

BEEF:

IT'S WHAT'S FOR SCHOOL LUNCH

BY DAYLE HAYES, MS, RD

Go beyond burgers to put this popular and nutrient-rich protein on student trays in your cafeteria.

With the intense focus on fruits, vegetables, whole grains and lowfat dairy in the new school meal patterns, it's important not to forget the importance of proteins (aka "meat and meat alternates") for growing children and healthy adults. Like other plant and animal protein foods, lean beef can be part of a healthy eating pattern for Americans of all ages—and a popular item on your school lunch trays.

Let's take a fresh look at beef, exploring recent nutrition science research and some new resources available for school nutrition operations. Put it all together and you'll have several delicious new reasons to enjoy beef for dinner at home—and a number of creative new ways to impress your beef-loving customers at school.

BEEF NUTRITION REVISITED

You may be familiar with **DASH (Dietary Approaches to Stop Hyper-tension)**, considered by many health and nutrition experts to be the "gold standard" food plan for lowering high blood pressure and reducing the risk of heart disease. The DASH plan (lots of fruits, vegetables and fat-free/lowfat dairy, along with poultry, fish, nuts and legumes as protein sources) is available online at the National Heart, Lung and Blood Institute website (<http://tinyurl.com/dashplan>) and in books like *The DASH Diet Action Plan*, by Marla Heller, MS, RD.

The good news for beef lovers is that the **Beef in an Optimal Lean Diet (BOLD)** study (www.beefitswhatsfordinner.com/

[bold.aspx](http://www.beefitswhatsfordinner.com/bold.aspx)), conducted by researchers at The Pennsylvania State University, confirmed similar heart-health benefits among people who ate lean beef daily as part of a DASH-like plan. The BOLD diet lowered LDL (bad) cholesterol by 10%, making it equally as effective as the DASH diet. Like the DASH plan, BOLD emphasizes vegetables, fruits and lowfat dairy foods, as well as whole grains, nuts and seeds. Protein amounts are similar in both eating plans, but BOLD uses lean beef (4 ounces/day) as the primary protein source.

If you'd like to learn more or give BOLD a try at home, the **Beef It's What's For Dinner** website (www.beefitswhatsfordinner.com) makes it easy on the **Be BOLD with Beef!** (www.beefitswhatsfordinner.com/bold.aspx) page. You'll find complete one-week BOLD menu plans, plus links to dozens of lean beef recipes. In addition, *The Healthy Beef Cookbook* (<http://tinyurl.com/healthybeefcookbook>) collection (and other recipes on the site) take beef beyond the typical steak and potatoes—tastefully pairing this versatile protein with vegetables, fruits, whole grains and even other "meat alternates" like legumes and nuts. Two of my personal favorites are:

■ **Mediterranean Beef and Veggie Wraps.** More of a culinary "concept" than a precise recipe, this quick-to-make wrap combines any cooked, sliced beef (including leftovers) with seasonal vegetables and hummus inside a whole-wheat tortilla or pita bread. You also could use Indian *naan* (a bread increasingly available in large

supermarkets) or substitute the bread for a gluten-free wrap alternative, such as Romaine lettuce leaves.

■ **Moroccan Beef and Sweet Potato Stew.** This savory, easy-to-prepare stew features layers of flavor, encompassing nearly all of the ingredients included in the highly recommended Mediterranean diet. It's got veggies and fruits, plus almonds. Serve it over your favorite whole grain.

BEEF NUTRITION—FOR KIDS

We all know that balanced nutrition is essential to fuel healthy growth and development, as well as academic performance, in children of all ages. School meals can play a critical role in helping children to fill their nutrient gaps each day. The *2010 Dietary Guidelines for Americans (DGAs)* focused much-needed attention on certain nutrients of concern: calcium, vitamin D, potassium and dietary fiber.

While noting that many American children and teens do not meet the recommendations for those four nutrients, the *2010 DGAs Advisory Committee Report* also identified a number of other shortfall nutrients for young people, especially teen girls. In addition to the nutrients listed above, many school-aged youngsters don't consume enough vitamins A, C, E, magnesium or phosphorus on a daily basis. Iron-deficiency remains one of the most prevalent nutrient deficiencies, especially among young women.

