

BEEF

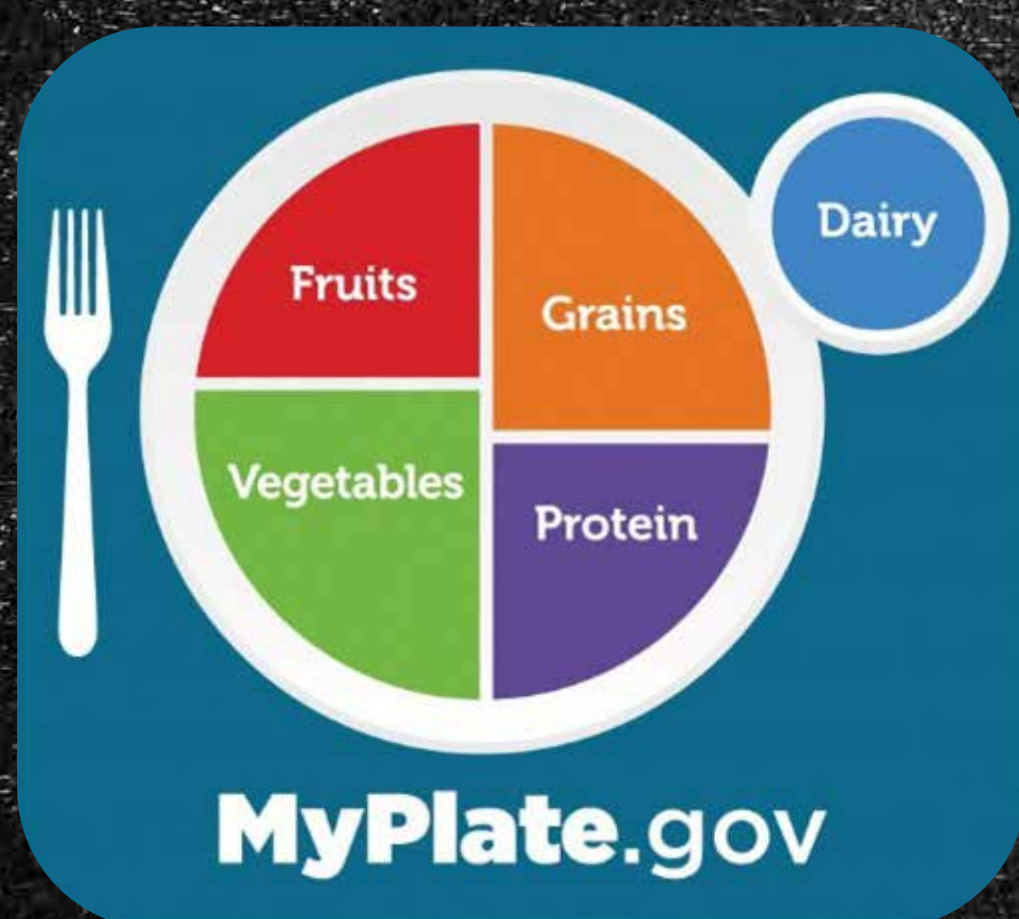
Power Up School Lunch

Beef is an important part of a healthy, balanced diet and no other protein source offers the same mix of **essential nutrients**!



Beef delivers key nutrients like high quality protein, iron, zinc, choline and B-vitamins to fuel healthy growth and development as well as improved academic performance in school-age children and teens.

FUEL YOUR FUN!



Choose **MyPlate.gov**

Pairing lean meats, like beef, with whole grains, colorful fruits & vegetables and getting at least an hour of exercise every day helps your body stay healthy and strong. Use MyPlate to help you eat from a variety of food groups.



School age years, through adolescence, are a pivotal time for proper nutrition to support healthy growth and development - yet nutrient deficiencies are alarmingly common during this life stage. Beef helps close nutrient gaps with 10 essential nutrients.



BEEF.
IT'S WHAT'S FOR DINNER.
Funded by Beef Farmers and Ranchers

For some delicious school food service recipes with beef:



For preparation tips for beef in school food service recipes:



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