

Fish, tuna, light, canned in water, drained solids

	1 oz (28 g)
Calories	33
Protein	7.23 g
Carbohydrate	0 g
Dietary Fiber	0 g
Sugars	0 g
Total Fat	0.23 g
Saturated Fat	0.07 g
Trans Fat	0 g
Cholesterol	9 mg
Iron	0.43 mg
Calcium	3 mg
Sodium	96 mg
Magnesium	8 mg
Potassium	67 mg
Vitamin A	16 IU
Vitamin A	5 RAE
Vitamin C	0 mg
Vitamin E	0.09 mg

A745 – TUNA, POUCH, LIGHT, READY-TO-SERVE, 43 OZ

FOOD SAFETY INFORMATION	• Refrigerate tuna after opening pouch.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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A548 – TURKEY HAM, WATER ADDED, FULLY COOKED, FROZEN, 40 LB

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• Frozen fully cooked smoked turkey hams, with 15% water added, produced from non-basted, young ready-to-cook turkey thigh meat. The product is fully cooked and ready to eat without further cooking. The product is 95% fat free. Hams are individually wrapped and vacuum packaged in shrinkable oxygen and moisture proof bags or casings.
PACK/YIELD	• 4/9-11 lb hams case. • One lb AP yields 0.59 lb cooked turkey and provides about 9.4 1.7-oz servings turkey ham water added. • CN Crediting: 1.7 oz turkey ham water added provides 1 oz-equivalent meat/meat alternate.
STORAGE	• Store frozen turkey products in original shipping container off the floor at 0 °F or below. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	• TO THAW: Remove hams from original bags or casings and place in single layer on sheet pans or trays. Thaw in refrigerator only the amount needed for one day's use. Do not hold thawed hams longer than 24 hours before heating or serving.

Nutrition Information

Turkey ham, dark meat, smoked, frozen

	1.7 oz (48 g)
Calories	57
Protein	7.86 g
Carbohydrate	1.49 g
Dietary Fiber	0 g
Sugars	0.58 g
Total Fat	1.93 g
Saturated Fat	0.58 g
Trans Fat	N/A
Cholesterol	31 mg
Iron	0.48 mg
Calcium	3 mg
Sodium	438 mg
Magnesium	8 mg
Potassium	122 mg
Vitamin A	26 IU
Vitamin A	8 RAE
Vitamin C	0 mg
Vitamin E	N/A

A548 – TURKEY HAM, WATER ADDED, FULLY COOKED, FROZEN, 40 LB

PREPARATION/ COOKING INSTRUCTIONS (cont'd)	• TO HEAT: Remove bag or casing. Place hams, thawed or frozen, in pan and cover. If frozen, cook in a deck oven for 3½-4 hours or in a convection oven for 3-3½ hours at 325 °F. If thawed, cook in a deck or convection oven for 75-90 minutes at 325 °F. Cook turkey products to an internal temperature of 165 °F for 15 seconds. Judge doneness by temperature, not the color or texture of the food.
USES AND TIPS	• Use sliced, diced, and chopped for sandwiches, salads, casseroles, and entree items.
FOOD SAFETY INFORMATION	• Thaw frozen products in the refrigerator below fresh or ready-to-eat foods. • Reheat cooked turkey ham to an internal temperature of 165 °F for 15 seconds. The pink color in safely cooked turkey is due to hemoglobin in tissues which can form a heat stable color. Smoking or grilling may also cause this reaction, which occurs more in young turkeys. • 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	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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A549 – TURKEY, BREAST, COOKED, DELI-STYLE, REGULAR, FROZEN, 9-11 LB