Fortunately, lean beef provides a simple and delicious way to help children meet the

Kitchen Wisdom says . . . Try This!

WOKKIN' BEEF FRIED RICE

YIELD: 100 servings

PER SERVING: 401 cal., 23 g pro., 42 g carb., 5 g fiber, 15 g fat, 4 g sat. fat, 57 mg chol., 514 mg sod., 4 mg iron

INGREDIENTS

Ground beef crumbles, fully cooked

—14 lbs.

Vegetable oil—1 ½ cups

Bell peppers, red—4 ¾ qts.

Peas, frozen—4 ¾ qts.

Green onions—3 qts.

Brown rice—18 ¾ qts.

Soy sauce, reduced-sodium—4 ¾ cups

Ginger, ground—6 Tbsps.

Garlic powder—¼ cup

Pepper, black, ground—2 Tbsps.

Green onion frills—100 (optional)

Celery “chopsticks”*—200 (optional)

DIRECTIONS

1. Chop the bell peppers and green onions. Set aside. Cook the rice, preparing it without butter or salt. Keep warm. Fully defrost the beef crumbles and the peas. Heat the beef crumbles according to the package directions. Cover and keep warm.
2. Heat the vegetable oil in a large skillet over medium-high heat until hot. Add the bell peppers, peas and green onions; stir-fry for about 1 minute.
3. Stir in the warm cooked beef crumbles, rice, soy sauce, ginger, garlic powder and black pepper; cook for 3-4 minutes or until heated to 165°F, stirring occasionally to blend thoroughly and evenly.
4. For each serving: Scoop a 1-cup portion of the rice mixture into a creative carryout container, such as a handled-to-go box. Garnish with a green onion frill (see photo) and two celery “chopsticks” or one celery scoop, if desired.

Photo, recipe & recipe analysis: Courtesy of The Beef Checkoff, www.beeffoodservice.com

***Note:** If serving as part of the reimbursable meal, adjust the serving size as necessary to meet current meal pattern requirements. Two celery chopsticks can be replaced by one celery scoop.



KITCHEN WISDOM SAYS

- We used three quarts each of red bell peppers, peas and julienned, slightly steamed carrots.
- We adjusted the amount of rice per pound of beef. We used 2 qts. of rice to every 2 lbs. of beef.
- This is a good recipe to add to our Asian line to add variety and protein to our fried rice.
- I roasted the vegetables and meat in a convection oven. I steamed the rice, and when all of the ingredients were hot, I mixed them together and placed them in a serving pan.
- This dish has a very homestyle/casserole sort of look that may be appealing to some kids and not to others.
- The amount of soy sauce could be increased to 5 ½ cups because it is reduced-sodium and the volume of rice called for neutralizes a lot of the flavor of the item. Similarly, the amount of ground ginger could be increased to 9 Tbsps. to bring out the Asian flavors and cut through the rice. However, if customers are not familiar with Asian cuisine, the amount of ginger could be cut in half.

daily recommendations for several of these (and other) key nutrients, without adding a high calorie count. For example, a 3-oz. serving of lean beef (about the size of an iPhone) contains only 150 calories (less than 10% of a 2,000-calorie daily diet), yet it provides more than 10% of the Daily Value for 10 essential nutrients that kids need: protein, iron, zinc, vitamin B6, vitamin B12, niacin, riboflavin, choline, selenium and phosphorus.

Researchers have found that beef's high-quality protein provides other health benefits for growing children, as well as healthy adults. According to studies published in various journals:

- Protein supports the growth, repair and maintenance of body tissues, as well as the production of red blood cells.

■ Protein can help improve physical performance in active children and adults by maintaining and building muscle mass.

■ Protein can promote a healthy weight by increasing satiety. Eating a protein-rich meal or snack can help people feel full longer and help them forgo the temptation of empty-calorie snacks.

Beef also helps to support cognition and learning by providing essential nutrients (iron, zinc and B vitamins) that play a critical role in developing and maintaining cognitive abilities. Here's the bottom line: Nutrient-rich beef helps in several ways to build the strong bodies and smart brains that kids need to be fit, well-nourished and ready to learn.

