



School Foodservice

Beef Resource Guide





The School Foodservice Beef Resource Guide aids school foodservice professionals in understanding the significance of incorporating beef in menus and utilizing locally sourced options. It covers a range of topics including information on:

- Beef cuts for school lunches
- The importance of beef nutrition for adolescents
- Storage and preparation tips for frozen and thawed beef
- Using the Meat/Meat Alternatives (M/MA) crediting guide with local products
- An assortment of credited, large quantity beef recipes

This guide was developed under the guidance of the Wisconsin Beef Council with the assistance of the National Cattlemen's Beef Association, a contractor to the Beef Checkoff.

Beef Brings More Value to Every Bite

Flavor + Menu Versatility + Nutrition



Funded by Beef Farmers and Ranchers

ARMS# 082023-09



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If you are looking for more information and resources for your specific state visit BeefBoard.org/qualified-state-beef-councils or scan the QR code.



Beef Breakdown

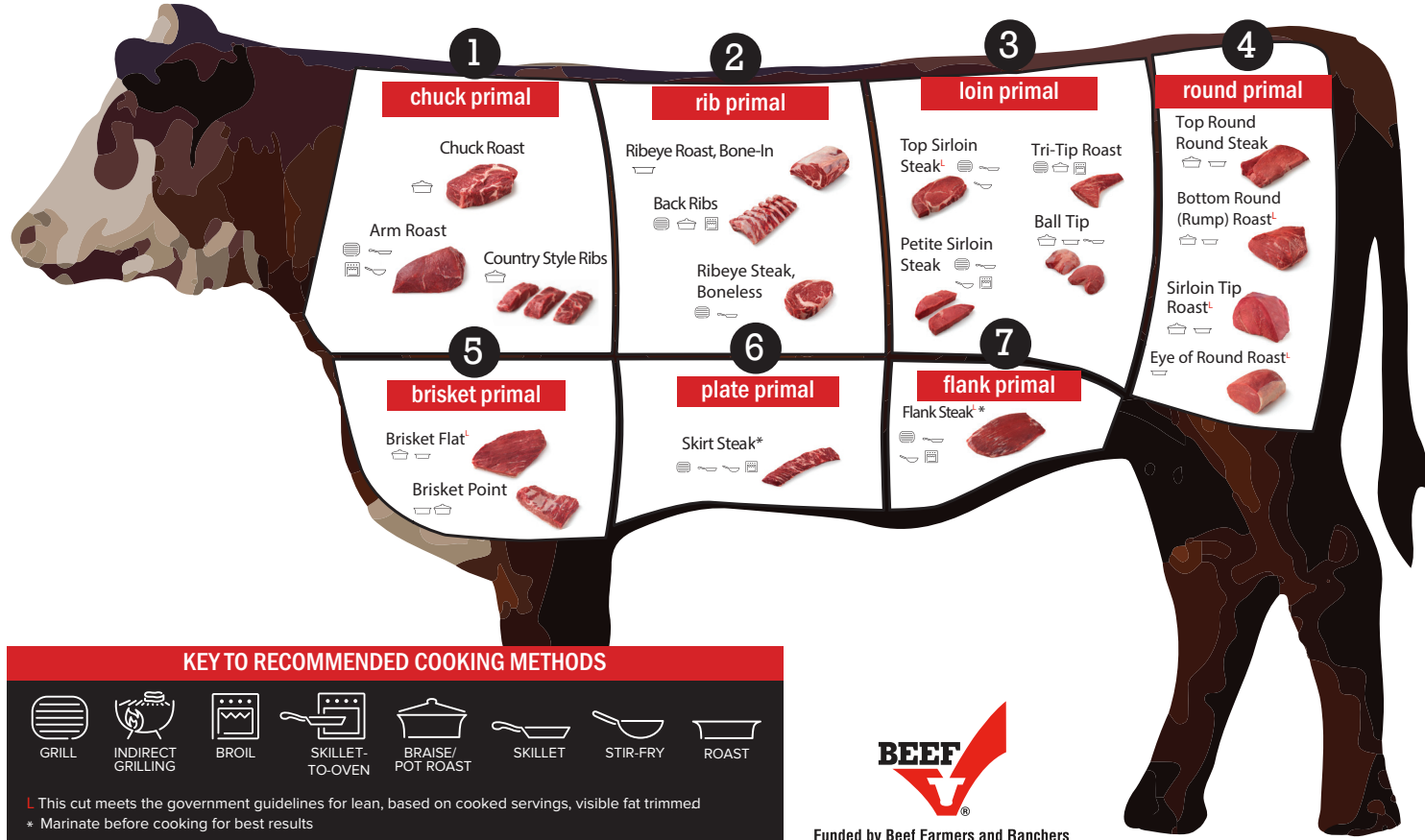


WHAT ARE PRIMALS?

The primal where a cut of beef comes from impacts the eating characteristics and ultimately how that cut should be utilized. The carcass can be split into seven major portions called primals. These seven primals, Chuck, Rib, Loin, Round, Brisket, Plate and Flank, subdivide a carcass into sections.