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• Deli turkey breast is produced from young ready-to-cook turkeys, containing no more than 10% added ingredients, which include water, salt, sugar, binders and phosphates. Turkey breasts are individually wrapped and vacuum packaged in shrinkable oxygen and moisture proof bags or casings.
PACK/YIELD	• 4/9-11 lb turkey breasts per case. • One lb AP provides about 10.0 1.6-oz servings of deli style turkey breast. • CN Crediting: 1.6 oz deli-style turkey breast provides 1 oz-equivalent meat/meat alternate.
STORAGE	• Store frozen turkey products in original shipping container off the floor at 0 °F or below. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	• TO THAW: Remove turkey breasts from original bags or casings and place in single layer on sheet pans or trays. Thaw in refrigerator only the amount needed for one day's use and use within 3 days. Do not hold thawed turkey breasts longer than 24 hours before heating or serving. DO NOT REFREEZE after thawing or heating.

Nutrition Information

Turkey breast, deli-style, cooked

	1.6 oz (45 g)
Calories	47
Protein	7.74 g
Carbohydrate	N/A
Dietary Fiber	N/A
Sugars	0.2 g
Total Fat	1.59 g
Saturated Fat	0.8 g
Trans Fat	0
Cholesterol	20 mg
Iron	0.65 mg
Calcium	8 mg
Sodium	14 mg
Magnesium	10 mg
Potassium	137 mg
Vitamin A	15 IU
Vitamin A	5 RAE
Vitamin C	2.6 mg
Vitamin E	0.04 mg

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A549 – TURKEY, BREAST, COOKED, DELI-STYLE, REGULAR, FROZEN, 9-11 LB

USES AND TIPS	• Serve turkey breast hot or cold, sliced in hoagie or hero sandwiches, as an entree, diced in salads, or in any recipe specifying cooked turkey.
FOOD SAFETY INFORMATION	• Thaw frozen products in the refrigerator below fresh or ready-to-eat foods. • Reheat turkey products to 165 °F for 15 seconds. • Keep meat and poultry separate from other foods, wash working surfaces (including cutting boards), utensils and hands after touching meat or poultry.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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A550 – TURKEY, BREAST, COOKED, DELI-STYLE, SMOKED, FROZEN, 9-11 LB

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• Deli turkey breast is produced from young ready-to-cook turkeys, containing no more than 10% added ingredients, which include water, salt, sugar, binders, nitrites, phosphates, and cure accelerators. Turkey breasts are individually wrapped and vacuum packaged in shrinkable oxygen and moisture proof bags or casings.
PACK/YIELD	• 4/9-11 lb turkey breasts per case. • One lb AP provides about 10.0 1.6-oz servings of deli-style turkey breast. • CN Crediting: 1.6 oz deli-style turkey breast provides 1 oz-equivalent meat/meat alternate.
STORAGE	• Store frozen turkey products in original shipping container off the floor at 0 °F or below. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	• TO THAW: Remove turkey breasts from original bags or casings and place in single layer on sheet pans or trays. Thaw in refrigerator only the amount needed for one day's use and use within 3 days. Do not hold thawed hams longer than 24 hours before heating or serving. Do not refreeze after thawing or heating.

Meat & Bean Group
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Nutrition Information

Turkey breast, deli-style, cooked, smoked

	1.6 oz (45 g)
Calories	47
Protein	7.74 g
Carbohydrate	N/A
Dietary Fiber	N/A
Sugars	0.2 g
Total Fat	1.59 g
Saturated Fat	0.8 g
Trans Fat	0
Cholesterol	20 mg
Iron	0.65 mg
Calcium	8 mg
Sodium	14 mg
Magnesium	10 mg
Potassium	137 mg
Vitamin A	15 IU
Vitamin A	5 RAE
Vitamin C	2.6 mg
Vitamin E	0.04 mg

A550 – TURKEY, BREAST, COOKED, DELI-STYLE, SMOKED, FROZEN, 9-11 LB

USES AND TIPS	• Serve turkey breast hot or cold, sliced in hoagie or hero sandwiches, as an entree, diced in salads, or in any recipe specifying cooked turkey.
FOOD SAFETY INFORMATION	• Thaw frozen products in the refrigerator below fresh or ready-to-eat foods. • Reheat turkey products to 165 °F for 15 seconds. • Keep meat and poultry separate from other foods, wash working surfaces (including cutting boards), utensils and hands after touching meat or poultry.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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A541 – TURKEY, BURGER, RAW, FROZEN, 36 LB