PRIMO PAIRS FOR A PERFECT FIT

In addition to having solid nutrition bona fides, beef is extremely popular with children and teens. Many kids consider the burger to be the quintessential American meal, and we all know that both Sloppy Joes and spaghetti and meatballs are longstanding staples on school lunch menus.

The exciting news is that beef—whole muscle, shaved, ground and crumbles—can be paired with other foods to meet nutrition standards requirements *and* satisfy the ever-more sophisticated taste buds of a generation that has been raised on “Chopped” and “Top Chef” cooking competitions. An even better revelation is the fact that beef can deliver both nutrition and flavor

CHIPOTLE CORN RELISH BURGER



YIELD: 50 1-sandwich servings

INGREDIENTS

Vinegar— $\frac{1}{2}$ cup

Chili powder—1 tsp.

Tomatoes, diced, low-sodium—1 #10 can

Corn, frozen— $1\frac{1}{2}$ qts.

Chili beans, canned or cooked— $\frac{1}{2}$ qt.

Beef patties, low-sodium, flame-broiled,
2 $\frac{1}{4}$ ozs.—50

Hamburger buns, whole-grain—50

DIRECTIONS

1. Drain the tomatoes and chili beans.
2. To prepare the relish: One to three days ahead, whisk together the vinegar and chili powder in a small bowl.
3. In a large bowl, combine the tomatoes, corn and chili beans. Stir to mix thoroughly. Add the vinegar and chili powder mixture and stir to combine well. Cover and refrigerate, allowing the vegetables to marinate for one to three days.
4. To prepare the patties: If using a convection oven, heat the patties for 9-11 minutes at 350°F if frozen or for 5-7 minutes at 350°F if thawed. If using a conventional oven, heat the patties for 15-18 minutes at 375°F if frozen or for 10-12 minutes at 375°F if thawed. Cook the product to an internal temperature of 165°F.
5. For each serving: Place one heated burger on a bottom bun. Top with 2 $\frac{1}{2}$ ozs. of the chipotle corn relish and the top bun.

Photo & recipe: AdvancePierre™ Foods,
www.advancepierre.com

*Notes: If this recipe passes the test with a small number of students, conduct a nutrient analysis. If serving as part of the reimbursable meal, adjust the serving size as necessary to meet current meal pattern requirements.

100% FRUIT JUICE SMOOTH FROZEN

BlueRaspberry-Lemon

Strawberry-Mango

Kiwi-Strawberry

- 1/2 cup full-strength fruit juice.
- No added sugar. No red dyes.
- Menu Rebate \$3/case to June 30, 2014.

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BEEF GYRO POCKET

YIELD: 32 servings—1 pita (grades K-8); 16 servings—2 pitas (grades 9-12)
PER SERVING (1 Pita)*: 181 cal., 13 g pro., 23 g carb., 4 g fiber, 4 g fat, 2 g sat. fat, 21 mg chol., 410 mg sod.
PER SERVING (2 Pitas)*: 362 cal., 26 g pro., 47 g carb., 9 g fiber, 9 g fat, 3 g sat. fat, 42 mg chol., 824 mg sod.

INGREDIENTS

Beef, top round—3 lbs.
 Pita pockets, whole-wheat, 4-in.—32
 Romaine lettuce, shredded—1 gal.
 Tomatoes, fresh—2 qts.
 Paprika—½ cup
 Cumin, ground—4 Tbsps.
 Chili powder—2 Tbsps.
 Onion powder—2 Tbsps.
 Garlic powder—2 Tbsps.
 Pepper, black—¼ tsp.
 Oregano leaf, dried—2 Tbsps.
 Thyme leaf, dried—2 Tbsps.
 Rosemary, dried—2 Tbsps.

DIRECTIONS

1. Cut the tomatoes into small, diced pieces. Slice the beef round into very thin slices. Refrigerate.
2. In a large bowl, combine the paprika, ground cumin, chili powder, onion powder, garlic powder, black pepper, oregano, thyme and rosemary to make the seasoning. Mix well and set aside.
3. Lay the prepared beef slices on a sheet pan and sprinkle with the seasoning mix, using a small strainer or spice shaker to

evenly coat the meat. Turn the meat over and coat the other side.

