

Nebraska Beef in Schools



*Promoting Nebraska beef
for school's lunch program
& encouraging beef education
and nutrition throughout
Nebraska schools.*



NEBRASKA 
CATTLEMEN

Nebraska Beef in Schools

Mission Statement:

Promoting Nebraska Beef for Schools lunch program & encouraging beef education and nutrition throughout Nebraska schools.

About Nebraska Beef in Schools Lunch Program

A trend is catching on in Nebraska—Beef is what’s for lunch in schools. Great quality, Nebraska produced beef served more frequently in schools across Nebraska.

Local Cattlemen groups and other agricultural organizations have organized across the state to increase the offerings of beef in school lunches. Nebraska Cattlemen have showcased the successes of some of these programs recently, and interest is growing as others cattlemen and school districts explore the possibilities of adding more beef to the menu.

At its October meeting, the Nebraska Cattlemen Board of directors appointed a working group to put together a plan to gather information from programs already in place and for those who might want to start a program. The board strongly supported the work of its local affiliates in organizing and implementing programs across Nebraska.

The working group had its first organizational call in late October. Members of the working group are Brenda Masek (Purdum), Chair, Jerry Underwood (Alliance), Naomi Loomis (Alliance), Rob Marsh (Belvidere), Gregg Wiedel (Hebron) and Stephen Sunderman (Norfolk). NC Staff members are also supporting the group as it gathers information.



If you are interested in implementing a “Nebraska Beef in Schools” initiative in your area, please contact the Nebraska Cattlemen office at (402) 475-2333 for more information.

Nebraska Beef in Schools

How to Implement Project in Your School

This is a basic guideline on how to implement this idea in your area. Please note that every individual program is different.

1. Contact your superintendent and ask them if they would be willing to present the idea to your school district board.
2. Contact local producers, businesses, local Nebraska Cattlemen affiliate and community to discuss commitment required for cattle, monetary donations etc.
3. Prior to meeting with the school board have a plan in place with details and names of committed participants. You may also wish to have a committee set up for this project for future tasks that may be implemented as a program.
4. Once your program is approved by school contact a federally inspected slaughter house to see if they would process your donated animals.
5. Be sure to keep your head school cook in the loop throughout the process.
6. Kickoff event with the school. Be sure to advertise those who donated and were involved in the project.

How to be Successful

Having community support that believes in your school system and the youth for tomorrow is key to making this program successful.



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Nebraska Beef in Schools

Talking Points

As we are all excited about this program please be courteous of all types of beef producers when visiting with the media. Below are a few talking points to remember while having conversation with the media and other sources at your school event or even on the streets of your community. If your school decides to host a media event, please contact Nebraska Cattlemen as we would love to be there in support of you and your unique program. Also, for additional talking points or media help, please contact Talia Goes at tgoes@necattlemen.org.

- Please remember that the Nebraska Beef in Schools projects across the state are meant to enhance the relationship between the local producers and the community via the school. Refrain from making comments about the quality of beef being better. Talk about the opportunity the program gives to serve more beef in the school.
- All of the Nebraska Beef in Schools programs are pertinent to the community coming together to make it happen. Without community strength, the programs would not be successful. It is 100% a community driven task. Allows students to interact with business and industries in their community to create a sense of collaboration and pride.
- This is an opportunity for producers and local businesses to give back to the community by offering beef or monetary donations for the schools to serve the local students.
- Nebraska Cattlemen have used this program to explore the possibilities of adding more beef to the menu across the state.
- Nebraska Beef in Schools helps school aged children learn about where their beef comes from. Informed choice is a huge factor in today's industry. Learning things early such as where your food comes from, how it is grown, who grows/raises it, and the purpose of agriculture helps the beef industry long term.
- The beef cattle industry is Nebraska's single largest industry and powers the state's economy with 20,000 beef cow operations. For every ONE person in the state there are FOUR beef animals. Nebraska has a unique mix of natural resources that provide for an abundant amount of cattle. For more facts visit: www.nebeef.org



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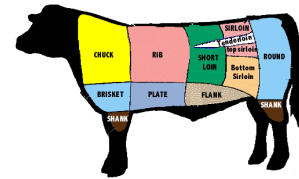
Nebraska Beef in Schools



This fact sheet provides information for meat specifications that covers food safety requirements for the slaughter and processing of beef and the requirements of the National School Lunch Program. In addition to beef, this information can also be applied to pork.