The primals are then broken down into a variety of cuts, including roasts, steaks and other value-added cuts, for purchase. Each primal offers versatility and value in different ways; and depending on the recipe most can be prepared various ways offering more options when choosing recipe ingredients. Some of the cuts that may be more applicable in school foodservice kitchens are shown below, as well as some of the more common cuts you may recognize from the grocery store or personal kitchen. There are many other cuts available; for a full breakdown go to www.BeefItsWhatsForDinner.com/cuts for a cut description, how to utilize the cut, and recommended cooking methods.

An important fact to remember is that all steaks and roasts are not created equal; each primal possesses unique eating characteristics because they are made up of different muscles with different tenderness levels, different fat contents and varying flavor profiles. These variables also impact how a cut should be cooked; see the key for recommended cooking methods for each cut.



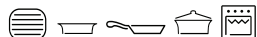
INGREDIENT CUTS



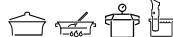
cubed steak



ground beef



stew meat



kabobs



beef strips



Cuts to Consider



STEW MEAT



CUT FROM:



Chuck Roast



Brisket



Top Sirloin Steak

SHREDDED BEEF



CUT FROM:



Chuck Roast



Arm Roast



Brisket



Bottom Round
(Rump) Roast

SLICED SANDWICH BEEF



CUT FROM:



Sirloin Tip Roast



Eye of Round Roast



Ball Tip



Bottom Round
(Rump) Roast

BEEF STRIPS



CUT FROM:



Skirt Steak



Flank Steak



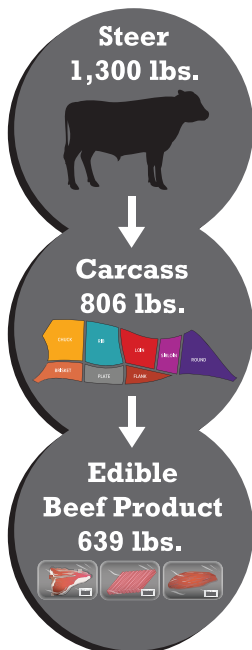
Top Round Steak



Top Sirloin Steak

BUYING BEEF IN BULK

If you do choose to purchase a whole, half or quarter beef for your school kitchen, keep in mind the loss that occurs when harvesting and fabricating the carcass. Be sure to account for the loss when considering the cost of purchase too. On average, only 62 percent of the animal's original weight remains after removing hide, head, and internal organs. The beef carcass, which now only contains fat, bone, connective tissue, and meat, is then chilled, and hung for approximately 14 to 21 days, which helps convert muscle to meat. After the carcass is properly aged, it is ready to be broken down into individual cuts. On average, 21 percent of each carcass is inedible bone, fat, and connective tissue. Approximately 38 percent of the chilled carcass can be converted into ground beef depending on how you choose to utilize the rest of the carcass.



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Safe Handling Tips For School Foodservice HACCP Plans for Beef:

