

BASIC AMERICAN FOODS™

be a school

# LUNCH HERO



Save the day, every day, with delectable, **nutritious lunches** you prepare in a snap — and **students devour** in an instant.





## DISCOVER YOUR SCHOOL **LUNCH** SUPERPOWERS

Create super meals with nutritious, easy-prep, delicious sides. Basic American Foods (BAF) offers a full range of kid-approved menu options that are sure to please every taste—and budget.

### **FLAVOR ALWAYS COMES FIRST.**

If a dish doesn't taste great, kids just won't eat it. So we've developed student-friendly recipes that will have them lining up and cleaning their plates.

### **KEEP IT SIMPLE.**

Our foods feature quick, just-add-water prep so that your staff of food heroes can spend their time creating great tasting sides and more, and not waste time peeling or chopping.

### **DELIVER REAL NUTRITION.**

You need the right ingredients to make really great meals, and our foods meet multiple USDA guidelines with no preservatives, no artificial colors or flavors, and lower sodium options.

### **DISH UP VALUE WITH EVERY SERVING.**

Our foods give you the highest servings per case, so you need less storage, and with no food waste, you get the most servings per dollar.



### **THERE'S NO LIMIT TO BAF POTATOES AND BEANS**

Because they qualify as vegetables, legumes or meat alternatives, you can add them to your menu, every day. Your students get more of the sides they crave, while you get a boost in your daily participation.

#### **MEAL PATTERN CONTRIBUTIONS:**

- ▶ **All BAF Potatoes:** starchy veg
- ▶ **BAF Sweet Potatoes:** red/orange veg and starchy veg
- ▶ **All BAF Beans:** legume, other veg, meat alternate
- ▶ **BAF Lentil Penne:** legume or meat alternate\*



\*Offered or topped with additional M/MA (min .25 oz)

# KEEP KIDS COMING BACK FOR MORE WITH THESE FAVORITE MENU CHOICES



Rich, creamy, and comforting these mashed are a smash with kids of all ages. Satisfy every student's craving with fully flavored and lower sodium options to meet every dietary requirement.

**LOWER SODIUM**  
**EXCEL® Original Butter Mashed – Reduced Sodium**

The most loved, buttery flavor, just with less sodium.  
[SKU 10799]

**SWEET AND SAVORY**  
**Mashed Sweet Potatoes**

The sweet and savory flavor, plus it qualifies as a red/orange vegetable.  
[SKU 10861]

**SCRATCH-QUALITY POTATO BASE**  
**Brilliant Beginnings® Mashed Potatoes**

Just like a fresh, riced potato. Low sodium with no BHA/BHT, artificial colors or flavors and it's dairy free.  
[SKU 10630]



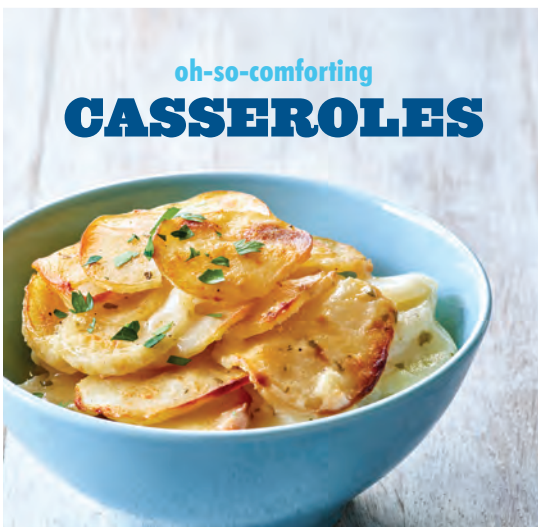
Serve students the best protein-packed side with authentic, made-from-scratch flavor and no preservatives, artificial flavors or colors.

**LOWER SODIUM**  
**Smart Servings™ Vegetarian Refried Beans – Low Sodium**

Whole bean texture is a favorite recipe for K-12. No added seasoning makes them extra versatile.  
[SKU 10302]

**FULLY FLAVORED**  
**EXCEL® Refried Beans – Smooth**

Our most traditional recipe can be used in a variety of meals, and the 5-minute prep serves big crowds, fast.  
[SKU 82948]



Satisfying layers of comfort are the ultimate feel-good food that students never stop craving. 50% less sodium, no artificial colors or flavors.

