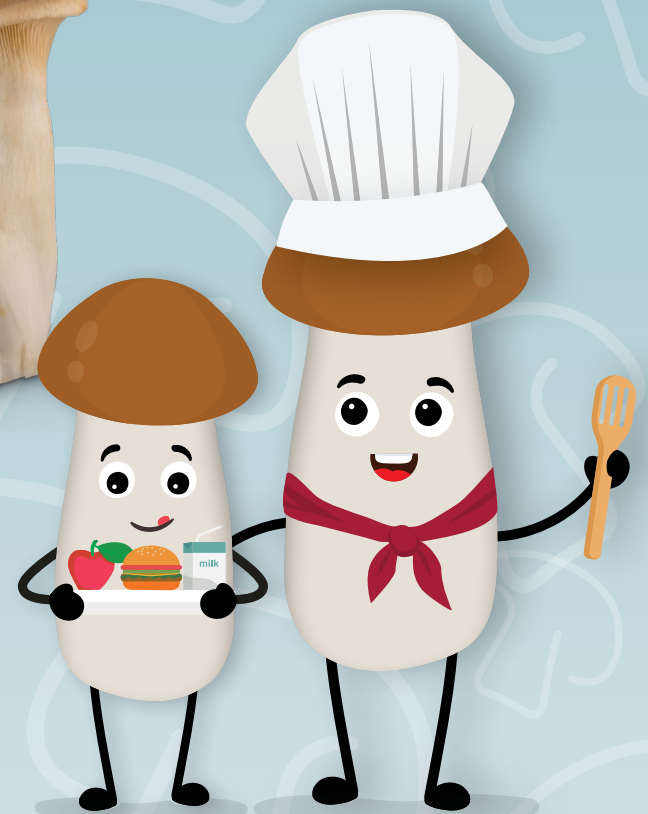


# Mushroom Sourcing Catalog

How to Procure Fresh Mushrooms for Schools  
and Childcare Settings



**MushroomsInSchools.com**



@MushroomsInSchools



@MushroomsK12

# Why Mushrooms?

- 🍄 On Trend Plant Forward Menuing
- 🍄 Versatility of Flavor and Usage
- 🍄 Many Nutritional Benefits
- 🍄 Easy to Source, Prepare, and Store
- 🍄 Year-Round Availability for Consistency in Menu Planning
- 🍄 Local and Perfect for Farm to School Program
- 🍄 They're Delicious!



# Procuring & Forecasting

## Procuring Mushrooms

You can procure fresh mushrooms from a variety of produce suppliers.

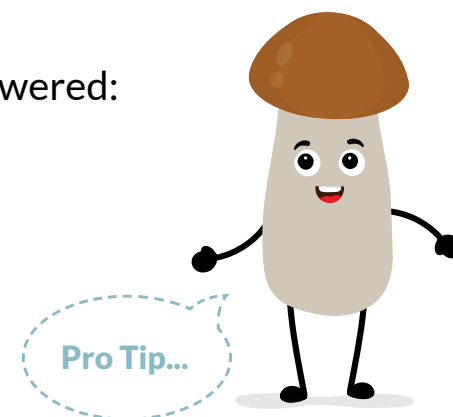
- 🍄 Current Produce Vendor
- 👉🍄 **Department of Defense Fruit and Vegetable Program (DoD)**
- 🍄 Main Broadline Distributor
- 🍄 Local Mushroom Farmer

## Forecasting Mushrooms

When procuring food items for your menu, forecasting helps to identify how much to order and how frequently.

- 🍄 Prior to speaking with your produce supplier have the following questions answered:
  - » Mushroom volume, mushroom type and delivery frequency
- 🍄 To jump start your planning, use these questions to gather information:
  - » How many recipes include fresh mushrooms?
  - » What is your ADP for the entrees?
  - » How frequently will you use mushrooms on the menu?
  - » How many students are enrolled in each school utilizing the menu?
  - » Use the **USDA Food Buying Guide** 👉

Based on the Buy American Provision, school districts are encouraged to buy local. [Integrating local produce](#), like mushrooms, in your kitchens can enhance your school nutrition program, provide students healthy decisions, and support the local economy and farmers. To determine how to begin procuring local mushrooms in your schools check out this [decision tree](#) and [program guide](#). Remember to keep your state agency in the loop.



*As with all fresh produce, the more frequent you can receive deliveries the better, resulting in fresher product.*

# Mushroom Specifications

When submitting a Request for Proposals (RFP) from a produce vendor or local farmer, consider the following specifications to include:

- 👉🍄 **Mushroom Grade**
- 🍄 Type of Mushroom
- 🍄 Size of Mushroom
- 🍄 Quantity
- 🍄 Local Definition
- 🍄 Processed Options, such as thin or thick sliced

Remember, specific requests allow you to compare vendor bids accurately. The more general specifications, the less likely vendors are providing comparable options.