	Temperatures Through Food Production		
	Important Temperatures	Why It's Important	Best Practices
Purchasing	- Cold food: 40 °F and below. - Hot food: 140 °F and above.	Buy from vendors that have good food safety practices in place to ensure the food you purchase has not been temperature abused.	- Buy from reputable vendors. - Include food safety standards in purchasing agreements.
Receiving	- Refrigerated food: 40 °F and below. - Frozen food: at or below 32 °F. - Hot food: held at or above 140 °F.	Cold foods must be received at 40 °F or below so that it is not in the temperature danger zone. Frozen food must be frozen and contain no ice crystals. Ice crystals are a sign that the food has been thawed and refrozen.	- Keep receiving area clean. - Inspect the delivery truck. Make sure it is clean and free of odors. - Check food temperatures, paying particular attention to frozen and refrigerated products. - Look for signs of contamination and container damage. Reject damaged packages; their contents may also be contaminated or damaged. - Check for separation of raw and ready-to-eat or prepared foods during transport - Store foods immediately.
Storing	- Dry storage areas: between 50 °F and 70 °F. - Refrigerated storage areas: at or below 40 °F. - Deep chilling storage areas: between 26 °F and 32 °F. - Freezer storage areas: between -10 °F and 0 °F.	Storing food out of the temperature danger zone assists in preserving food quality and decreases the likelihood of bacterial growth. However, dry storage items are shelf stable in the temperature danger zone because bacteria present in the sealed container is eliminated during processing.	- Use the First-In First-Out (FIFO) principle. Use older products first. - Store products in original packaging. Label foods with delivery date. - Keep raw foods separate from cooked or ready-to-eat products. - Store foods at least 6 inches off the floor and 6 inches away from the wall. - Keep storage areas clean, dry, and pest-free. - Store chemicals away from foods and food-related supplies. - Maintain, monitor, and record refrigerator, freezer, and dry storage room temperatures.
Preparing	- Pre-chill ingredients for cold foods to 40 °F or below before combining with other ingredients. - Limit the preparation time of any ingredients to no more than 30 minutes at room temperature before cooking, serving, or returning to the refrigerator.	These methods prevent food from being in the temperature danger zone too long.	- Wash hands frequently, properly, and at appropriate times. - Avoid cross-contamination. - Keep foods out of the temperature danger zone. - Use batch cooking to limit the time between preparation and service. - Thaw foods properly. - Chill all cold foods as quickly as possible. - Prepare foods as close to serving time as the menu will allow.
Cooking	165 °F – poultry, stuffing, stuffed meats, stuffed pasta, casseroles, leftovers. 160 °F – ground meats, such as hamburger, ground pork, sausage, eggs for hot holding. 145 °F – beef roasts, pork roasts, beef steaks, ham, fish. 140 °F – ready-to-eat foods taken from a commercially processed, hermetically sealed package; vegetables (frozen or canned).	Cooking foods to the correct internal temperature will destroy existing bacteria, even though it may not kill toxins or bacterial spores.	- Avoid cross-contamination. - Cook foods to the proper internal temperature for appropriate time. - Use a clean and calibrated food thermometer. - Record internal food temperature.
Handle/ Serving	- Cold food: held at or below 40 °F. - Hot food: held at or above 140 °F. - Transporting: refer to temperatures for holding.	These temperatures keep food out of the temperature danger zone and prevent pathogen growth.	- Avoid cross-contamination. - Keep foods out of the temperature danger zone. - Monitor and record food temperatures. - Monitor the temperature of hot holding and cold-holding equipment.
Cooling	- Hot food must be cooled from 140 °F to 70 °F within 2 hours. If not, the food must be reheated to 165 °F for 15 seconds or discarded. - Food must be cooled within a total of 6 hours from 140 °F to 40 °F (if first step is achieved). - Foods that start at room temperature (70 °F) must be cooled to 40 °F within 4 hours.	These are the time and temperature regulations specified by the Food Code to safely cool foods in order to prevent bacterial growth.	- Speed up cooling by using techniques such as: ◊ Stirring frequently ◊ Dividing food into small quantities ◊ Using shallow pans ◊ Using ice water baths or ice paddles whenever possible - Use a clean and calibrated food thermometer to check temperatures. - Monitor and record food temperatures during the cooling process. - Store foods appropriately — covered, labeled with product name and date prepared.
Reheating	165 °F for 15 seconds within 2 hours.	This is the temperature and time required to kill any bacteria that may be present in the food.	- Reheat to internal temperature of 165 °F for 15 seconds within 2 hours or less. - Monitor and record internal temperatures of foods. - Never reheat food in hot holding equipment. - Recommended to reheat food one time; quality diminishes each time.

Critical Control Points

Beef's CCP's include the product not being in the danger zone for more than 30 minutes during preparation. For example, if you are making 400 burgers for lunch, you should only pull out enough meat to make what you can cook in 30 minutes and then pull out more, in increments, not allowing the raw product to sit in the danger zone for more than 30 minutes.

General Beef Safe Handling Tips and Tricks^{1, 2}:

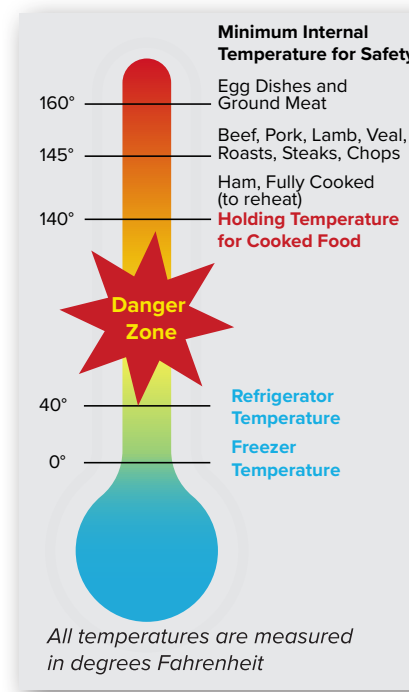
- Refrigerate or freeze as soon as possible after receiving the product.
- Place all beef packages on the lowest level in the refrigerator on a tray to catch any juices during the thawing process.
- To ensure food safety and product quality, defrost beef in the refrigerator, never at room temperature.
 - The time needed to thaw products in the refrigerator may vary depending on the thickness and packaging type of products, but the following are general guidance²:
 - » Steaks, ground beef (≤1 inch thick) = 12 hours
 - » Stew meat, kabobs, steak strips (1-1.5 inches thick) = 24 hours
 - » Small roasts = 3-5 hours per pound = approximately 1-2 days
 - » Large roasts = 4-7 hours per pound = approximately 2-3 days
- Label each beef package with the date, name of the beef cut, weight and/or number of servings. Practice FIFO (First In, First Out) inventory system.
- Avoid having raw beef products in the temperature danger zone (40-140 °F) for more than 30 minutes.
- To avoid cross-contamination and prevent foodborne illnesses, follow these easy steps:
 - Wash hands well in hot, soapy water before and after handling raw meat and other fresh foods.
 - Keep raw foods separate from cooked or ready-to-eat products.
 - Keep raw meat and meat juices away from other foods, both in the refrigerator and during preparation.
 - Wash all utensils, cutting surfaces and counters with hot, soapy water after contact with raw meat.
 - Keep carving boards used for raw meats separate from other food preparation areas and serving platters.
- Even with frozen beef products, it is important to handle it similar to raw products. Wash your hands after handling and use a food thermometer to make sure it reaches a safe internal temperature.
- Refrigerate leftovers promptly after serving (within 2 hours of cooking).