**LOWER SODIUM**  
**Scalloped Potato Casserole – Reduced Sodium**

Potatoes layered in a buttery sauce.  
[SKU 94595]

**LOWER SODIUM**  
**Au Gratin Potato Casserole – Reduced Sodium**

Goey, cheesy potatoes kids can't resist.  
[SKU 20922]

**ADDED BONUS** – All BAF Mashed Potatoes, Beans and Casseroles are Gluten Free

# FOOD KIDS LOVE

## MEAL PATTERN CONTRIBUTION

Information based on the USDA Food and Nutrition Service Food Buying Guide. Reflects creditable serving amount (vegetable, legume, meat/meat alternate). Meal Pattern Contribution Sheets available on [baffoodservice.com](http://baffoodservice.com)

USDA COMMODITY  
2021-2022 SEPDS

COMMODITY CODES  
Potatoes: 110227  
Beans: 110381

DESCRIPTION	SKU	PACK	NET WT (LB)	SERVINGS		KOSHER	ALLERGENS	GLUTEN FREE	HALF-CUP CONTRIBUTION EQUIVALENT (unless otherwise specified)**											DF POUNDS	DF VALUE
				PKG	CASE				SVG SIZE (OZ)	SVG/PKG	SVG/CS	TOTAL CAL	PROTEIN (G)	CARB. (G)	FIBER (G)	FAT (G)	SAT. FAT (G)	SODIUM (MG)			
<b>MASHED POTATOES</b>																					
<b>Brilliant Beginnings®</b> (Scratch quality potato base)				<b>4 oz. prepared</b>																	
Mashed Potatoes <b>S</b>	10630	6/26 oz	9.75	30	180	PAREVE OU	None	Y	3.01	40.52	243.1	60	2	14	1	0	0	110	48.75	\$4.06	
<b>Potato Pearls® Fully Flavored</b>				<b>4 oz. prepared</b>																	
EXCEL® Original Butter Mashed	76468	12/28 oz	21	42	504	OU-D	Milk	Y	4.18	39.74	476.85	70	2	14	1	1	0	340	105	\$8.74	
	10056	1/40 lb	40	949	-	OU-D	Milk	Y	3.85	908.28	908.28	70	2	14	1	1	0	340	200	\$16.64	
EXCEL® Creamy Butter Mashed w/ Skins	10040	12/27.16 oz	20.37	39	468	OU-D	Milk	Y	4.22	37.23	446.77	80	2	14	1	1	0	440	101.85	\$8.47	
EXCEL® Redskin Mashed	10349	8/32.5 oz	16.25	42	336	OU-D	Milk	Y	3.93	43.21	345.7	80	2	15	1	1.5	0	350	81.25	\$6.76	
EXCEL® Gold Mashed	10379	8/31.9 oz	15.95	42	336	OU-D	Milk	Y	3.98	42.49	339.94	80	2	15	1	1.5	0	350	79.75	\$6.64	
Nature's Own Mashed	10169	10/29.3 oz	18.31	40	400	OU-D	Milk	Y	4.11	40.75	407.46	80	2	15	1	1.5	0.5	240	91.55	\$7.62	
Country Style Mashed	81056	12/30.7 oz	23.03	40	480	OU-D	Milk	Y	3.8	41.78	501.37	80	2	15	1	1	0	310	115.15	\$9.58	
Golden Extra Rich Mashed	53498	12/29.6 oz	22.2	39	468	OU-D	Milk	Y	3.72	42.52	510.18	70	2	15	1	0	0	320	111	\$9.24	
	14110	6/3.7 lb	22.2	79	474	OU-D	Milk	Y	3.71	85.03	510.18	70	2	15	1	0	0	320	111	\$9.24	
	70659	1/50 lb	50	1064	-	OU-D	Milk	Y	3.7	1149.06	1149.06	70	2	15	1	0	0	320	250	\$20.80	
Mashed Sweet Potatoes	10861	10/26.7 oz	16.7	23	230	OU-D	Milk	Y	4.31	21.48	214.8	140	2	29	3	1.5	1.5	210	83.3	\$6.93	
<b>Potato Pearls® Lower Sodium</b>				<b>4 oz. prepared</b>																	
EXCEL® Original Butter Mashed - Reduced Sodium <b>S</b>	10799	12/28 oz	21	42	504	OU-D	Milk	Y	4.16	39.98	479.79	70	2	14	1	1	0	180	105	\$8.74	
Smart Servings™ Mashed w/Vit C - Low Sodium <b>S</b>	10426	12/26.5 oz	19.88	41	492	OU-D	Milk	Y	4.1	39.98	479.7	70	2	14	1	0.5	0	90	99.4	\$8.27	
Extra Rich Mashed - Low Sodium <b>S</b>	81837	6/3.55 lb	21.3	78	468	OU-D	Milk	Y	3.67	85.12	510.72	70	2	15	1	0	0	10	106.5	\$8.86	
<b>Value</b> (High-volume preparation in a mixer)				<b>17g dry</b>																	
Mashed Potato Granules Complete, Non-Dairy w/Vit C - L/S <b>S</b>	10215	6/5.31 lb	31.86	142	852	PAREVE OU	None	Y	3.6	133.14	798.84	70	2	14	1	0	0	10	159.3	\$13.25	
Mashed Potato Granule, Non-Dairy w/Vit C - L/S <b>S</b>	10217	6/5.75 lb	34.5	154	924	PAREVE OU	None	Y	3.85	144.32	865.92	70	2	14	1	0	0	10	172.5	\$14.35	
<b>CASSEROLES</b>																					
				<b>4 oz. prepared</b>																	
Au Gratin Potato Casserole - Reduced Sodium	20922	6/2.25 lb	13.5	44	264	None	Milk	Y	5.59	31.43	188.58	120	2	25	1	1	0	280	67.5	\$5.62	
Scalloped Potato Casserole - Reduced Sodium	94595	6/2.25 lb	13.5	44	264	None	Milk	Y	5.37	32.76	196.55	110	2	24	1	1	0	210	67.5	\$5.62	
<b>PLANT PROTEIN</b>																					
				<b>4 oz. prepared</b>																	
Vegetarian Refried Pinto Beans	54914	6/27.09 oz	10.16	23	138	None	None	Y	5.46	16.69	100.12	170	11	28	11	1.5	0.5	650	8.74	\$5.61	
Seasoned Vegetarian Refried Pinto Beans	10166	6/28.1 oz	10.54	23	138	None	None	Y	5.51	16.69	100.16	170	11	29	11	2	0.5	690	8.71	\$5.60	
Smart Servings™ Vegetarian Refried Pinto Beans - Low Sodium <b>S</b>	10302	6/26.25 oz	9.84	23	138	None	None	Y	5.29	17.04	102.27	160	11	28	11	1	0	170	8.87	\$5.70	
EXCEL® Refried Pinto Beans - Smooth*	82948	6/29.77 oz	11.16	23	138	None	None	Y	5.57	16.82	100.9	200	10	28	10	6	2	700	8.83	\$5.67	
	11398	1/50 lb	50	630	-	None	None	Y	5.57	452.08	452.08	200	10	28	10	6	2	700	39.56	\$25.42	
Refried Pinto Beans*	67245	6/29.77 oz	11.16	23	138	None	None	Y	5.52	16.97	101.84	200	10	28	10	5	2	660	8.91	\$5.72	
Seasoned Vegetarian Black Beans	60045	6/26.9 oz	10.09	23	138	PAREVE OU	None	Y	6.67	13.63	81.76	210	13	36	13	1.5	0.5	490	8.59	\$5.52	
Quick-Start® Vegetarian Chili	10298	6/20.8 oz	7.8	25	150	PAREVE OU	None	Y	12.24	8.29	49.75	260	14	46	13	1.5	0	710	4.84	\$3.11	
<b>NEW!</b> Lentil Penne	10847	2/5 lb	10	29	58	PAREVE OU	None	Y	2.1	38	76	220	12	40	4	0	0	0	-	-	

