



make every day
the best

— BEST TASTE • BEST FIT • BEST VALUE —



BASIC AMERICAN FOODS

™

the best

solution for your menu

Basic American Foods (BAF) offers great-tasting sides with quick, easy prep that are sure to please your students and your staff. Plus, they're a great fit on the menu cycle with nutrition that makes sense and serving costs that fit your budget.



tasty

Serving potatoes and beans that students love will boost average daily participation, resulting in increased revenue. Kid-friendly recipes and fun entrée combinations offer new and delicious features to add to your menu.

easy

Just add water. Quick, easy prep makes it simple for staff to serve delicious food every time.

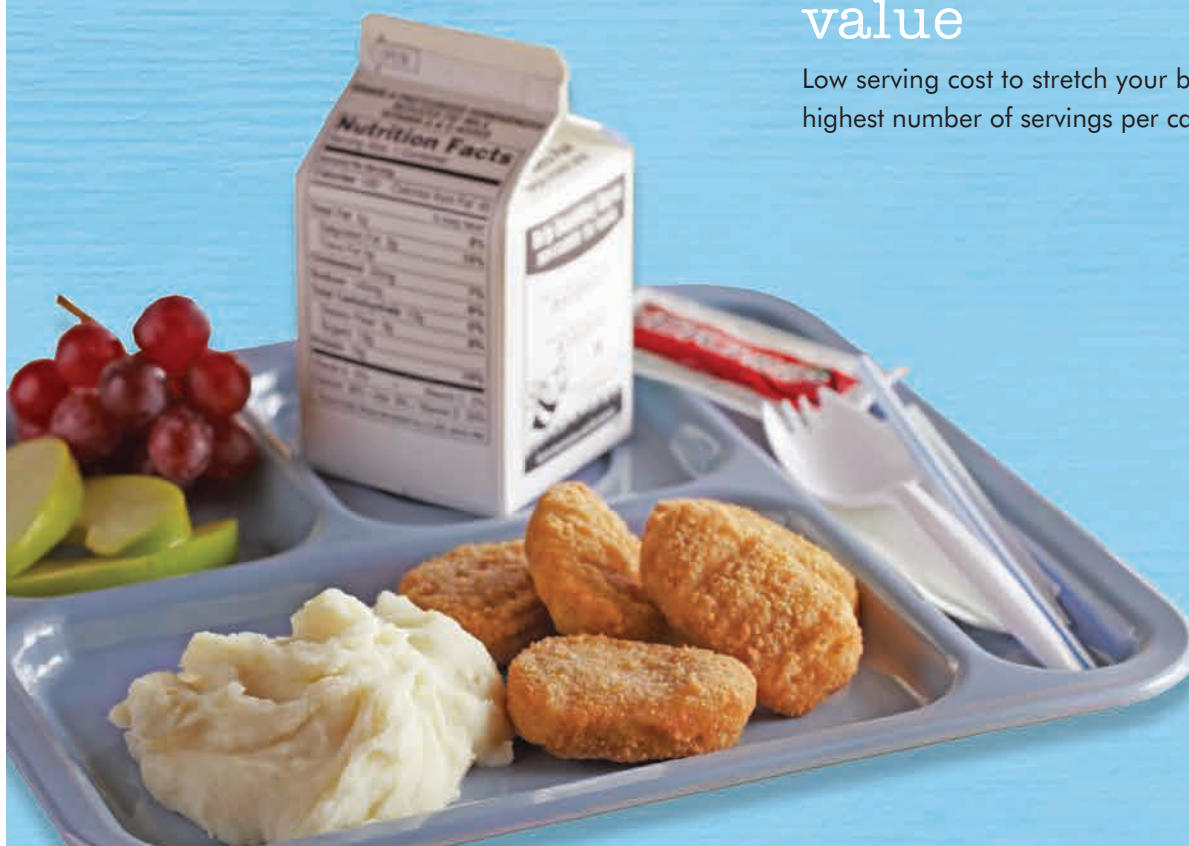
nutritious

Wholesome and filling, BAF offers options with no preservatives and no artificial colors or flavors, as well as lower sodium options to meet USDA guidelines.

- ★ All BAF potatoes qualify as "starchy vegetable" and have no limits
- ★ All BAF beans qualify as "legume, other vegetable, meat alternative" and have no limits

value

Low serving cost to stretch your budget dollars with highest number of servings per case and zero food waste.