Slaughter and Processing

- Donated **and** purchased beef must be slaughtered, processed, and packaged in a USDA federally-inspected facility.
 - When meat is handled in this way, and **ONLY** when it is handled in this way, will the package have the USDA stamp.
 - A list of USDA inspected facilities can be found on the Nebraska Cattlemen website at: <http://nebraskacattlemen.org/federalslaughter.aspx>.
- A school must be prepared to provide the following information to the processor:
 - Cuts of beef desired
 - Types and acceptable weight ranges
 - Ground beef must be no more than 30% fat.
 - Processor must provide official crediting documentation to verify the fat content and the documentation kept on file at the school.
 - Packaging requirements
 - Size of packages – For example, ground beef in 10 lb. rather than 2lb. tubes.
 - Portion size (raw weight) that will yield appropriate cooked weight to meet meal pattern.



Transportation of Meat

- The specification must include acceptable temperature ranges depending on whether the beef is transported in a fresh or frozen state in temperature controlled trucks. Frozen meat should stay frozen and fresh meat should be held at a temperature of 41°F or below.

Storage of Processed Product

- The school's food safety plan should include specific information concerning the proper receiving, storing, and handling of the beef whether it is stored on- or off-site.



Meeting Nutrition Standards

- A cooked portion must provide 2 ounces of lean meat per serving
- Ground beef must be no more than 30% fat

Procurement

- When beef is purchased and/or processing paid by the school, proper procurement procedures must be met.



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"Working for Nebraska beef producers - pasture to plate"

We want to thank you for being a Nebraska School Powered by Beef.

Local Nebraska Cattlemen groups and other agricultural organizations have organized across the state to increase the offerings of beef in Nebraska school lunches. The mission of the Nebraska Beef in Schools program is to not only to promote Nebraska Beef in school lunch programs but to encourage education on beef production and the nutritional value in beef throughout Nebraska schools.

We are excited to share with you these posters and educational materials for you to use in your Powered by Beef School.

- Vinyl banner for you to show your support of the Beef in Schools program
- Runner Girl/Beef's Big 10 Nutrients poster
- "We Are" Powered by Beef poster
- Kid Friendly recipes
- Educational Materials

We are here to help! If you need more information or additional banners, please let us know. Copies of the educational materials and recipes can be copied and distributed to the families in your school district.

The Nebraska Cattlemen are excited in the success of the Beef in Schools Program and we look forward to in seeing the program grow across Nebraska. We hope that your school district will explore the possibilities of adding more beef to the menu and to help us education the students in Nebraska more about beef production and beef nutrition. We would like to encourage you to work with both the FFA and FCLA programs in your school to increase the education opportunities for your students.

Additional resources can be found at:

- www.beefitswhatsfordinner.com
- www.agfoundation.org/free-resources/
- www.onthefarmstem.com/resources

Gina Hudson, Belvidere
hudsonfarms_68315@yahoo.com
402-469-3157

Tricia Grabenstein, Smithfield
308-325-5627
tgrabens@live.com

BEEF

Build Your Burger

How many different food groups are in your burger?



DID YOU KNOW?
Text



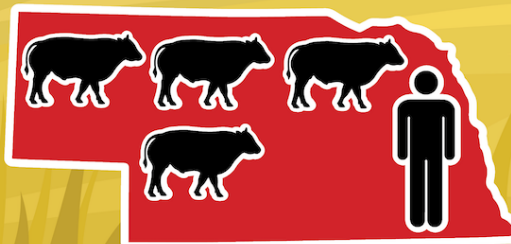
COWS CAN...

