



USDA Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 09-03-13)

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

100158 – BEEF, FINE GROUND, RAW, FROZEN, 10 LB

110261 – BEEF, FINE GROUND, LFTB OPTIONAL , FROZEN, 10 LB

CATEGORY	<ul style="list-style-type: none"> Meat/Meat Alternates
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> 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. * Naturally-occurring trans fat is excluded from meal pattern requirements.
PACK/YIELD	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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 3 days Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> 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 at least 15 seconds as measured by a thermometer. Judge doneness by temperature.

Nutrition Information

Beef, fine ground, cooked, pan-browned

	1 oz (28 g)
Calories	72
Protein	7.76 g
Carbohydrate	0 g
Dietary Fiber	0 g
Sugars	0 g
Total Fat	4.28 g
Saturated Fat	1.63 g
*Trans Fat	0 g
Cholesterol	25 mg
Iron	0.82 mg
Calcium	6 mg
Sodium	25 mg
Magnesium	8 mg
Potassium	114 mg
Vitamin A	0 IU
Vitamin A	0 RAE
Vitamin C	0 mg
Vitamin E	0.13 mg



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USES AND TIPS	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • For guidance on how to effectively manage, store, and maintain USDA Foods, please refer to the policy memo on the FDD Website at: http://www.fns.usda.gov/fdd/policymemo/pmfd107_NSLP_CACF_SFSP_CSFP_FDPIR_TEFAP_CI-StorandInvMgmt.pdf.

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