**S** = Smart Snack Approved Information subject to changes, errors and exclusions.

\*\* Lentil Penne: 1/2 cup legume or 2 M/MA when offered or topped with additional M/MA (min. .25 oz).



# GET INSPIRED

Here are some quick and easy ideas to upgrade your sides, or create your own menu favorites. Get these recipes and share yours with us at [baffoodservice.com](http://baffoodservice.com)



### Cheesy Taco Potatoes

Move over traditional tacos with this fun and delicious surprise for students. Start with Reduced Sodium Au Gratin Potatoes and build your taco topping favorites from there.



### Chipotle Mashed

Creamy mashed potatoes with a spicy kick of chipotle peppers in adobo. Perfectly paired with chicken or shredded beef sandwiches or buffalo chicken wraps.



### Baja Pizza

Refried Beans, salsa, peppers and shredded cheese all piled on whole grain pizza crusts and baked. It's ready in minutes — and will be gone in seconds.



### Ranch Potato Bake

Simply mix in ranch seasoning and onion flakes, to Reduced Sodium Scalloped Potato Casserole for an easy menu change-up that's ready in no time.



### Pulled Pork Sweet Mash Stack

Mashed Sweet Potatoes topped with BBQ pulled pork make a sweet and savory hit!

## YOU'LL NEVER STOP CREATING THE FOOD KIDS CRAVE, AND NEITHER WILL WE

At Basic American Foods, we believe there's nothing better than a really great meal. And we know that what makes these meals so great are people like you who create them — in school kitchens and lunch rooms everywhere. That's why we work hard to give you everything you need to cook up even more amazing meals. Tell us how we can help make your job easier, and your food even better. Contact us anytime. [baffoodservice.com](http://baffoodservice.com)



#### LOT CODE INTERPRETATION

For all potatoes and beans; located on cases, pouches & cartons

<b>MAR1119</b>	<b>B</b>	<b>04</b>	<b>1430</b>
Date of Packaging (MMM/DD/YY)	Manufacturing Plant (Blackfoot, Shelley, Rexburg, Moses Lake)	Line Number	Military Time

**MAR1120**  
Best if Used by  
(MMM/DD/YY)

- Always Gluten Free
- Proudly Produced in the USA
- Buy America Compliant
- Produced in a Nut-Free Environment