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• Turkey burger made from ground turkey meat, 3 oz raw patty. The average fat content is 11%.
PACK/YIELD	• 6/6 lb pkgs OR 4/9 lb pkgs OR 3/12 lb pkgs OR 2/18 lb pkgs per case. • One 36 lb case AP provides about 192 3-oz raw turkey burgers. • 1 lb AP provides about 5.33 3-oz raw turkey burgers. • CN Crediting: One 3 oz raw turkey burger when cooked provides 2 oz-equivalent meat/meat alternate.
STORAGE	• Store frozen turkey products in original shipping container off the floor at 0 °F or below. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	• Burgers should be cooked from the frozen state to prevent moisture loss. Remove from plastic bags and separate from patty paper. Lightly brush or wipe sheet pans with a small amount of vegetable oil if needed to prevent sticking during cooking. Place burgers in a single layer on sheet pans. Burgers with a cube pattern or square indentations should be cooked in oven with pattern side up. Cook 10-20 minutes at 350 °F in a deck oven or cook 8-10 minutes at 350 °F in a convection oven. Cook turkey products to 165 °F for 15 seconds. Judge doneness by temperature, not the color or texture of the food.

Nutrition Information

Turkey burger, 2 oz patty, cooked

	2 oz patty (62 g)
Calories	146
Protein	16.96 g
Carbohydrate	0 g
Dietary Fiber	0 g
Sugars	0 g
Total Fat	8.15 g
Saturated Fat	2.10 g
Trans Fat	N/A
Cholesterol	63 mg
Iron	1.20 mg
Calcium	16 mg
Sodium	66 mg
Magnesium	15 mg
Potassium	167 mg
Vitamin A	0 IU
Vitamin A	0 RAE
Vitamin C	0 mg
Vitamin E	0.21 mg

A541 – TURKEY, BURGER, RAW, FROZEN, 36 LB

PREPARATION/ COOKING INSTRUCTIONS (cont'd)	• Serve as soon as possible. Holding on a steam table or in a holding cabinet will cause burgers to dry and toughen. Hold on a heat-maintained serving line at a temperature of at least 135 °F for no longer than 2 hours. • Serve promptly or refrigerate and use any leftovers within 2 days. If reheating turkey burgers, reheat to an internal temperature of 165 °F for 15 seconds.
USES AND TIPS	• Use for sandwiches and main dishes for lunch.
FOOD SAFETY INFORMATION	• Thaw frozen products in the refrigerator below fresh or ready-to-eat foods. • Keep raw meat and poultry separate from other foods. After touching or cutting raw meats and poultry, wash working surfaces (countertops and cutting boards), utensils and hands with hot, soapy water. • Sanitize cutting boards, utensils and countertops by using a solution of 1 Tbsp unscented, liquid chlorine bleach in 1 gallon of water. • Cook turkey products to an internal temperature of 165 ºF for 15 seconds. The pink color in safely cooked turkey is due to hemoglobin in tissues which can form a heat stable color. Smoking or grilling may also cause this reaction, which occurs more in young turkeys.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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A537 – TURKEY, ROASTS, BONELESS, READY TO COOK, FROZEN, 8-12 LB