Freezer and Refrigerator Storage Guidelines for Beef Products¹:

- The following are general storage guidelines for the shelf life of beef products in the refrigerator or freezer:
 - Fresh Beef
 - » Steaks and Roasts = 3-4 days refrigerated, 6-12 months frozen
 - » Stew meat, kabobs, steak strips = 2-3 days refrigerated, 6-12 months frozen
 - » Ground beef = 1-2 days refrigerated, 3-4 months frozen
 - Cured/Smoke/Ready-to-Eat Beef
 - » Corned beef, ready-to-eat = 1 week refrigerated, 2 weeks frozen
 - » Frankfurters & deli meats = 3-5 days refrigerated, 1-2 months frozen

Cooking Beef Products^{3, 4}

- USDA recommends never relying on color, firmness or time as an indicator to know if your food is fully cooked. Always cook all meats to a minimum safe internal temperature as
- measured with a food thermometer to prevent foodborne illness.
- Cook raw beef steaks, chops, and roasts to a minimum internal temperature of 145°F with 3 minutes rest time as measured with a food thermometer before removing meat from the heat source. For safety and quality, allow meat to rest for at least three minutes before cutting or consuming.
- Ground beef (patties, meatloaves, meatballs) should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.



Sources:

1. School Foodservice Beef Resource Guide. 2023. National Cattlemen's Beef Association. ARMS082023-09-SchoolFoodServiceBeefResourceGuide.pdf
2. The Big Thaw – Safe Defrosting Methods USDA. FSIS., The Big Thaw — Safe Defrosting Methods | Food Safety and Inspection Service
3. Cooking Meat: Is it done yet? 2022. USDA. <https://www.usda.gov/media/blog/2022/10/03/cooking-meat-it-done-yet>
4. Safe Minimum Internal Temperature Chart. USDA. FSIS. Safe Minimum Internal Temperature Chart | Food Safety and Inspection Service



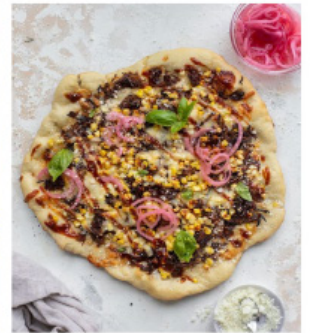
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THE WHY FOR BEEF IN SCHOOL MEALS

- **Beef is flavorful and is nutrient-rich.**
- **Beef pairs well with other healthy foods like vegetables, fruits, whole grains and dairy.**
- **We need to keep in mind that kids tend to accept and eat:**
 - » Foods served at home
 - » Foods served at local food establishments
 - » Foods on trend –influenced by peers, media, social media
- **School meal programs can provide nearly two-thirds of daily calories for kids, and therefore play an influential role in the development of a healthy dietary pattern.**

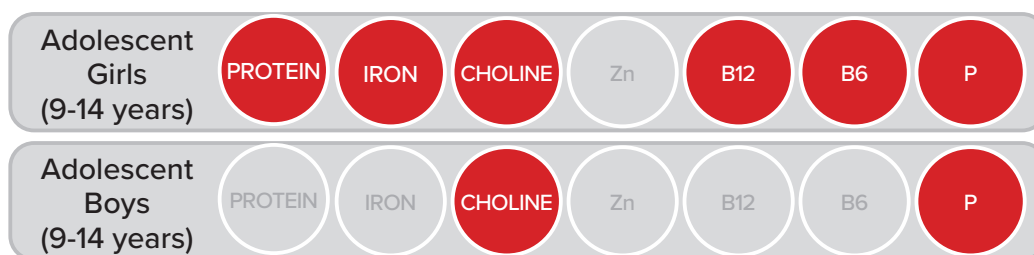


NUTRIENT AREAS OF CHALLENGE OR CONCERN

School-age years, especially adolescence, are a pivotal time for proper nutrition to support healthy growth—yet nutrient deficiencies are alarmingly common during this life stage.

In fact, many children, including adolescents, fall short on consuming essential nutrients to support learning, activity, and development such as high quality protein, iron, zinc, choline, and vitamins B₆ and B₁₂, which are all readily available in beef. Beef deliciously enhances nutritious meals—making it easier for growing children to enjoy key nutrients that fuel optimal physical and cognitive development, as well as immunity.^{1,2–5}

Nutrient Deficiencies in Adolescent Youth



1. Krebs, N.F., et al., Effects of different complementary feeding regimens on iron status and enteric microbiota in breastfed infants. *J Pediatr*, 2013. 163(2): p. 416-23.
2. Benton D. The influence of dietary status on the cognitive performance of children. *Mol Nutr Food Res* 2010;54:457–70.
3. Benton D, et al. Micronutrient status, cognition and behavioral problems in childhood. *Eur J Nutr* 2008;47:38-50.
4. Falkingham M, et al. The effects of oral iron supplementation on cognition in older children and adults: a systematic review and meta-analysis. *Nutrition Journal* 2010;9:4.
5. Smith AD, Refsum H. Vitamin B-12 and cognition in the elderly. *Am J Clin Nutr* 2009;89:707S-11S



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Nutrient-Rich Beef Can Help Fill the Nutrition Gaps



Beef's Top 10



IRON
helps your body
use oxygen.



