**Beef Its What’s for School Lunches**

Beef is an important part of a healthy diet for children of all ages and an essential part of healthy school meals. Today, school lunch programs are faced with providing meals that help growing children receive all the essential nutrients required for optimum health, while still meeting the United States Department of Agriculture guidelines or requirements for healthy school meals.

These recipe concepts were developed and received to assist school lunch programs include high quality protein, like beef, on the menu. A team of culinary chefs have developed five new beef recipes that can be incorporated into school lunch menu’s and meet the requirements of the United States Department of Agriculture. These recipes were pilot tested with students and food service operators, all receiving positive reviews.

The recipes are:

1.    Sweet Potato Beef Mash Up:

It is a Southwest seasoned ground beef and sweet potatoes served hash style and topped with a mixture of plain yogurt and hot pepper sauce. It can be served in a small whole wheat tortilla.

2. Sweet and Sloppy Joe:

It’s a mixture of ground beef, bell pepper, onions, raisins and tomato sauce seasoned with dried oregano and ancho chili powder. It’s delicious on a whole wheat toll or bun and topped with chopped mango, jalapeno, tomato, cilantro or green onion.

3. Spy Thai Beef:

It is a mixture of ground beef, sunflower (peanut) butter, reduced sodium soy sauce and other seasoning. The versatile topping can be served over whole wheat noodles, in lettuce cups or over baked wonton crisps, topped with red bell peppers strips, shredded carrots, pea pods, and chopped fresh basil or cilantro.

4. Wrangler’s Beef Chili:

It’s a mixture of ground beef, chopped onion, canned pinto beans, tomato puree and frozen corn seasoned with garlic powder, chili powder, ground cumin and dried oregano. The chili can be made “Cincinnati Style” by adding cinnamon and served over whole wheat noodles of “Moroccan style” by substituting white beans and then served over whole wheat couscous. Greek yogurt can be used as a topping to add calcium.

5. Rock and Roll beef wraps:

It is a mixture of ranch seasoned ground beef, cole slaw or broccoli slaw and quinoa served in either whole wheat or spinach tortilla or lettuce cup.

Also, listed is the nutritional information per serving.

Check recipe page for a complete recipe and instructions.