4. Transfer the seasoned meat to a sheet pan that has been lightly sprayed with pan spray (do not use parchment paper, as it will make the meat steam and not brown). Do not over-crowd the pan; lay the meat in one layer, using more than one sheet pan if necessary.
5. Place the seasoned meat in a 375°F oven for 15-20 minutes or until the beef has reached an internal temperature of 160°F.
6. For each serving: Cut a pita pocket in half horizontally so that you have two circles. Place 1 ½ ozs. of seasoned meat on the bottom half of the pita, top the meat with ½ cup of shredded Romaine lettuce, ¼ cup of diced tomatoes and ¼ cup of a cucumber yogurt sauce*. Place the top half of the pita on top of the sandwich, cut in half and serve. Repeat if serving two pitas per portion for grades 9-12.

Photo, recipe & recipe analysis: Hillshire Farm, www.hillshirefarm.com

***Notes: Recipe and nutrient analysis includes a cucumber yogurt sauce. Use a prepared product, such as tzatziki, or see the recipe at www.schoolnutrition.org/snmagazinebonuscontent. According to the company, this menu item contributes the following to the meal pattern: For 32 servings: 1.5 meat/meat alternate (oz. equivalent), 1 grain (oz. equivalent) and ¾ cup vegetable. For 16 servings: 3 meat/meat alternate (oz. equivalent), 2 grain (oz. equivalent) and 1 ½ cups vegetables. If serving as part of the reimbursable meal, adjust the serving size as necessary to meet current meal pattern requirements.**



KITCHEN WISDOM SAYS

- We used a sliced beef item that meets the school meal pattern that we ordered from a vendor. This was easier to use than roast beef.
- I would use a precooked meat that could be placed in the pita bread as kids come through the line. Then they could finish topping the gyros themselves with the cold items. Plus, kids like assembling food, and keeping these cold items on the side would prevent the sandwich from becoming soggy on the line.
- As written, I found the volume of spices in the recipe to be too high. Halving the measures for the spices (except for the oregano, which I kept the same, and the chili powder, which I removed completely) produced a more flavorful result. I removed the chili powder because it lent an overall Mexican flavor to the dish rather than a Greek flavor.
- You could save a step by seasoning the meat slices the night before service. This would give the dried spices a chance to become infused into the meat.
- We used a prepared, frozen, unseasoned gyro meat, vanilla Greek yogurt and a whole-wheat flatbread and called the finished product a beef gyro wrap.
- Because we served this item to high school students, we portioned about 2 ½ ozs. of meat into each sandwich.

at the right price point for cost-conscious school meal planners.

The Beef Checkoff recently worked with a number of chefs and school nutrition directors to develop new ground beef-based recipes that would reflect the hottest flavor profiles and ethnic food trends. Designed to fit current meal patterns and offer tasty twists on the meals that kids love to eat, five culinary creations were taste-tested by elementary and secondary students in Colorado, Kansas, Kentucky, Missouri and Washington. Full

versions of the recipes—in 50 and 100 serving yields—along with a complete nutrient analysis and full-color photos are available at www.beeffoodservice.com/k-12foodservice.aspx. Following is a brief description of the recipes, which can be made either with fresh ground beef or beef crumbles.

■ **Rock and Roll Beef Wrap:** A mixture of ranch-seasoned beef, with coleslaw/broccoli slaw and quinoa served in either whole-wheat or spinach tortillas (or gluten-free lettuce cups).

■ **Sweet Potato Beef Mash-up:** Southwest-seasoned beef and sweet potatoes served hash-style and topped with a mix of plain yogurt and hot pepper sauce, delicious in a whole-wheat tortilla or flatbread.

■ **Spy Thai Beef:** A savory mixture of beef, sunflower (or peanut) butter, reduced-sodium soy sauce and other seasonings, served over whole-grain pasta or in lettuce cups and topped with red pepper strips, shredded carrot, pea pods and chopped fresh basil or cilantro leaves.