- chew 40,000 times a day
- smell things 6 miles away
- chew food 8 hours a day
- sleep while standing up
- make 2,000 burgers
- make 125 pounds of spit
- make 144 baseballs

AN AVERAGE STEER WEIGHS AS MUCH AS SIX ADULTS!



NEBRASKA IS HOME TO 4X AS MANY CATTLE AS PEOPLE





A Proud Beef In Schools Participant



KID-FRIENDLY BEEF RECIPES



Funded by the Beef Checkoff.



4611 Cattle Drive - Lincoln NE 68521
402-475-2333

www.nebraskacattlemen.org
blederer@necattlemen.org

FOR MORE GREAT RECIPES, VISIT

www.BeefItsWhatsForDinner.com

SWEET & SLOPPY JOE

This recipe incorporates lots of veggies for a nutritious take on a kid favorite.



TOTAL RECIPE TIME: 35-40 minutes



SERVES: 4

INGREDIENTS:



1 pound Ground Beef
(93% lean or leaner)



1 cup diced bell
peppers (red, green,
yellow or orange)



1/2 cup
chopped onion



1 can (8 ounces)
tomato sauce



1/2 cup water



1/2 cup dark or
golden raisins



2 teaspoons
ancho chile powder



1 teaspoon dried
oregano leaves



4 whole wheat
hamburger buns, split

SWEET & SLOPPY JOE

TEST KITCHEN TIPS

Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of Ground Beef doneness.



INSTRUCTIONS:

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef, bell pepper and onion; cook 8 to 10 minutes, breaking beef into 3/4-inch crumbles and stirring occasionally. Remove drippings.
2. Stir in tomato sauce, water, raisins, ancho chili powder and oregano; bring to a boil. Reduce heat; simmer, uncovered, 15 to 18 minutes or until sauce thickens slightly, stirring occasionally.
3. Evenly divide beef mixture on bottom half of each bun. Garnish with toppings, as desired; close sandwiches.

Toppings (optional):

Chopped mango, chopped jalapeño, chopped tomato, chopped fresh cilantro, sliced green onion, shredded reduced-fat Cheddar cheese

FOR MORE GREAT RECIPES, VISIT

www.BeefItsWhatsForDinner.com

WRANGLERS BEEF CHILI

Serve this classic chili atop whole wheat noodles and offer kids a variety of toppings.



TOTAL RECIPE TIME: 40-45 minutes



SERVES: 4

INGREDIENTS:



1 pound
Ground Beef
(93% lean or
leaner)



1/2 cup
chopped onion



1 can (15
ounces) pinto
beans, drained
and rinsed



2 cans
(8 ounces)
no-salt added
or regular
tomato sauce



1 cup
frozen corn



1 cup
water



2 teaspoons
chili powder



2 teaspoons
ground cumin



1 teaspoon
garlic powder



1 teaspoon dried
oregano leaves



1/4 teaspoon
pepper



Hot cooked whole
wheat macaroni
(optional)

WRANGLERS BEEF CHILI

TEST KITCHEN TIPS

Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of Ground Beef doneness.



INSTRUCTIONS:

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef and onions; cook 8 to 10 minutes, breaking beef into 3/4-inch crumbles and stirring occasionally. Remove drippings.
2. Stir in beans, tomato sauce, corn, water, spices and herbs. Bring to a boil. Reduce heat; cover and simmer 20 to 25 minutes, stirring occasionally. Serve over macaroni, if desired. Garnish with toppings, as desired.

Cincinnati-Style Beef Chili: Stir in 1 teaspoon cinnamon with other seasonings in Step 2. Serve over hot cooked whole wheat spaghetti.

Moroccan-Style Beef Chili: Substitute 1 cup frozen peas for corn. Stir in 1 teaspoons pumpkin pie spice with other seasonings in Step 2. Serve over whole hot cooked whole wheat couscous or brown rice.