						SERVINGS								
DESCRIPTION						SKU	PACK	PKG. FORM	NET WT.	PKG.	CASE	KOSHER	ALLERGENS	
MASHED POTATOES														
Brilliant Beginnings® - Scratch quality potato base										4oz prepared				
Mashed Potatoes S						10630	6/26 oz	Pouch	9.75	30	180	PAREVE OU	N/A	
Potato Pearls® - No additional ingredients. Just add water.										4oz prepared				
FULLY FLAVORED	EXCEL® Original Butter Mashed						76468	12/28 oz	Pouch	21	42	504	OU-D	Milk
							10056	1/40 lb	Bag	40	949	--	OU-D	Milk
	EXCEL® Creamy Butter Mashed w/Skins						10040	12/27.16 oz	Pouch	20.37	39	468	OU-D	Milk
	EXCEL® Redskin Mashed						10349	8/32.5 oz	Pouch	16.25	42	336	OU-D	Milk
	EXCEL® Gold Mashed						10379	8/31.9 oz	Pouch	15.95	42	336	OU-D	Milk
	Nature's Own Mashed						10169	10/29.3 oz	Pouch	18.31	40	400	OU-D	Milk
	Country Style Mashed						81056	12/30.7 oz	Pouch	23.03	40	480	OU-D	Milk
	Golden Extra Rich Mashed						53498	12/29.6 oz	Pouch	22.2	39	468	OU-D	Milk
							14110	6/3.7 lb	Carton	22.2	79	474	OU-D	Milk
70659							1/50 lb	Bag	50	1064	--	OU-D	Milk	
LOWER SODIUM	EXCEL® Original Butter Mashed - Reduced Sodium S						10799	12/28 oz	Pouch	21	42	504	OU-D	Milk
	Smart Servings™ Mashed w/Vit C - Low Sodium S						10426	12/26.5 oz	Pouch	19.88	41	492	OU-D	Milk
							10513	1/40 lb	Bag	40	995	--	OU-D	Milk
	Extra Rich Mashed - Low Sodium S						81837	6/3.55 lb	Carton	21.3	78	468	OU-D	Milk
Value Mashed - Economical solution for high-volume preparation in a mixer										17g dry				
Potato Granules Complete w/Vit C - Low Sodium S						10215	6/5.31 lb	Safe-T-Can	31.86	142	852	OU-D	Milk	
Potato Granules w/Vit C - Low Sodium S						10217	6/5.75 lb	Safe-T-Can	34.5	154	924	PAREVE OU	N/A	
BEANS - Santiago® Simple label - No preservatives, artificial colors or flavors. Authentic taste & texture.										4oz prepared				
EXCEL® Refried Beans - Smooth						82948	6/29.77 oz	Pouch	11.16	23	138	N/A	N/A	
						11398	1/50 lb	Bag	50	630	--	N/A	N/A	
Refried Beans						67245	6/29.77oz	Pouch	11.16	23	138	N/A	N/A	
Vegetarian Refried Beans						54914	6/27.09 oz	Pouch	10.16	23	138	N/A	N/A	
						68350	1/50 lb	Bag	50	672	--	N/A	N/A	
Seasoned Vegetarian Refried Beans						10166	6/28.1 oz	Pouch	10.54	23	138	N/A	N/A	
Smart Servings™ Vegetarian Refried Beans - Low Sodium S						10302	6/26.25 oz	Pouch	9.84	23	138	N/A	N/A	
Seasoned Vegetarian Black Beans						60045	6/26.9 oz	Pouch	10.09	23	138	PAREVE OU	N/A	
Quick-Start® Vegetarian Chili w/Red Beans						10298	6/20.8 oz	Pouch	7.8	25	150	PAREVE OU	N/A	
CASSEROLES - Classic comfort food, made easy.										4oz prepared				
Au Gratin Potato Casserole - Reduced Sodium						20922	6/2.25 lb	Carton	13.5	44	264	N/A	Milk	
Scalloped Potato Casserole - Reduced Sodium						94595	6/2.25 lb	Carton	13.5	44	264	N/A	Milk	
Scalloped O'Brien Style Potato Casserole - Reduced Sodium						10054	6/2.25 lb	Carton	13.5	44	264	N/A	Milk	
Shredded Potato Cheese Bake - Reduced Sodium						33787	6/34 oz	Carton	12.75	40	240	N/A	Milk	
HASHBROWNS - Golden Grill® - 3x more benefits than frozen										½-cup prepared				
Russet Hashbrown						10084	6/40.5 oz	Carton	15.2	72	432	PAREVE OU	N/A	
Seasoned Hashbrowns						91291	6/37.5 oz	Carton	14.06	62	372	PAREVE OU	N/A	
Redi-Shred® Hashbrowns S						71341	6/2.5 lb	Carton	15	55	330	PAREVE OU	N/A	
Potato Pancake Mix						10017	6/24.27 oz	Pouch	9.1	25	150	PAREVE OU	Wheat	

MEAL PATTERN CONTRIBUTION

INFORMATION BASED ON THE USDA FOOD AND NUTRITION SERVICE FOOD BUYING GUIDE.
REFLECTS CREDITABLE SERVING AMOUNT (VEGETABLE, LEGUME, MEAT/MEAT ALTERNATE).