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• U.S. Grade A frozen roasts prepared from breast meat, thigh meat and skin of young ready-to-cook turkeys with water, salt, and sodium phosphates added. Roasts are at least 47% breast meat, with a maximum of 34% thigh meat and 12.5% skin. The roasts in one container will not vary more than 2 lb per roast. Each roast will be 9 to 17 inch in length and 4 to 7 inch in diameter and will be tied or placed in cotton netting.
PACK / YIELD	• 4/8-12 lb roasts per case. • One lb AP yields 0.66 lb cooked turkey with skin and provides about 10.5 1-oz servings cooked turkey. • CN Crediting: 1 oz cooked turkey provides 1 oz-equivalent meat/meat alternate.
STORAGE	• Store frozen turkey products in original shipping container off the floor at 0 °F or below. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION / COOKING INSTRUCTIONS	• Sort roasts by weight and diameter to facilitate thawing and/or cooking. • Roasts may be cooked frozen or thawed. When cooked from the frozen state, the roasts may be more difficult to slice; allow roasts to stand 15 minutes, after roasting, to firm-up, before removing netting and slicing. • TO THAW: Thaw only the amount needed for one day's use in netting in refrigerator for 24 hours. Place in single layers on sheet pans or trays and space on shelves so that air can circulate around wrapped poultry.

Nutrition Information

Turkey roast, boneless, light and dark meat, roasted

	1 oz, cooked (28 g)
Calories	44
Protein	6.04 g
Carbohydrate	0.87 g
Dietary Fiber	0 g
Sugars	0.00 g
Total Fat	1.64 g
Saturated Fat	0.54 g
Trans Fat	N/A
Cholesterol	15 mg
Iron	0.46 mg
Calcium	1 mg
Sodium	193 mg
Magnesium	6 mg
Potassium	84 mg
Vitamin A	0 IU
Vitamin A	0 RAE
Vitamin C	0 mg
Vitamin E	0.11 mg

A537 – TURKEY, ROASTS, BONELESS, READY TO COOK, FROZEN, 8-12 LB

PREPARATION/ COOKING INSTRUCTIONS (cont'd)	TO THAW (cont'd): Cook within 24 hours after thawing. Do not partially cook one day finish the next. Do not refreeze after thawing or heating. Do not wash before cooking. • TO COOK: Cook with or without netting. Place roasts of similar sizes, thawed or frozen, in shallow roasting pans. Insert a meat thermometer into the center of one roast in each pan. Bake at 325 °F in either a convection oven or a conventional oven for 3-5 hours. Cook turkey products to an internal temperature of 165 °F for 15 seconds. Judge doneness by temperature, not the color or texture of the food. Roasts with greater diameter need to cook longer. • Serve promptly or refrigerate leftovers; use within 2 days. Reheat to internal temperature of 165 °F for 15 seconds.
USES AND TIPS	• Ready-to-cook turkey roasts may be roasted or braised. • Roasts can be sliced and served immediately after baking.
FOOD SAFETY INFORMATION	• Thaw frozen products in the refrigerator below fresh or ready-to-eat foods. • Cook turkey products to an internal temperature of 165 °F for 15 seconds. The pink color in safely cooked turkey is due to hemoglobin in tissues which can form a heat stable color. Smoking or grilling may also cause this reaction, which occurs more in young turkeys. • Keep raw meat and poultry separate from other foods. After touching or cutting raw meats and poultry, wash working surfaces (countertops and cutting boards), utensils and hands with hot, soapy water. • Sanitize cutting boards, utensils and countertops by using a solution of 1 Tbsp unscented, liquid chlorine bleach in 1 gallon water.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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A565 – TURKEY, TACO FILLING, FULLY COOKED, FROZEN, 30 LB

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• Frozen, fully-cooked turkey taco filling made from ground turkey (ready-to-cook nonbasted young turkeys or turkey products, and turkey skin) and spices/seasonings to provide a mild taco flavoring.
PACK/YIELD	• 10/3 lb pkg OR 6/5 lb pkg per case. • One 30 lb case of turkey taco filling provides about 246.1 2.95-oz servings. • CN Crediting: 1.95 oz (by weight) turkey taco filling provides 1 oz-equivalent meat/meat alternate.
STORAGE	• Store frozen turkey products in original shipping container off the floor at 0 °F or below. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	• TO THAW: Thaw in refrigerator only the amount needed for one day's use and use within 2 days. • TO COOK: Turkey taco filling should be reheated to an internal temperature of 165 °F for 15 seconds. If turkey taco filling is held on a steamtable, it should be maintained at 135 °F.
USES AND TIPS	• Turkey taco filling can be used as a filling in flour or corn tortillas for tacos, burritos, quesadillas, or enchiladas, as a topping for taco salad, in Mexican lasagna, rice and cheese casserole, nachos, or on the salad bar.