Toppings (optional):

Crushed baked tortilla chips, chopped green or regular onion, chopped tomato, chopped bell pepper, chopped fresh cilantro, reduced-fat shredded Cheddar cheese, nonfat Greek yogurt

FOR MORE GREAT RECIPES, VISIT

www.BeefItsWhatsForDinner.com

ROCK & ROLL BEEF WRAPS

A colorful way to introduce quinoa to your kids with ranch-seasoned Ground Beef and slaw.



TOTAL RECIPE TIME: 35-45 minutes



SERVES: 4

INGREDIENTS:



1 pound
Ground Beef
(93% lean or
leaner)



1 cup
water



1/3 cup
uncooked
quinoa



2 tablespoons
dry ranch
dressing mix



1/4 teaspoon
black pepper



2 cups
packaged
broccoli or
coleslaw mix



4 medium
whole grain
or spinach
tortillas
(7 to 8-inch
diameter)

ROCK & ROLL BEEF WRAPS

TEST KITCHEN TIPS

Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of Ground Beef doneness.



INSTRUCTIONS:

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into 1/2-inch crumbles and stirring occasionally. Remove drippings.
2. Stir in water, quinoa, ranch dressing mix and pepper; bring to a boil. Reduce heat; cover and simmer 10 to 15 minutes or until quinoa is tender. Stir in slaw; cook, uncovered, 3 to 5 minutes or until slaw is crisp-tender, stirring occasionally.
3. Divide beef mixture evenly among tortillas; garnish with toppings, as desired. Fold over sides of tortillas and rolling up to enclose filling.

Toppings (optional):

Apple slices, red bell pepper strips, cucumber slices, carrot slices, sliced almonds or chow mein noodles

FOR MORE GREAT RECIPES, VISIT

www.BeefItsWhatsForDinner.com

POPCORN STEAK BITES

Beefy nuggets cooked in the oven, perfect for little hands to dip as they wish.



TOTAL RECIPE TIME: 35-45 minutes



SERVES: 4

INGREDIENTS:



1 pound beef
Cubed Steaks,
cut 1/2 inch thick



6 cups ridged potato
chips (any flavor)



1/3 cup
all-purpose flour



1 teaspoon
pepper



2 large eggs,
slightly beaten

TEST KITCHEN TIPS

- To crush chips with rolling pin, place chips in large food-safe resealable plastic bag. Close bag securely, leaving one inch opening. Finely crush chips in bag with rolling pin.
- Cooking times are for fresh or thoroughly thawed beef. Cubed steaks should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of cubed steak doneness.

POPCORN STEAK BITES



INSTRUCTIONS:

1. Cut beef steaks into 1X1-inch pieces; set aside.
2. Place chips in bowl of food processor. Cover; pulse on and off to form fine crumbs.
3. Combine pepper and flour in a shallow bowl. Place crushed chips and eggs into two additional shallow bowls. Dip steak pieces in flour, then into egg, then into crushed chips, turning to coat all sides and pressing chips onto steak pieces.
4. Spray rack of broiler pan with nonstick cooking spray. Place beef bites on rack in broiler pan so surface of beef is 6 inches from heat. Broil 8 to 10 minutes or until 160°F. Serve immediately with dipping sauces, as desired.

Dipping Sauces:

Ranch or Thousand Island dressing, mustard, ketchup or barbecue sauce

FOR MORE GREAT RECIPES, VISIT

www.BeefItsWhatsForDinner.com

BUFFALO-STYLE BEEF TACOS

Family favorite tacos get a flavor update with wing sauce, blue cheese, celery and carrots.