VITAMINS B₆ and B₁₂
help maintain brain function and give
you energy.



PHOSPHORUS
helps build bones and teeth.



CHOLINE
supports nervous system
development.



NIACIN
supports energy production
and metabolism.



PROTEIN
helps preserve and
build muscle.



ZINC
helps maintain a healthy
immune system.



SELENIUM
helps protect cells from
damage.



RIBOFLAVIN
helps convert food into fuel.

BEEF GIVES YOUR BODY MORE

On average, a 3-ounce serving of cooked beef provides 175 calories and:¹

B ₁₂	101% DV
Zinc	53% DV
Protein	51% DV
Selenium	48% DV
Niacin	31% DV
B ₆	28% DV
Riboflavin	19%
Phosphorous	16%
Iron	14%
Choline	13%

DV refers to Daily Value, the amount of a nutrient needed for a healthy adult on a 2,000-calorie diet. The %DV is the percent of a nutrient's Daily Value provided by a serving of food. For example, if a food has 50% of the DV for protein, then it provides 50% of the protein an adult needs each day. Even if your diet is higher or lower in calories, you can still use the DV as a guide to whether a food is high or low in a specific nutrient.

DID YOU KNOW?

- Don't be left unsatisfied. On average a 3-oz serving of beef provides half (25 g) of the Daily Value for protein,¹ which is one of the most satisfying nutrients.
- Get your workout in! Exercise is more effective when paired with a higher-protein diet.²

1. US Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference, Legacy, NDB #13364. Version Current: April 2018. Internet: <https://ndb.nal.usda.gov/ndb/>

2. Jäger R, et al. International Society of Sports Nutrition Position Stand: protein and exercise. *Int Soc Sports Nutr.* 2017;14:20



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No matter where you choose to source the beef you prepare for school lunch trays, beef is an excellent choice for kids – providing a great source of nutrients and having a flavor profile they love. Students of all ages love to eat school lunch when you serve spaghetti and meat sauce, beef tacos, cheeseburgers, and savory meatballs, along with other delicious options like Philly cheesesteaks, beef stew or hot beef sandwiches. If you purchase products from local farmers and ranchers there are many ways to incorporate it into your school meals. Keep in mind the different preparation methods that kitchen staff may encounter if beef is sourced locally versus through your usual supplier.

QUESTIONS TO ASK YOUR FARMER

It works best to collaborate directly with the farmer, one that is familiar with wholesale orders. They can guide you on the most usable product for your school lunches. If there is not someone in your area who has fulfilled wholesale orders, a meeting with the farmer, processor and you can help guide the process.

After finding the farmer(s) you want to work with, below are a few important considerations and questions to ask to determine if the partnership will work. Do not be afraid to ask questions of the farmer, and be as specific as you can, when requesting information. The more you share with the farmer about your needs, the more likely he/she will be in meeting those requirements.



- a. Cost Structure
 - i. How does the farmer price product? Per pound live weight, hanging weight, by the cut or per head.
 - ii. Do they offer any quantity price breaks? If storage is available at the school, large volume orders may come with a discount and will help with overall costs.
 - iii. Do they have a guaranteed price period? In the beef industry, costs are constantly changing, and so might farmer prices. Ask about a timeline for the current prices, and a pre-order option to lock in at a lower price.
- b. Pricing List
 - i. Inquire and compare costs between different cuts. You may be able to swap some less expensive cuts for the traditional beef ingredients. Share your recipe needs with the farmer and have them make suggestions as to the most economical choices.
 - ii. Determine if the cost of further processed products, like a cooked beef crumble or pre-formed burger patty, are comparable with your in-house preparation capabilities.
- c. Payment Options
 - i. Cash or check? Does the farmer accept ACH payment?
 - ii. Do they require a down payment?
 - iii. What needs to be included on the invoice/receipt to receive payment from the school?
- d. Availability of Product
 - i. Will you be able to order as often as you need to maintain menus? Or, do you have adequate storage facilities to bring in more beef, less often?
 - ii. Is there a minimum quantity to order? If you cannot meet that order, is there another local district you could partner with to still get what you need?
 - iii. How long of a lead time does the farmer and processor need before you are menuing the product?
- e. Product Packaging
 - i. Some processors offer several types of packaging, pick the option that will last the longest, have the least waste, and be easiest for your staff to handle and prepare.
 - ii. Often processors and farmers can customize package labels, if you have certain needs make sure to ask for them.



KEY RECOMMENDATIONS FOR IMPLEMENTING LOCAL BEEF

Outlined below are key recommendations for implementing and sustaining locally sourced beef on your menu, as well as other items to think about, so you get the biggest bang for your buck when switching to local beef.