**USDA COMMODITY
2017-2018 SEPDS**

HALF-CUP CONTRIBUTION EQUIVALENT**

GLUTEN FREE	SVG. SIZE (OZ)	SVG/ PKG	SVG/ CS	CALORIE (G)	PROTEIN (G)	CARB. (G)	FIBER (G)	FAT (G)	SAT. FAT (G)	SODIUM (MG)	DF POUNDS	DF VALUE
Y	3.02	40.43	242.58	70	1	15	1	0	0	115	48.75	\$3.09
Y	4.17	39.88	478.56	70	2	14	1	1	0	350	105	\$6.66
Y	4.17	911.63	--	70	2	14	1	1	0	350	200	\$12.68
Y	4.21	37.37	448.44	80	1	15	1	1.5	0	450	101.85	\$6.46
Y	4.18	40.62	324.96	90	2	15	1	2.5	0.5	350	81.25	\$5.15
Y	4.26	39.79	318.32	90	2	16	1	2	0.5	350	79.75	\$5.06
Y	3.91	40.78	407.8	80	2	15	1	1.5	0	250	91.55	\$5.80
Y	3.71	42.71	512.52	70	1	15	1	1	0	270	115.15	\$7.30
Y	3.69	42.68	512.16	70	2	15	1	0	0	320	111	\$7.04
Y	3.69	85.37	512.22	70	2	15	1	0	0	320	111	\$7.04
Y	3.69	1153.64	--	70	2	15	1	0	0	320	250	\$15.85
Y	4.13	40.25	483	70	2	14	1	1	0	170	105	\$6.66
Y	4.1	39.92	479.04	70	1	15	1	0.5	0	95	99.40	\$6.30
Y	4.11	964.2	--	70	1	15	1	0.5	0	95	200	\$12.68
Y	3.67	85.18	511.08	70	1	15	1	0	0	15	106.95	\$6.78
Y	3.64	128.69	772.14	70	2	15	1	0	0	20	159.3	\$10.10
Y	3.66	144.41	866.46	70	1	15	1	0	0	15	172.5	\$10.94
Y	5.51	17.01	102.06	200	10	28	10	5	2	660	9.22	\$4.83
Y	5.51	456.98	--	200	10	28	10	5	2	660	43.5	\$22.79
Y	5.46	17.15	102.9	200	10	28	10	5	2	610	9.31	\$4.88
Y	5.41	16.82	100.92	170	10	29	10	1.5	0.5	600	9.13	\$4.78
Y	5.41	496.59	--	170	10	29	10	1.5	0.5	600	44.93	\$23.54
Y	5.51	16.76	100.56	180	10	30	10	1.5	0.5	640	9.62	\$5.04
Y	5.28	17.07	102.42	160	10	29	10	0.5	0	150	9.15	\$4.79
Y	6.59	13.78	82.68	210	12	37	12	1.5	0.5	480	9.21	\$4.83
Y	12.09	8.39	50.34	270	14	50	12	1.5	0	700	5.04	\$2.64
Y	5.62	31.31	187.86	120	2	25	1	1	0	270	67.50	\$4.28
Y	5.39	32.64	195.84	120	2	24	1	1	0	220	67.50	\$4.28
Y	5.81	30.33	181.98	120	2	25	1	1.5	0	240	67.50	\$4.28
Y	9.63	16.46	98.76	240	6	39	3	7	3	1360	63.75	\$4.04
Y	6.09	28.58	171.48	140	3	31	3	0	0	620	76	\$4.82
Y	5.3	26.7	160.2	140	3	32	3	0	0	360	70.3	\$4.46
Y	4.42	27.32	163.92	150	3	34	3	0	0	30	75	\$4.76
N	8.28	12.98	77.88	190	4	41	3	.5	0	860	45.50	\$2.88

** ¼ - cup contribution equivalent available on MEAL PATTERN CONTRIBUTION SHEETS, at baf.com

CHOOSE THE RIGHT PRODUCTS FOR YOUR MENU

beans

no preservatives,
no artificial
colors or flavors



LOWER SODIUM

Smart Servings™

**Vegetarian Refried Beans –
Low Sodium**

Most popular recipe for
K-12. Chunky bean texture
and no added seasoning.