TOTAL RECIPE TIME: 25-30 minutes



SERVES: 4

INGREDIENTS:



1 pound Ground Beef (95% lean)



1/4 cup cayenne pepper sauce for Buffalo wings



8 taco shells



1 cup thinly sliced lettuce



1/4 cup reduced fat or regular prepared blue cheese dressing



1/2 cup shredded carrot



1/3 cup chopped celery



2 tablespoons chopped fresh cilantro



Carrot and celery sticks or cilantro sprigs (optional)

BUFFALO-STYLE BEEF TACOS

TEST KITCHEN TIPS

Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of Ground Beef doneness.



INSTRUCTIONS:

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into small crumbles and stirring occasionally. Remove from skillet with slotted spoon; pour off drippings. Return to skillet; stir in pepper sauce. Cook and stir 1 minute or until heated through.
2. Meanwhile, heat taco shells according to package directions.
3. Evenly spoon beef mixture into taco shells. Add lettuce; drizzle with dressing. Top evenly with carrot, celery and cilantro. Garnish with carrot and celery sticks or cilantro sprigs, if desired.

FOR MORE GREAT RECIPES, VISIT

www.BeefItsWhatsForDinner.com

SPY THAI BEEF

Peanut butter, soy sauce, ginger and garlic introduce ethnic flavors to picky palates.



TOTAL RECIPE TIME: 30-35 minutes



SERVES: 4

INGREDIENTS:



1 pound Ground Beef
(93% lean or leaner)



1/4 cup water



3 tablespoons
reduced-fat creamy
peanut butter or
regular sunflower
seed butter



2 tablespoons
reduced-sodium
soy sauce



2 tablespoons
fresh lime juice



3/4 teaspoon
garlic powder



3/4 teaspoon
ground ginger



1/8 to 1/4
teaspoon crushed
red pepper



Baked wonton
wrappers
(optional)

SPY THAI BEEF

TEST KITCHEN TIPS

Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of Ground Beef doneness.



INSTRUCTIONS:

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into 1/2-inch crumbles and stirring occasionally. Remove drippings.
2. Meanwhile, combine water, peanut butter, soy sauce, lime juice, garlic powder, ground ginger and red pepper.
3. Stir peanut butter mixture into beef. Continue to cook over medium heat 2 to 3 minutes or until heated through, stirring occasionally.
4. Evenly divided beef mixture over six wonton triangles, if desired. Garnish with toppings, as desired.

Toppings (optional):

Red bell pepper strips, shredded carrots, cucumber slices, sliced green onion, sliced fresh pea pods, sliced basil or cilantro leaves, shelled edamame, pickled ginger, lime wedges

FOR MORE GREAT RECIPES, VISIT

www.BeefItsWhatsForDinner.com

MU SHU STEAK & APPLE WRAPS

Hand-held and perfectly portable, these wraps are great on the go.



TOTAL RECIPE TIME: 25-30 minutes



SERVES: 4

INGREDIENTS:



4 beef Tri-Tip Steaks,
cut 1 inch thick
(about 4 ounces each)



3/4 teaspoon
ground cinnamon



1/4 teaspoon
pepper



1/4 cup
hoisin sauce



1 tablespoon honey



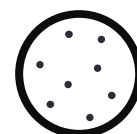
Salt (optional)



3 cups tri-color
coleslaw mix (with
green cabbage, red
cabbage & carrots)



1 Granny Smith
apple, peeled and
thinly sliced



8 medium whole
wheat flour tortillas
(8 to 10-inch
diameter), warmed

MU SHU STEAK & APPLE WRAPS



INSTRUCTIONS:

1. Combine cinnamon and pepper; press evenly onto beef steaks. Heat large nonstick skillet over medium heat until hot. Place steaks in skillet; cook 9 to 12 minutes for medium rare to medium doneness, turning occasionally.
2. Combine hoisin sauce and honey in large bowl. Carve steaks into thin slices; season with salt, if desired. Add steak slices, coleslaw mix and apple to hoisin mixture; toss to coat.
3. Place equal amounts of beef mixture down center of each tortilla, leaving 1-1/2-inch border on right and left sides. Fold bottom edge up over filling. Fold right and left sides to center, overlapping edges; secure with wooden picks, if necessary.