- Start small by choosing one day out of the month or one dish to feature local beef and build up to serving weekly local beef meals.
- Start with a product you are familiar working with and a recipe you know is well liked on your menu.
- Know your basic needs when ordering products. Think about any legal regulations you may have to follow or any equipment limitations you have. Beef producers and meat processors are required to adhere to food safety protocols established by state and federal policy, but be sure to share any other school specific needs/regulations they may have to follow.
- Think about the capabilities of your staff. Are they trained in handling raw products? Is there time to make patties from bulk ground beef? Where can you find resources for obtaining that training?
- Are there other districts in your area that have used local beef on their menu? How can you talk to them about how they started and their successes?
- How will you market the use of local beef to your students? Parents? Administrators? Does your district see value in supporting local businesses? How do you get their support?
- Leverage and take advantage of local resources. Expansion into local foods can be difficult because of funding limitations but there are creative solutions out there. Reach out to local cooperative groups, Department of Public Instruction, United States Department of Agriculture, and other local food resources to find opportunities. Be transparent and ask questions if you do not understand. Open communication is key when developing healthy relationships that work. Each party is an expert in their own area, be sure to leverage that and again, ask questions if you do not understand.



Tips for Crediting Meats/Meat Alternates in Child Nutrition Programs



Meats/Meat Alternates (M/MAs) are a required meal component for reimbursable lunches and suppers in Child Nutrition Programs (CNPs), such as the National School Lunch Program (NSLP), the Child and Adult Care Food Program (CACFP), and the Summer Food Service Program (SFSP). They are also a required meal component for lunches served under the Preschool Meal Pattern. M/MAs are not required for a reimbursable breakfast in CNPs, but may be offered in place of grains, with certain limitations, in the School Breakfast Program (SBP), the Preschool Breakfast Meal Pattern, and the CACFP. M/MAs may also be served as one of the two required meal components for a reimbursable snack in CNPs. When planning menus, remember:



- M/MAs are measured in ounce equivalents (oz eq). An oz eq of M/MA is the amount of the food that represents one ounce of edible portion of lean meat without the bone.
- The M/MA amount offered must provide a minimum of 0.25 oz eq per serving to be creditable in CNPs.
- The minimum creditable amounts do not apply to the CACFP infant meal pattern.

SPECIFIC PROGRAM REQUIREMENTS

School Meals: NSLP & SBP

NSLP has daily minimum requirements for M/MAs as well as weekly minimums and maximums at lunch, depending on grade level. Schools may exceed the weekly maximum for M/MAs, provided that meals (on average) meet the weekly dietary specifications for calories, saturated fat, sodium, and trans fat.

NSLP M/MA Daily and Weekly Requirements

Grades	Daily Min (oz eq)	Weekly Min (oz eq)	Weekly Max (oz eq)
K-5	1	8	10
6-8	1	9	10
9-12	2	10	12

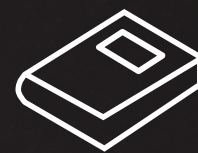
SBP does not have a required M/MA meal component. However, schools can choose to offer them to meet the weekly required amount of grains, after the minimum daily 1 oz eq grains is met.

For more information, check out Offering Meats and Meat Alternates at School Breakfast at www.fns.usda.gov/tn/offering-meats-and-meat-alternates-school-breakfast.

NSLP Afterschool Snack Service: 1 oz eq M/MA for all ages.

The Meat/Meat Alternates Tip Sheet is designed for program operators as a handy and easy-to-use reference on how to credit meats/meat alternates and incorporate them into the meal pattern requirements. Published in July 2022 by USDA. Please reference your states' specific rules when reviewing the Daily and Weekly minimum requirements, as they may have changed from year to year.

Specific Program Requirements (continued)



CACFP & PRESCHOOL MEALS

CACFP has minimum M/MA requirements for children and adults that vary by meal/snack and age. Preschool meals, served through NSLP and SBP, follow the same meal pattern as CACFP.

M/MA Minimum Requirements (oz eq)

Age (years)	Breakfast* (when served in place of grains)	Lunch & Supper	Snack** (when served)
1-2	½	1	½
3-5	½	1 ½	½
6-12	1	2	1
13-18	1	2	1
Adult	2	2	1

SFSP: For all ages, 2 oz eq M/MA at lunch and supper; 1 oz eq, if offered, at snack; No requirement at breakfast.

For more information, check out Serving Meats and Meat Alternates at Breakfast at www.fns.usda.gov/tn/serving-meats-and-meat-alternates-breakfast-cacfp

*M/MA is not required at breakfast but may be served in place of grains up to 3 times per week to meet part or all of the grains requirement. 1 oz eq of M/MA replaces 1 oz eq of grains.

**M/MA is not required at snack but may be served as one of two required meal components.

WHAT TO SERVE AND HOW MUCH?

Below are common meats and meat alternates with the amount needed to provide 1 oz eq M/MA.

