



# MUSHROOMS

Cafeteria Connection

## Tell Me about Mushrooms

Mushrooms are a versatile ingredient that can be featured year-round and used in a variety of dishes. They grow quickly; most farm-grown mushrooms are ready to harvest in about three weeks. In Washington, both cultivated and wild mushrooms are common, including varieties such as white button, cremini, portobello, shiitake, and oyster mushrooms. White button, cremini, and portobello mushrooms are the same type of mushroom harvested at different stages of growth.

## Crediting Information

- Mushrooms, whether fresh or cooked, credit toward the Vegetable meal pattern component as volume served. For example, 1/2 cup mushrooms credit as 1/2 cup vegetable.
- In School Meals, mushrooms contribute to the "Other" vegetable sub-group.
- Vegetables must be fresh, frozen, canned, or full-strength vegetable juice, referred to as 100% juice, to credit as a vegetable component. Dried vegetables, including beans, peas, and lentils, must be reconstituted to credit toward reimbursable meals. Please confirm crediting requirements for dried vegetables with your specialist.



Mushroom cultivation, credit: WSDA



## Nutrition Facts

- Mushrooms are the only non-animal food that contain vitamin D.
- They are also a good source of B vitamins, including riboflavin, niacin, and pantothenic acid.
- Research from the USDA Agricultural Research Service shows that common mushroom varieties retain 80 –90% of their nutrient value after cooking.



## Selection and Storage

- Choose mushrooms that are firm, dry, and smooth.
- Avoid mushrooms that look slimy or have dark, wet spots.
- Store mushrooms unwashed in their original packaging or in a paper bag in the refrigerator. For best quality, use within 3–7 days.

## Culinary Tips

- Mushrooms can be sautéed, roasted, grilled, or added to soups, casseroles, egg dishes, and grain-based meals.
- Mushrooms can be used to add flavor, texture, and volume to meals while pairing well with vegetables, grains, meats, and meat alternates.



Mushroom cultivation, credit: WSDA

## Recipes

- [Chicken Mushroom Quesadilla Pennsylvania Recipe for Schools](#)
- [Chicken Tetrazzini USDA Recipe for Child Care Centers](#)
- [Rice Vegetable Casserole USDA Recipe for Adults in CACFP](#)

## Sourcing

- [Find Mushrooms](#)



Mushroom cultivation, credit: WSDA



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