Meat & Bean Group
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Nutrition Information

Turkey taco filling, cooked
Waiting on manufacturer data

	1.95 oz (55 g)
Calories	98
Protein	8.84 g
Carbohydrate	1.57 g
Dietary Fiber	N/A
Sugars	N/A
Total Fat	5.88 g
Saturated Fat	1.46 g
Trans Fat	N/A
Cholesterol	35 mg
Iron	0.98 mg
Calcium	20 mg
Sodium	335 mg
Magnesium	N/A
Potassium	N/A
Vitamin A	N/A
Vitamin A	N/A
Vitamin C	0.4 mg
Vitamin E	N/A

A565 – TURKEY, TACO FILLING, FULLY COOKED, FROZEN, 30 LB

FOOD SAFETY INFORMATION	• Thaw frozen products in the refrigerator below fresh or ready-to-eat foods. • Reheat turkey products to 165 °F for 15 seconds. • 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	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-04-07) **Visit us at** *www.fns.usda.gov/fdd*

A529 – TURKEY, WHOLE, RAW, FROZEN, 30-60 LB

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• U.S. Grade A (Grade B as permitted) fresh, frozen ready to cook young turkeys without necks and giblets; may or may not be basted. Individual turkeys may weigh 12-22 lb each. Each case has not more than 4 turkeys weighing up to 14 lb; there will not be more than 2 turkeys weighing over 14 lb.
PACK / YIELD	• 30-60 lb case. • One lb AP of turkey yields about 8.48 1-oz servings cooked turkey with skin OR 7.52 1-oz servings cooked turkey without skin. • CN Crediting: 1 oz cooked turkey (with or without skin) provides 1 oz-equivalent meat/meat alternate.
STORAGE	• Store frozen turkey products in original shipping container off the floor at 0 F or below. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION / COOKING INSTRUCTIONS	• TO THAW: Thaw only the amount needed for one day's use. Avoid leftovers. Thaw in refrigerator in original plastic wrappers until poultry is pliable. If accidentally thawed, cook promptly. Do not thaw at room temperature. DO NOT REFREEZE. It is not necessary to wash raw chicken. Any bacteria which might be present are destroyed by cooking. Allow time as follows: 18 lb and over, 2 to 3 days; under 18 lb, 1 to 2 days. • TO COOK: Cook within 24 hours after thawing. Do not partially cook one day and finish cooking the next.

Nutrition Information

Turkey, all classes, cooked, roasted

	1 oz with skin (28 g)	1 oz without skin (28 g)
Calories	59	48
Protein	7.97 g	8.31 g
Carbohydrate	0 g	0 g
Dietary Fiber	0 g	0 g
Sugars	0 g	0 g
Total Fat	2.76 g	1.41 g
Saturated Fat	0.80 g	0.46 g
Trans Fat	N/A	N/A
Cholesterol	23 mg	22 mg
Iron	0.51 mg	0.50 mg
Calcium	7 mg	7 mg
Sodium	19 mg	20 mg
Magnesium	7 mg	7 mg
Potassium	79 mg	84 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0 mg	0 mg