Common Creditable Meats* (oz eq)

- Beef
 - Canadian bacon
 - Chicken•Duck
 - Fish•Game meat** (bison, venison (deer))
 - Ham (fresh)
 - Lamb
 - Pork (fresh or mildly cured)
 - Pork sausage
 - Shellfish
 - Turkey
- 1 oz cooked lean meat = 1 oz eq

- Bologna
 - Frankfurter/hot dog
 - Knockwurst
 - Vienna sausage
- 1 oz serving = 1 oz eq

- Surimi seafood
 - » Surimi seafood is pasteurized, ready-to-eat, restructured seafood usually made from pollock (fish).
- 1.0 oz = 0.25 oz eq
3.0 oz = 1.0 oz eq
4.4 oz = 1.5 oz eq

*Not an exhaustive list

** Only creditable if inspected and approved by an appropriate State, local, or Federal agency, or when served as traditional food on Indian Reservations or schools/institutions operated by Indian Tribes/Tribal organizations.

School Foodservice Recipes



Cheeseburger Blast Unwrap

Category	Entree
Total Portions	60
Portion Size(s)	1 each
Meal Components	2.25 oz eq M/MA; 2 oz eq grain; ¾ cup vegetable ½ cup dark green veg, ⅛ cup red/orange, ⅛ cup other



INGREDIENTS

- Ground beef, 85/15, frozen (USDA or Commercial)
- Steak seasoning, no salt added
- Dehydrated onion
- Water, tap
- Romaine lettuce, fresh, untrimmed
- Tomatoes, fresh, whole
- Red onion, fresh, whole
- 10” tortillas, flour, whole grain-rich (at least 2 oz eq grain)
- Cheddar cheese, yellow, reduced fat, shredded (USDA or Commercial)
- Pickles, low-sodium, canned, chips
- Catsup, low-sodium
- Yellow mustard, prepared

WEIGHT

10 lb
7 lb 12 oz
4 lb
2 lb 12 oz
7 lb 8 oz
2 lb 4 oz

MEASURE

1/4 cup
1/3 cup
2 cups
60 each
15 oz
3 ¾ cup
1 ¼ cups

DIRECTIONS

1. Thaw ground beef: Thaw ground beef under refrigeration for 2-3 days before preparation. **CCP: Hold at 41°F or lower.**
2. Cook ground beef: Brown ground beef in tilt skillet. Drain well. Add steak seasoning blend, dehydrated onion, and 2 cups water. **CCP: Heat to 160°F for at least 15 seconds. Hold at 140°F or higher.**
3. Process Vegetables: Chop lettuce into bite-sized pieces, medium dice tomatoes, and chop red onion. **CCP: Hold at 41°F or lower.**
4. Build and serve unwraps: Shape each tortilla into 2 lb boats to create a bowl shape. Place 1 cup romaine in the bottom of each tortilla bowl. Top romaine with #8 scoop (2 oz wt) seasoned ground beef, 1 Tbsp (¼ oz wt) cheddar cheese, 1 fl oz spoodle (2 Tbsp) tomatoes, 1 Tbsp red onion, 1 Tbsp (about 3 each) pickles, 1 Tbsp catsup, and 1 tsp mustard.

Nutrients Per One Serving (K-12)

Calories	372	kcal
Total Fat	18	g
Saturated Fat	6	g
Trans Fat	2	g
Cholesterol	57	mg
Sodium	534	mg
Total Carbohydrate	33	g
Total Dietary Fiber	6	g
Sugars	6	g
Protein	22	g
Vitamin A	4,398	IU
Vitamin C	7	mg
Calcium	54	mg
Iron	1	mg

Fiesta Beef Breakfast Nachos

Category	Breakfast Entree
Total Portions	60
Portion Size(s)	1 each
Meal Components	2.5 oz eq M/MA; 2 oz eq grain; ¼ cup red/orange vegetable



INGREDIENTS	WEIGHT	MEASURE
Ground beef, 85/15, frozen (USDA or Commercial)	10 lb	
Onion & herb seasoning blend, no salt added		1 ½ cups
Granulated garlic		¼ cup
Water, tap		2 cups
Scrambled eggs, cooked	1 lb 14 oz	
Tortilla chips, whole grain-rich (at least 2 oz eq grain)	7 lb 8 oz	
Salsa, tomato, low-sodium, canned (USDA or Commercial)		1¼ #10 cans OR 3 qts 3 cups
Lime juice, bottled or fresh		2 Tbsp
Cilantro, fresh, chopped		2 cups
Cumin, ground		1 Tbsp
Granulated garlic		2 Tbsp
Green onions, chopped		1 ¼ cup