[SKU 10302]

FULLY FLAVORED

**EXCEL® Refried
Beans – Smooth**

Most traditional recipe
with smooth texture. Extra
quick, 5 minute prep.

[SKU 82948]

mashed potatoes

best selling brand
of mashed in K-12



LOWER SODIUM

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

The most loved butter flavor,
now with reduced sodium.

[SKU 10799]

FULLY FLAVORED

EXCEL® Original Butter Mashed

Best selling mashed in K-12.

Extra butter flavor with a
smooth, creamy texture.

[SKU 76468]

SCRATCH-QUALITY POTATO BASE

**Brilliant Beginnings®
Mashed Potatoes**

Performs like a fresh, riced
potato. Reduced sodium. No
BHA/BHT. No artificial colors
or flavors. Dairy free.

[SKU 10630]

casseroles

NEW!
reduced sodium
recipe. no artificial
colors or flavors

Scalloped Potato Casserole –

Reduced Sodium

Savory butter sauce

with herbs and

thin-sliced potatoes.

[SKU 94595]



Au Gratin Potato Casserole –

Reduced Sodium

Creamy cheddar

cheese sauce with

thin-sliced potatoes.

[SKU 20922]

All BAF Mashed Potatoes, Beans and Casseroles are Gluten Free.

recipes



CHEESY BROCCOLI MASHED POTATO BOWL W/ TURKEY & GRAVY

YIELD: 39 SERVINGS,
14.89oz EACH

INGREDIENTS

1 pouch	Potato Pearls® EXCEL® Original Butter Mashed-Reduced Sodium, prepared [SKU 10799]
1 lb + 3.5 oz	Cheddar cheese, reduced fat
1.5 tsp	Onion powder
8 lbs	Broccoli, frozen, cooked, drained
1 pouch	Chicken flavor gravy mix
7 lbs + 5 oz	Turkey breast, diced

PREPARATION

1. Prepare mashed potatoes according to package directions.
2. Add cheese and onion powder to potatoes. Stir well.
3. Prepare broccoli, do not overcook. Broccoli should still have a snap to it. Fold broccoli into mashed potato mixture.
4. Prepare gravy, according to package directions. Mix in diced turkey.
5. Place 7.78 oz cheesy broccoli mashed potatoes in a bowl and top with 5.67 oz of turkey gravy and serve.



VEGGIE & BLACK BEAN RICE BOWL

YIELD: 23 SERVINGS,
13.34oz EACH

INGREDIENTS

1 pouch	Santiago® Seasoned Vegetarian Black Beans, prepared [SKU 60045]
3.5 oz	Charro style bean seasoning mix, low sodium
2 qt + 1/3 cup	Boiling water (190°-212°F)
1 1/2 cups	Lime juice
1 1/2 cups	Cilantro
1 1/2 cups	Olive oil
23 cups	Romaine lettuce, bite-sized pieces
5 3/4 cups	Sweet red pepper, diced
23 cups	Brown rice, cooked

PREPARATION

1. Pour beans and seasoning mix into 4-inch deep, half-steam table pan. Quickly add water and cover. Allow bean mixture to sit for 40 min.
2. Make vinaigrette: Combine lime juice, cilantro and olive oil, then mix well.
3. Pre-prepare bowl with 1 cup lettuce topped with 1/4-cup diced red pepper. Salad should be on one side of bowl.
4. Add 1 cup brown rice and 1/2 cup beans. Top lettuce with cilantro lime vinaigrette and serve.

DEDICATED TO MAKING POTATOES AND BEANS SUCCESSFUL ON K-12 MENUS.

Family owned and operated since 1933, Basic American Foods is a proud and active supporter of the K-12 foodservice segment. As SNA patron, founding sponsor of the FAME awards and participant of the USDA commodity processing program, our commitment to K-12 operators and students is part of our heritage. Every day we strive to deliver nutritious, delicious and cost effective foods for you and your students.

ALL BASIC AMERICAN FOODS POTATOES AND BEANS ARE:

0g trans fat per serving sold ★ Products of USA ★ Produced in a nut-free environment

LOT CODE INTERPRETATION

For all Potato and Bean products; located on cases, pouches & cartons

1019	5	R	0620
Date of Packaging (mo/day)	Date of Packaging (year)	Manufacturing Plant & Line Blackfoot, Shelley, Rexburg, Moses Lake	Military Time

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Earn reward points by purchasing Basic American Foods' Potatoes and Beans. To become a member, go to: foodservicerewards.com; it's free!

BASIC AMERICAN FOODS

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BAF.COM

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