SHEPHERD'S PIE

YIELD: 8 servings*

PER SERVING: 180 cal., 14 g pro., 19 g carb., 3 g fiber, 6 g fat, 2 g sat. fat, 60 mg chol., 200 mg sod.

INGREDIENTS

Onion—1 medium
Ground beef—1 lb.
Salt—to taste
Pepper, black—to taste
Tomato soup, condensed—11 ozs.
Green beans, cooked—2 ½ cups
Mashed potatoes, instant—1 ½ cups
Egg—1

DIRECTIONS

1. Chop the onion. Beat the egg and set aside. Prepare the mashed potatoes and set aside. Preheat the oven to 350°F. Grease a 2-in. third- or quarter-sized steamtable pan.
2. In a large frying pan, brown the onion and the ground beef. Add salt and pepper to taste.
3. Drain the meat and place in the steamtable pan. Pour the tomato soup over the hamburger and top with the green beans. Spread the mashed potatoes on top. Brush with the beaten egg. Bake for 30 minutes.
4. For each serving: Portion a 1-cup serving. (Each serving contains the equivalent of ¼ cup dry instant potatoes.)

Photo, recipe & recipe analysis: Idaho Potato Commission, www.idahopotato.com

*Notes: If this recipe passes the test with a small number of students, adjust the quantities for batch preparation. If serving as part of the reimbursable meal, adjust the serving size as necessary to meet current meal pattern requirements.



KITCHEN WISDOM SAYS

- We used cooked beef crumbles for the ground beef, which made the assembly process quicker.
- Some students didn't like the mashed potatoes combined with the filling; they liked the mashed potatoes served separately.
- We added a half-cup more instant mashed potatoes to the top to cover the pan for aesthetic reasons.
- Corn, carrots or a mixed vegetable blend could be used to replace the green beans; the corn and carrots could be used as your vegetable serving and get starch and the red/orange requirement in.
- Use a low-sodium soup and perhaps use a lesser amount.

■ **Sweet and Sloppy Joe:** Beef with bell peppers, onions, raisins and tomato sauce seasoned with dried oregano and ancho chili powder, served on a whole-wheat roll/bun and topped with chopped mango, jalapeño, tomato, cilantro or green onion.

■ **Wrangler's Beef Chili:** A mixture of beef, chopped onion, pinto beans, tomato purée and frozen corn seasoned with garlic and chili powder, ground cumin and dried oregano. Suggestions for creating chili variations like Cincinnati-style (adding cinnamon) and Moroccan (including white beans, green beans and couscous) are included (see page 58).

Staff and students were enthusiastic in their praise for the new menu items. "We really liked serving all of these recipes, because they had a generous amount of vegetables in each dish," noted staffers in the testing, adding that all of the recipes were so popular that they will be added to menus. Kids said they wanted seconds—and for their parents to make the dishes for dinner. Wish granted: All five recipes are also available in family-sized versions!

Local Beef in Local Districts

As the farm-to-school movement continues to gain traction in schools in every state in the nation, savvy school nutrition directors are moving beyond procuring only local fruits and veggies to sourcing meats, fish and poultry from nearby producers, ranchers and fisherman. Districts in Alaska and Oregon have active "boat-to-school" programs. Amish chickens are on the menu in Chicago. And locally raised beef is now being served quite literally from coast to coast: Oyster River Schools in Durham, N.H., and several districts in Oregon are bringing in beef from local ranches, procuring fresh ground beef, stew meat and roasts.

Montana is rapidly becoming a "beef-to-school" leader, thanks to collaborations among the state's Office of Public Instruction staff, FoodCorps volunteers, dedicated school nutrition directors, small-scale processing plant owners and local ranchers. News of these partnerships

is not all that surprising in Big Sky country, where cattle outnumber people 2:1 and many ranchers serve on school boards. In fact, in late July, the Montana Beef to School coalition held an inaugural Summit, which was attended by representatives of all stakeholders, including the Montana superintendent of schools. The Summit identified three different models that Montana districts are using to purchase locally sourced beef; descriptions of these follow.