For other specifications to consider, check out **USDA Produce Safety University resources**.👉








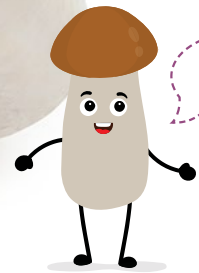


# Mushrooms That Are Perfect for Child Nutrition Programs

## White Mushrooms



-  Mild flavor
-  Serve fresh in salads, with a dip
-  Cooked on pizza or with burger
-  Most commonly used and available in school nutrition
-  Credits as other vegetable








Pro Tip...

*We recommend using the mushrooms three ways on your menu.*



## Brown Mushrooms



-  Baby Bellas/Crimini - younger version of the portabella
-  Darker, firmer, and more flavorful version
-  Cooked on pizza or in burger
-  Great flavor profile with beef and vegetable dishes
-  Credits as other vegetable



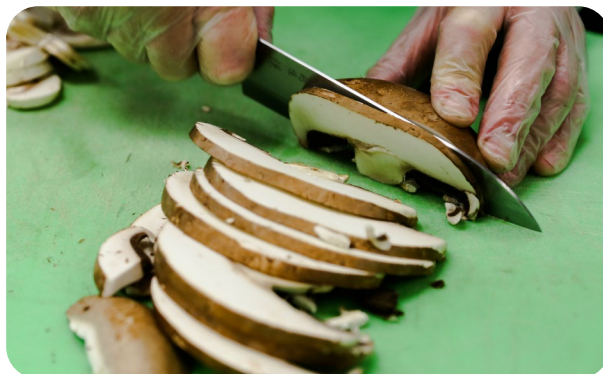
*Want more?  
Click where you see  
this icon to read  
even more about this  
mushroom variety!*

# Mushroom Varieties Continued!

## Portabella



- 🍄 Brown mushroom variety
- 🍄 Deep, meat-like texture
- 🍄 Great for grilled and roasted dishes
- 🍄 Perfect for caterings
- 🍄 Great for Vegetarian/Plant Forward menu ideas
- 🍄 On trend ingredient in on trend entrees
- 🍄 Purchased sliced as well as the diameters
- 🍄 3-4 inch or 4-5 inch diameter options



## Exotic

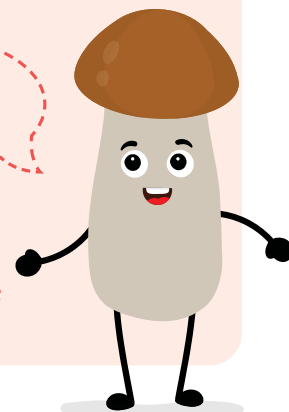
Some exotic varieties you may not see in schools but may encounter in the supermarket or restaurants include:

- Oyster
- Miatake
- Enoki
- Beech
- Shiitake

Each offers unique nutritional benefits as well as flavors and textures.

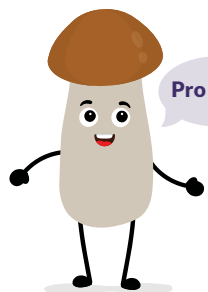
### Pro Tip...

These make a great item to try during Harvest of the Month or through Fresh Fruit and Vegetable Program (FFVP)



# Mushroom Sizes

Size	Price Point	Uses	Ratings
Jumbo	\$\$\$\$	Stuffing, Catering	★ ★ ★ ☆ ☆
Button	\$\$\$	Roast, Saute, Marinate	★ ★ ★ ★ ☆
★ Medium Fancy	\$	Roasting, Salad Bar Topping	★ ★ ★ ★ ★
Foodservice (Requires a lot of prep work)	\$\$	Roasting	★ ★ ☆ ☆ ☆
★ Thick Sliced	\$	Roasting, Salad Bar Topping	★ ★ ★ ★ ★
★ Thin Sliced	\$	Soups, Gravies, Sauces	★ ★ ★ ★ ★



Pro Tip...

**Thick Sliced:**  
7 slices credits as ¼ cup other vegetable.

**Medium Fancy:**  
Best value for your money! Consistent in size for portioning.



# What's a Serving Size?

**$\frac{1}{4}$  CUP!**



**5 lb bag      =      6 quarts      =      40 cooked servings**  
(96 raw servings)





# Learn More!

Use the following resources to add mushrooms in your menus:



*How to Handle Mushrooms  
in Your Kitchens*



*Layers of Flavors Culinary  
Course (1 CEU!)*



*Mushrooms in Schools Collection  
of #RealSchoolRecipes*

Show us your mushroom skills! Share your student favorite mushroom recipe by tagging or messaging us on **Facebook** or **Twitter** to receive a label maker.

\*While supplies last.\*