

# Raw Frozen Pork Shoulder



Washington Office of Superintendent of  
**PUBLIC INSTRUCTION**

## Product Information

LFS code: LFS068  
Farm: Olsen Farms  
Units/case: 15-lb. case  
Case Weight: Approximately 15 lbs.  
Servings/case: About 136

## Product Description

Pork shoulder or butt, raw, frozen, without bone

## Crediting & Yield

- One 15-pound package of raw pork shoulder or butt contains about 136 1.75-ounce portions. Package weight may vary.
- 1.75 oz. raw pork shoulder yields 1 oz. equivalent cooked meat/meat alternate.

Serving Size: 1.75 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: 1.75 ounce / MMA of raw, pork shoulder or butt

### Amount Per Serving

**Calories 60**

**Total Fat** 2g

Sat. Fat 0.6g

Trans Fat 0g

**Cholesterol** 31mg

**Sodium** 45 mg

**Carbohydrates** 0g

Dietary Fiber 0g

Sugars 0g

**Protein** 10g

Source [USDA Data Food Central](#)