Direct Purchase From Rancher.

This model involves a direct relationship between a district's school nutrition department and a rancher. The advantages include knowing exactly where and how the beef is raised, the quality of the product and reduction of middlemen-related costs. Some potential disadvantages include distribution and delivery chal-

lenges and possibly higher prices.

■ Seeley Lake Elementary School gets all of its beef from Mannix Family Beef, which delivers to the school on an as-needed basis. The school relies on grant funding to help offset the cost of the high-quality meat.

Purchasing From Processor.

Some of the participating districts, especially middle-sized ones, indicated they preferred this method. Advantages can include a more consistent supply, competitive pricing and streamlined ordering. Potential disadvantages include not knowing exactly where or how the beef is raised and distribution/delivery challenges.

■ Kalispell School District buys all of its hamburger beef patties from area vendor Lower Valley Processing. Since making the switch, the district reports it

WRANGLER'S BEEF CHILI

YIELD: 100 servings

PER SERVING: 339 cal., 27 g pro., 29 g carb., 6 g fiber, 14 g fat, 6 g sat. fat, 59 mg chol., 520 mg sod., 6 mg iron, 226 mg ca.

INGREDIENTS

Beef, ground, 80% lean—17 lbs.
Onion, yellow—3 qts.
Pinto beans, canned—4 #10 cans
Water—3 gals.
Tomato purée—2 #10 cans
Corn, frozen—6 qts.
Chili powder—1 cup
Cumin, ground—1 cup
Garlic powder— $\frac{2}{3}$ cup
Oregano leaves, dried— $\frac{2}{3}$ cup
Pepper, black, ground—2 Tbsps.

DIRECTIONS

1. Chop the onions. Drain the pinto beans. Brown the ground beef and onions, breaking the beef into $\frac{3}{4}$ -in. crumbles and stirring occasionally until the internal temperature reaches 160°F. Remove the drippings.
2. Stir in the beans, water, tomato purée, corn, chili powder, cumin, garlic powder, oregano and pepper*; bring to a boil. Reduce heat and cover and simmer, stirring occasionally. Heat to 165°F for at least 15 seconds. Hold hot for service at 135°F for up to two hours.
3. For each serving: Portion 1 $\frac{1}{3}$ cups (two #6 scoops) of chili. Serve and garnish with various toppings such as chopped tomatoes, Greek yogurt, bell peppers, shredded cheese, crushed tortilla chips or others, as desired.



Photo, recipe & recipe analysis: Courtesy of The Beef Checkoff, www.beefcheckoff.com

***Notes:** This recipe can be served over baked russet potatoes or over whole-wheat macaroni. For flavor variations on the chili, add ground cinnamon with the other spices in Step 2 and serve the dish over whole-wheat spaghetti for a Cincinnati-style chili. Add ground pumpkin pie spice with the other spices in Step 2, plus frozen peas and diced carrots with corn, and serve the dish over whole-wheat couscous for a Moroccan-style chili. According to the recipe source: One 1 $\frac{1}{3}$ cups serving provides 2 ozs. of meat/meat alternate and $\frac{3}{4}$ cup of vegetables ($\frac{1}{4}$ cup red/orange, $\frac{1}{4}$ cup beans/peas and $\frac{1}{4}$ cup starchy). The recipe produces approximately 8 $\frac{1}{2}$ gals. for 100 servings. If serving as part of the reimbursable meal, adjust the serving size as necessary to meet current meal pattern requirements.

hasn't seen any increase in costs, and customers are very pleased with the burger quality, leading to higher sales.

■ Butte School District indicated it was planning to buy the majority of its beef for SY 2013-14 from local vendor Ranchland Packing. The school nutrition operation piloted ground beef last year, and families liked the quality of the meals and the contribution to regional agriculture and local jobs.

Purchasing for Special Occasions. Many Montana schools begin local beef purchasing by buying a small amount of product for a special event or for a school summer foodservice program that serves a fewer number of meals. This allows the school nutrition director to test the products and ease into a new business relationship.