FOR MORE GREAT RECIPES, VISIT

www.BeefItsWhatsForDinner.com

PERSONAL BEEF PIZZAS

Made exactly as you like it, these individual pizzas are fun to make together.



TOTAL RECIPE TIME: 25-30 minutes



SERVES: 4

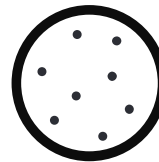
INGREDIENTS:



1 recipe Italian-Style Beef Sausage (recipe follows)



1-1/2 cups pizza sauce



4 round thin sandwich breads, any variety, split



1/2 cup shredded mozzarella cheese

Toppings (optional):

Sliced black or green olives, sliced red or yellow bell peppers or sliced red onions

PERSONAL BEEF PIZZAS



INSTRUCTIONS:

1. Prepare Italian-Style Beef Sausage. Stir in pizza sauce; cook 2 to 3 minutes or until heated through, stirring frequently. Keep warm and set aside.
2. Place sandwich thins, cut sides up, on rack of broiler pan. Spoon equal amounts of beef mixture on each bread half. Evenly sprinkle with cheese and toppings, as desired.
3. Place pizzas on rack of broiler pan so surface of cheese is 3 to 4 inches from heat. Broil 4 to 5 minutes or until cheese is melted and bubbly.

Italian-Style Beef Sausage: Combine 1 pound Ground Beef, 1 teaspoon fennel seed, 1/2 teaspoon salt, 1/4 teaspoon coriander, 1/4 teaspoon garlic powder, 1/4 teaspoon paprika, 1/4 teaspoon black pepper and 1/8 to 1/4 teaspoon crushed red pepper in large bowl, mixing lightly but thoroughly. Heat large nonstick skillet over medium heat until hot. Add beef mixture; cook 8 to 10 minutes, breaking into 1/2-inch crumbles and stirring occasionally. (Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.) Makes 2-1/2 cups crumbles

FOR MORE GREAT RECIPES, VISIT

www.BeefItsWhatsForDinner.com

BEEF & CHEESE TORTILLA TOWERS



TOTAL RECIPE TIME: 25-30 minutes



SERVES: 4

INGREDIENTS:



1 pound Ground Beef (95% lean)



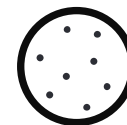
1 jar (16 ounces) thick-and-chunky salsa



3/4 cup canned black beans, rinsed, drained



1/2 teaspoon ground cumin



7 small whole wheat tortillas (6 to 7-inch diameter)



1 cup shredded reduced-fat Mexican cheese blend



Chopped fresh cilantro (optional)

Cantaloupe-Mango Salsa:



1 cup coarsely chopped ripe mango



1 cup coarsely chopped cantaloupe



1/8 to 1/4 teaspoon crushed red pepper

BEEF & CHEESE TORTILLA TOWERS

TEST KITCHEN TIPS

Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of Ground Beef doneness.



INSTRUCTIONS:

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally. Remove drippings. Stir in salsa, beans and cumin. Cook 3 to 5 minutes or until heated through and most of liquid has evaporated. Remove from heat.
2. Heat oven to 350°F. Spray baking sheet with nonstick cooking spray. Place 2 tortillas in single layer on pan. Spoon generous 1/2 cup beef mixture on each tortilla; sprinkle each with 2 tablespoons cheese. Repeat layering of tortillas, beef mixture and cheese twice. Sprinkle remaining cheese over tops of tortilla towers. Cut 8 small stars from remaining tortilla with cookie cutter; arrange on towers. Bake in 350°F oven 12 to 15 minutes or until heated through and cheese melts.
3. Meanwhile, combine salsa ingredients in small bowl. Set aside.
4. Cut each tortilla tower into 4 wedges. Garnish with cilantro, if desired. Serve with fruit salsa.

FOR MORE GREAT RECIPES, VISIT

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