

# SCHOOL NUTRITION

How to talk to a School Nutrition Director.



## #MushroomsInSchools

Mushrooms are available to schools via:

- Farm to School Network
- Commercial Purchases
- Department of Defence (DoD) Fresh Fruit and Vegetable Program
- USDA Direct Delivery
- USDA Direct Diversion

## Mushrooms, an “Other” Vegetable

As per USDA Meal Pattern Guidelines vegetables are required in school lunches:

- All categories of vegetables are required over a week<sup>1</sup>
  - Dark Green (e.g., broccoli, collard greens, spinach)
  - Red/Orange (e.g., carrots, sweet potatoes)
  - Beans/Peas (Legumes) (e.g., kidney beans, lentils)
  - Starchy (e.g., corn, green peas, white potatoes)
  - Other (e.g., onions, green beans, cucumbers, mushrooms)
- Mushrooms are a moderate food cost item
- Mushrooms are available year round without many price fluctuations

## Food Buying Guide (FBG) for School Meal Programs

- The Food Buying Guide (FBG) for Child Nutrition Programs is a list of foods and their yields in one manual to help School Nutrition Directors.
- Schools use the FBG to:
  - Buy the right amount of food and the appropriate type of food for your program(s), and
  - Determine the specific contribution each food makes toward the meal pattern requirements.
- Without the FBG Yield Information, schools may be reluctant to use fresh diced mushrooms.<sup>2,3</sup>

1 Food As Purchased, AP	2 Purchase Unit	3 Servings Per Purchase Unit, EP	4 Serving Size Per Meal Contribution	5 Purchase Unit for 100 Servings	6 Additional Information
<b>Section 2 – Vegetables - Other Subgroup</b>					
<b>Mushrooms, fresh Whole</b>	Pound	22.5	¼ cup trimmed, chopped vegetable	4.5	1 lb AP = 0.97 lb (about 5 ½ cups) trimmed, chopped, ready-to-cook mushrooms
	Pound	12.00	¼ cup trimmed, chopped, cooked vegetable	8.4	1 lb AP = 0.93 lb (about 3 cups) trimmed, chopped, cooked mushrooms
<b>Mushrooms, Frozen Sliced</b>	Pound	12.20	¼ cup trimmed, chopped cooked vegetable	8.2	1 lb AP = 0.90 lb. (about 3 cups) ready-to-serve, Tempered mushrooms

AP = As Purchased EP = Eatable Portion



## SCHOOL NUTRITION



### Talking About The Blend

#### ✓ Blend for Consumption

Increase consumption of vegetables by combining with popular consumed entrées.

- Replace 0.5 oz ground meat with ¼ cup other vegetable.

#### ✓ Blend for Flavor

- School reduce sodium and need to add flavors.
- Using mother nature's flavors.
- Likely to see a further reduction in sodium in SY 2017.

#### ✓ Blend for Volume

- Creating a larger portion size by adding mushrooms to meat.

#### ✓ Blend for Moisture

- Blending meat and mushrooms creates a moist and tender product that tastes great, even after extending holding.

#### ✓ Blend for Flexibility

- Adding mushrooms to meat entrees can allow for additional items like cheese or turkey bacon.



<sup>1</sup> [http://www.fns.usda.gov/sites/default/files/LAC\\_03-06-12\\_0.pdf](http://www.fns.usda.gov/sites/default/files/LAC_03-06-12_0.pdf), <sup>2</sup> [http://www.fns.usda.gov/sites/default/files/tn/fbg\\_batchyieldtable.pdf](http://www.fns.usda.gov/sites/default/files/tn/fbg_batchyieldtable.pdf), <sup>3</sup> [http://www.fns.usda.gov/sites/default/files/fbg\\_otherveg.pdf](http://www.fns.usda.gov/sites/default/files/fbg_otherveg.pdf)