■ Schools in Wilsall and Clyde Park held special events that featured Muddy Creek Ranch beef, as well as a rancher

SLOPPY JOE AND SWEET POTATO WRAP

YIELD: 75 servings*

INGREDIENTS

Sloppy Joe filling—10 lbs.	Sweet potatoes, cooked, sliced or diced—2 $\frac{3}{4}$ lbs.
Cole slaw mix*—3 lbs.	Tortillas, whole-grain, 8-in.—75
Cheddar cheese, shredded—12 $\frac{1}{2}$ ozs.	

DIRECTIONS

1. Heat the meat filling (at 165°F or higher) and hold hot for service (145°F or higher).
2. For each serving: Portion 2.13 ozs. (approximately one #16 scoop) of the filling onto the base of a tortilla. Top with 0.64 ozs. (approximately one #40 scoop) of the cole slaw mix. Sprinkle a small amount of shredded cheddar cheese over top of the cole slaw. Top with 0.5 ozs. (approximately one #40 scoop) of the cooked sweet potatoes.
3. Fold in the sides to the center, wrap and roll tightly into a burrito. Serve wrapped in foil or sandwich paper.

Recipe: JTM Food Group, www.jtmfoodgroup.com

***Notes:** Each serving is 3.69 ozs. (approximately one #8 scoop of all ingredients combined). The prepared cole slaw mix used should be 2 lbs. cabbage, 1 lb. slaw dressing. If this recipe passes the test with a small number of students, conduct a nutrient analysis. According to the company: One serving provides 1 $\frac{1}{2}$ ozs. meat/meat alternate, 1.5 grain equivalent and $\frac{1}{4}$ cup other vegetable. If serving as part of the reimbursable meal, adjust the serving size as necessary to meet current meal pattern requirements.

Recipes obtained from outside sources and published in *School Nutrition* have not been tested by the magazine or SNA in a school foodservice setting, except for certain "Kitchen Wisdom" selections, which are evaluated by a volunteer pool of operators. When available, nutrient analyses are provided by the recipe source. Required ingredients, preparation steps and nutrient content make some recipes more appropriate for catering applications or adult meals. Readers are encouraged to test recipes and calculate their own nutrition analyses and meal patterns before adding a recipe to school menus. In addition, SN recognizes that individual schools use varying documentation methods and preparation steps to comply with HACCP principles; we encourage you to add your own HACCP steps to these recipes.

visit to an elementary lunchroom.

■ Boulder Elementary School's summer feeding program highlighted Montana beef from Ranchland Packing Company. A local rancher also made an educational visit.

■ Hellgate High School in Missoula sourced local, grassfed beef from Mannix Family Beef for its end-of-the year school picnic in May 2013.

■ Missoula County Public Schools is also working with the Mission Mountain Food Enterprise Center to pilot a local beef crumble with locally grown lentils that would meet new nutrition guidelines while also supporting local agriculture.

Detailed information about these different models and examples can be found in the newly published *Farm to Cafeteria Manual for Montana: A How-to Guide for Producers, Foodservice*. It's available online at <http://tinyurl.com/ftcmontana>.

BEEF BELIEF

There are so many reasons to have beef on your school menus—it's delicious, popular, packed with nutrients and increasingly locally sourced! While burgers, ribs and steaks will always have a place on American grills and plates, today's trendiest beef recipes include fruits, vegetables, legumes, nuts and whole grains—which makes them perfect for school lunch trays. At home and at school, you can enjoy beef, great taste and good health—all in the same meal! **SN**

Dayle Hayes is a nutrition consultant and speaker based in Billings, Mont. She also maintains the *School Meals That Rock* Facebook page (www.facebook.com/SchoolMealsThatRock). You can reach her at EatWellatSchool@gmail.com.

TO YOUR CREDIT: For CEUs toward SNA certification, complete the "To Your Credit" test on page 48.

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BONUS WEB CONTENT

So many tasty recipes, not enough space! Don't miss out on more flavorful, beef-based menu options to consider offering to your students—remember, they're always looking for something new on the serving line. *School Nutrition* offers a number of additional recipes online at www.schoolnutrition.org/snmagazinebonuscontent.