

Beef LoMein - CACFP

General Information

Recipe #	Category	Source
1990446	Lunch Entree 	Local

Ingredients

Name	Quantity	+ Quantity 2
Beverages, water, tap, municipal	1 pt., 1 3/4 c., 1 tbsp., 1 1/3 tsp.	
Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry (Includes foods for USDA's Food Distribution Program)	3 oz.	
Cabbage, raw	2 oz.	
Peppers, sweet, red, raw	3 oz.	
Onions, raw	1 tbsp., 2 7/8 tsp. sliced	
Garlic, raw	3/4 tsp.	
Ginger root, raw	3/4 tsp.	
Vegetable oil, palm kernel	3/8 tsp.	
Beef, ground, 90% lean meat / 10% fat, raw	7 oz.	
Sambal Oelek	3/8 tsp.	
Sauce, teriyaki, ready-to-serve	2 1/4 tsp.	
Oil, sesame, salad or cooking	1/8 tsp.	
Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	3/4 tsp.	

Preparation Instructions

HACCP Process: #2 - Same Day Service

1. Cook spaghetti according to package directions. Drain.
2. Shred cabbage, slice peppers and onions, mince garlic and ginger.
3. In a large braising pan or pot on medium heat on stove top, heat oil, brown beef, add onions, garlic, and ginger. Saute until slightly brown. Add cabbage and peppers and continue to cook for 2 minutes.
4. Add sambal, teriyaki sauce, soy sauce, and sesame oil. Mix well. Gently stir in cooked noodles and heat until the internal temperature reaches 165 degrees F. Hold hot for service.

Separate raw animal foods, such as eggs, fish, meat, and poultry, from ready-to-eat foods, such as lettuce, cut melons, and lunch meats during receiving, storage, and preparation.

Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Remove products from storage using oldest pack date first. If frozen, keep product in original packaging and place in a pan(s). Place in cooler following proper HACCP storage guidelines to prevent cross-contamination.

CCP: Take and record on a temperature log all beginning temperatures of refrigerated foods before beginning the recipe.



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Serving Size	Yield
1/2 cup	6.00

Nutrition Facts

Serving Size 1/2 cup (227 gm)

Amount Per Serving

Calories	120.036
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% Daily Value*

Total Fat 4.056* gm	6.24%
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Saturated Fat 1.583* gm	7.915%
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Trans Fat 0.178* gm	
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Cholesterol 21.376* mg	7.125%
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Sodium 130.492 mg	5.437%
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Total Carbohydrate 12.114* gm	4.038%
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Dietary Fiber 2.105* gm	8.421%
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Total Sugars 1.605* gm	
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Includes 0.000 * gm of Added Sugars

Protein 8.853 gm	17.706%
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Vitamin A 23.133* mcg RAE	2.57%
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Vitamin C 20.986* mg	34.976%
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Vitamin D 0.033* mcg	0.164%
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Calcium 18.269* mg	1.827%
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Iron 1.353* mg	7.518%
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Potassium 223.682 mg	4.759%
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Saturated Fat % of Calories	11.869 %
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Added Sugar % of Calories	0.000 %
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* Indicates missing Nutrient Information.

^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to the daily diet. 2,000 calories a day is used for general nutrition advice.

Meal Components

Component	Measurement
Meat/Meat Alternates	0.75 oz

Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

If a recipe contains a combination of meat products, cook the product to the highest required temperature.

CCP: Heat to 165° F or higher for at least 15 seconds.

Remove product from oven. Caution! Finished product is hot. Use oven mitts when handling product to avoid injury.

CCP: Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 140° F.

CORRECTIVE ACTION HOT FOOD: All cooked food items being held for service that drop below 140 degrees must be removed from service until such time as they are reheated to 165 degrees. Any food not eaten after reheating must be discarded.

CCP: Maximum holding time is two (2) hours. Discard product after maximum holding time is reached. Do not reheat product.

CCP: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

CCP: Record time and internal temperature of completed recipe on daily log.

Grains	0.5 oz
Other Vegetables	0.125 cups

Added Sugar Limitations i

Not applicable.

Dates

Last Updated	Created
01-04-2026	10-08-2025

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