

Frozen Raw Shaved Beef

Product Information

LFS code: LFS015
Farm: Jack Mountain Meats |
Pure Country Farm
Units/case: Bulk
Case Weight: 15 lbs.
Servings/case: 162

Product Description

Beef, raw, shaved thin, frozen, practically free of fat

Crediting & Yield

- One 15-pound case of shaved beef provides 162 1.48 oz. portions of shaved beef.
 - Serving Size: 1.48 oz. raw weight shaved beef
 - Meat or M/A: 1 oz. equivalent
 - Grain: ---
 - Vegetables: ---
 - Fruit: ---

Note: Child Nutrition Program sponsors are responsible for correctly determining how a food credits to the meal pattern.

Food Safety

For information on safe storage, cooking temperatures, and handling practices: [Washington State Retail Food Code](#) and [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

Culinary Tips & Resources

- Shaved beef can be used in a variety of dishes such as stir fry, tacos, fajitas, cheesesteak sandwiches, stews, and chilis.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA's Team Nutrition](#).

Nutrition Facts

Serving Size: 1.48 ounce / 1 MMA of raw, shaved beef

Amount Per Serving

Calories 65

Total Fat 3g

Sat. Fat 1g

Trans Fat 0g

Cholesterol 28mg

Sodium 24mg

Carbohydrates 0g

Dietary Fiber 0g

Sugars 0g

Protein 10g

Source: [USDA Data Food Central](#)