

MUSHROOM SOURCING Guide

HOW TO PROCURE FRESH MUSHROOMS FOR SCHOOLS
AND CHILDCARE SETTINGS



mushroomsinschools.com

Why Mushrooms?

- Vegetarian-friendly recipes
- Versatility of flavor and usage
- Easy to prepare and store
- Boost nutrition quality in recipes
- Available year-round
- Perfect addition to farm to school efforts – ask for local mushrooms!
- Flavor powerhouse that adds depth to all meals



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.

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

- Type of Mushroom: White
- Size of Mushroom: Medium Fancy
- Processed Option: Thick Slices

How White Mushrooms Are Used:

- Most commonly used and available in school nutrition
- Serve fresh in salads, with a dip
- Cooked on burgers or **pizza**



Mushrooms credit as an other vegetable!

BROWN (OR CRIMINI) MUSHROOMS

- Type of Mushroom: Brown or Crimini
- Size of Mushroom: Medium Fancy
- Processed Option: Thin Slices

How Brown Mushrooms Are Used:

- Cooked on pizza
- Perfect for blending with proteins
- Great flavor profile with beef and vegetable **dishes**



Pro Tip...

Reduce food waste, manage food cost, and streamline ordering by creating a menu that features mushroom recipes in 3 ways in 3 days. Such as Asian Stir-Fry with Mushrooms, Veggie-Lover Pizza Topped with Mushrooms, and Marinated Mushroom Salad on your harvest bar.

Mushroom Varieties Continued!

PORTABELLA

- Type of Mushroom: Portabella, Brown
- Size of Mushroom: 3-4 inch diameter or 4-5 inch diameter
- Processed Options: Thick Sliced

How Portabella Mushrooms Are Used:

- Great for grilled and roasted dishes
- Perfect for catering
- Great for **vegetarian menus**



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.



Crispy Oyster Mushroom Sliders

Mushroom Sizes

Size	Price Point	Uses
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

★ = Best for schools and childcare settings!



Pro Tip...

Thick Sliced:

7 slices credits as ¼ cup other vegetable.

Medium Fancy:

Best value for your money! Consistent in size for portioning.

Forecasting Your Needs

Food as Purchased	Purchase Unit	Servings Per Purchase Unit	Serving Size per Meal Contribution	Purchase Units for 100 Servings	Additional Information
Mushrooms Fresh, Whole	Pound	18.70	1/4 cup raw, sliced vegetable	5.40	1 lb AP = 0.98 lb ready-to-cook mushrooms
	Pound	8.30	1/4 cup sliced, cooked, drained vegetable	12.10	1 lb AP = 0.43 lb cooked, sliced mushrooms; 1 lb AP = 0.98 lb ready-to-cook mushrooms
	Pound	22.50	1/4 cup trimmed, chopped vegetable	4.50	1 lb AP = 0.97 lb (about 5-5/8 cups) trimmed, chopped, ready-to-cook mushrooms
	Pound	12.00	1/4 cup trimmed, chopped, cooked vegetable	8.40	1 lb AP = 0.93 lb (about 3 cups) trimmed, chopped, cooked mushrooms; 1 lb AP = 0.97 lb (about 5-5/8 cups) trimmed, chopped, ready-to-cook mushrooms
Mushrooms, Fresh Slices, Ready-to-use	Pound	18.50	1/4 cup sliced vegetable	5.50	1 lb AP = 1 lb (about 4-5/8 cups) ready-to-serve mushrooms; 1/4 cup sliced vegetable = about 7 slices
Mushrooms, Canned	No. 10 Can (68 oz drained weight)	49.40	1/4 cup drained vegetable	2.10	1 No. 10 can = about 12-1/3 cups drained mushrooms
	Pound (drained weight)	11.60	1/4 cup drained vegetable	8.70	
	No. 300 Can (8 oz drained weight)	5.80	1/4 cup drained vegetable	17.30	1 No. 300 can = about (1-1/2 cups) drained mushrooms
Mushrooms, frozen, Slices	Pound	12.20	1/4 cup vegetable tempered	8.20	1 lb AP = 0.90 lb (about 3 cups) ready-to-serve, tempered mushrooms
Mushrooms, IQF	Pound	6.00	1/4 cup cooked, drained vegetable	16.77	1 lb AP = 0.57 lb (1-1/2 cups) IQF mushrooms, cooked

Source Information: USDA Food Buying Guide for Child Nutrition Programs. <https://foodbuyingguide.fns.usda.gov>

HOW TO FORECAST YOUR NEEDS:

To use the above chart to forecast how many pounds of mushrooms you need, you can use

Method 1: Divide the number of servings you need by the “Serving Per Purchase Unit,” or

Method 2: Divide the number of servings you need by 100, then multiply by the “Purchase Units for 100 Servings” number.

Example: You need to prepare 325 servings of a recipe that will provide 1/4 cup of cooked, sliced mushrooms. You are purchasing fresh, whole mushrooms.

Method 1: $325 \text{ servings} / 8.30 \text{ servings per purchase unit} = 39.16$ or 40 pounds of mushrooms

Method 2: $[325 \text{ servings} / 100] * 12.10 \text{ purchase units for 100 servings} = 39.3$ or 40 pounds



**MUSHROOM
COUNCIL**

LEARN MORE!

USE THE FOLLOWING RESOURCES TO ADD MUSHROOMS IN YOUR MENUS:



**Database of Delicious & Easy K12
Recipes Using Mushrooms**



**How to Handle Mushrooms
in Your Kitchens**



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

**IT'S NOT MAGIC. 
IT'S MUSHROOMS.**

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