A529 – TURKEY, WHOLE, RAW, FROZEN, 30-60 LB

PREPARATION/ COOKING INSTRUCTIONS (cont'd)	• TO ROAST: Place whole turkeys in shallow roasting pans, breast side up. Insert meat thermometer into the center of the meaty part of the inner side of the thigh (toward the body). Insert thermometer into the center of the thickest part of the breast or thigh piece. Be sure thermometer does not touch bone. Roast at 325 °F. Cook turkey products to an internal temperature of 165 °F for 15 seconds. Judge doneness by the temperature, not by color or texture of the food. When turkey is half done, release legs to speed cooking. Cooking times: 12-16 lb = 3½-4½ hours; 16-21 lb = 4½-6 hours; 21-28 lb = 6-7½ hours. • Serve promptly or refrigerate and use any leftovers within 2 days. Reheat to internal temperature of 165 °F for 15 seconds.
USES AND TIPS	• Whole ready-to-cook turkeys may be roasted or braised.
FOOD SAFETY INFORMATION	• Thaw frozen products in the refrigerator below fresh or ready-to-eat foods. • Cook turkey products to an internal temperature of 165 ºF for 15 seconds. The pink color in safely cooked turkey is due to hemoglobin in tissues which can form a heat stable color. Smoking or grilling may also cause this reaction, which occurs more in young turkeys. • Keep raw meat and poultry separate from other foods. After touching or cutting raw meats and poultry, wash working surfaces (countertops and cutting boards), utensils and hands with hot, soapy water. • Sanitize cutting boards, utensils and countertops by using a solution of 1 Tbsp unscented, liquid chlorine bleach in 1 gallon water.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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FNS USDA Food & Nutrition Service

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A257 – WALNUTS, SHELLED, 30 LB

CATEGORY	• Meat/Meat Alternates
PRODUCT DESCRIPTION	• U.S. commercial grade or better shelled English or Persian walnuts, in small pieces.
PACK/YIELD	• 30 lb bag. • One 30 lb bag AP yields about 112½ cups walnut pieces and provides about 480.0 1-oz servings walnuts. • One lb AP yields about 3¾ cups walnut pieces and provides 16.0 1-oz servings walnuts. • CN Crediting: 1 oz walnuts provides 1 oz-equivalent meat/meat alternate. NOTE: Nuts and seeds may meet no more than 50 percent of the meat and meat alternate requirement for lunch/supper patterns in USDA's Child Nutrition Programs.
STORAGE	• Store walnuts off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 - 70%). • If ideal storage conditions are not available, store walnuts under refrigeration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Meat & Bean Group
Go lean with protein
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Nutrition Information

Walnuts, English

	1 oz (28 g)	¼ c (30 g)
Calories	185	196
Protein	4.32 g	4.57 g
Carbohydrate	3.89 g	4.11 g
Dietary Fiber	1.9 g	2.0 g
Sugars	0.74 g	0.78 g
Total Fat	18.49 g	19.56 g
Saturated Fat	1.74 g	1.84 g
Trans Fat	N/A	N/A
Cholesterol	0 mg	0 mg
Iron	0.82 mg	0.87 mg
Calcium	28 mg	29 mg
Sodium	1 mg	1 mg
Magnesium	45 mg	47 mg
Potassium	125 mg	132 mg
Vitamin A	6 IU	6 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0.4 mg	0.4 mg
Vitamin E	0.20 mg	0.21 mg

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A257 – WALNUTS, SHELLED, 30 LB

PREPARATION/ COOKING INSTRUCTIONS	• Walnuts may be used as is or toasted. • TO TOAST: Spread walnuts evenly in a shallow pan and bake at 350 °F, stirring several times, for 12 to 15 minutes or until golden brown. Cool.
USES AND TIPS	• Use walnuts in salads, fillings, spreads, quick breads, other baked items, casseroles and desserts. Also use walnuts in recipes calling for peanuts or a bread crumb topping. • Mix walnuts with sliced fruits or sprinkle them on cottage cheese. Add chopped walnuts to sandwich fillings such as egg, ham, chicken, or tuna salad. Add to cake batter and sprinkle on frosting. Sprinkle on puddings, ice cream or cobblers. • Toasting keeps walnuts crisp and crunchy when used in moist mixtures such as sauces, puddings or gelatin salads.
FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of *Choice Plus Food Safety Supplement* at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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