

Raw Frozen Pork Shoulder



Washington Office of Superintendent of
PUBLIC INSTRUCTION

Product Information

LFS code: LFS009
Farm: Olson Farms
FarmFresh Northwest
Units/case: (8) 5-lb. packages
Case Weight: Approximately 40 lbs.
Servings/case: About 383

Product Description

Pork shoulder or butt, raw, frozen, without bone

Crediting & Yield

- 1.67 oz. raw pork shoulder yields 1 oz. equivalent cooked meat/meat alternate.
- One 5-pound package of raw pork shoulder or butt contains about 48 1.67-ounce portions. Package weight may vary.
 - Serving Size: 1.67 oz. raw weight
 - Meat or M/A: 1 oz. eq.
 - Grain: ---
 - Vegetables: ---
 - Fruit: ---

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

Culinary Tips & Resources

- Pork shoulder or pork butt can be used as a protein component in dishes such as sandwiches, wraps, burritos, or fajitas. It can be chopped, shredded, or sliced.
- It is best when it is cooked long and slow, such as roasting, braising, or slow cooking.
- Try adding barbeque sauce, Asian seasonings, or Latin flavors to use this product in a variety of ways in your menu cycle.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA's Team Nutrition](#).

Recipe Ideas

- [Gourmet Crispito – Iowa](#) (uses cooked, shredded pork)

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](#).

Nutrition Facts

Serving Size: 1.67 ounce / MMA of raw, pork shoulder or butt

Amount Per Serving

Calories 60

Total Fat 2g

Sat. Fat 0.5g

Trans Fat 0g

Cholesterol 29mg

Sodium 26mg

Carbohydrates 0g

Dietary Fiber 0g

Sugars 0g

Protein 11g

Source [USDA Data Food Central](#)