DIRECTIONS

1. Thaw ground beef and eggs: Thaw ground beef under refrigeration for 2-3 days before preparation. Thaw eggs under refrigeration for 1 day before preparation. **CCP: Hold at 41°F or lower.**
2. Cook ground beef: Brown ground beef in tilt skillet. Drain well. Add onion and herb seasoning blend, granulated garlic, and 2 cups water. **CCP: Heat to 160°F for at least 15 seconds. Hold at 140°F or higher.**
3. Cook eggs: **Steamer method:** Place eggs in steamtable pan(s) and cover. Heat in steamer for 10-15 minutes or until product reaches 160° F. **OR Oven method:** Preheat oven to 350°F. Place eggs on sheet pan(s) prepared with parchment paper and non-stick spray. Cover with foil. Cook for 15-20 minutes or until product reaches 160°F. **CCP: Heat to 160°F for at least 15 seconds. Hold at 140°F or higher.**
4. Sesson salsa: Add salsa, lime juice, cilantro, cumin, and granulated garlic to food processor. Pulse until ingredients are blended. **CCP: Hold and serve at 41°F or lower.**
5. Serve: 2 oz eq tortilla chips topped with #8 scoop (2 oz wt) seasoned ground beef, #40 scoop, unpacked (1/2 oz wt) scrambled eggs, and #16 scoop salsa. Garnish with 1 tsp chopped green onions. Note: Cheese is optional. Not counted in meal pattern or nutrient analysis.

Nutrients Per One Serving (K-12)

Calories	482	kcal
Total Fat	23	g
Saturated Fat	6	g
Trans Fat	2	g
Cholesterol	91	mg
Sodium	360	mg
Total Carbohydrate	45	g
Total Dietary Fiber	6	g
Sugars	2	g
Protein	20	g
Vitamin A	604	IU
Vitamin C	13	mg
Calcium	93	mg
Iron	2	mg

Cheesesteak Kolache

Category	Entree
Total Portions	60
Portion Size(s)	1 Kolaches
Meal Components	2 oz. eq Grain and 2 oz. eq Meat/Meat Alternate (M/MA)



This recipe was created in collaboration with Chef Rachel Patraglia from the Georgia Department of Education School Nutrition



INGREDIENTS

Kolache Dough
 Beef, eye of round, raw
 Pepper, sweet bell, green, raw, small diced
 Onion, yellow, fresh, small diced
 Cheese, mozzarella, shredded
 Pan spray, butter
 Spice, pepper, black, ground
 Spice, garlic, granulated
 Salt, Kosher
 Oil, olive
 Pepper, red, crushed, flakes

WEIGHT

6.5 lbs

1 lbs

3 lbs 12 oz

MEASURE

60 srv

2 Tbsp

1 1/2 tbsp

1 Tbsp

1/2 cup

2 tsp

DIRECTIONS

DAY PRIOR TO SERVICE:

1. Trim and remove silver skin from the beef, if needed.
2. Place beef in freezer for at least an hour to help with slicing.
3. Using electric slicer, slice the beef very thinly.
4. Store the sliced beef in cooler, labeled, and dated. **CCP: Hold at 41 °F or below.**

DAY OF SERVICE:

1. Place thawed kolache dough in proofer.
2. Allow dough to rise 60-90 minutes until doubled in size.
3. While the dough is rising, prepare the cheesesteak filling.
4. Using the tilt skillet, heat the oil over medium-high heat. Add the diced bell peppers and onions.
5. Cook, 3-4 minutes, stirring occasionally, until bell pepper and onions are lightly browned, and onions turn translucent
6. Add the sliced beef, black pepper, granulated garlic, salt, and crushed red pepper. Continue cooking, stirring occasionally, until beef reaches 155°F. **CCP: Cook to 155°F or higher for 15 seconds.**
7. Remove the cheesesteak filling from tilt skillet and spread in an even layer on parchment lined sheet pans to cool. **CCP: Cool food from 135°F to 70°F within 2 hours and then from 70°F to 41°F within 4 hours.**
8. Once cooled, place the cheesesteak filling in a large mixing bowl and add the shredded mozzarella cheese. Gently stir to combine.
9. Remove the risen dough from proofer. Using the bottom of a ¼ cup dry measuring cup, press a deep indentation in the center of each dough.
 NOTE: If the indentation is too shallow, the fillings will spill out as they bake.
 NOTE: If the cup is sticking lightly spray the bottom of the cup with cooking spray.
10. Using a #12 scoop, add cheesesteak filling to the center of each dough.
11. Spray tops of kolaches with butter pan spray and bake at 325°F for 20-25 minutes.
 NOTE: The center kolaches will take longer to bake. Test these for doneness before removing from the oven.
CCP: Cook to 165°F or higher for 15 seconds.
12. Remove kolaches from oven and holding in hot holding cabinets until service.
CCP: Hold at 135°F or above.

Classic Beef Braise

Category	Entree
Total Portions	30
Portion Size(s)	1 each
Meal Components	2 oz eq M/MA



INGREDIENTS

Beef chuck roast, fresh or frozen,
shoulder clod, arm, without bone,
practically-free-of-fat
Tomato sauce, low-sodium, canned
(USDA or Commercial)
Italian seasoning blend, dried
Rosemary leaves, dried
Onions, dehydrated, chopped
Beef broth or stock, low-sodium

WEIGHT

7 lbs

MEASURE

1/2 cup

2 Tbsp

1 Tbsp

1/2 cup

1 qt

DIRECTIONS

1. Preheat oven to 350°F.
2. Cut thawed roasts into about 2 lb pieces.
3. In a small bowl, mix the tomato sauce, Italian seasoning blend, and rosemary.
4. Add dehydrated onions and beef broth to a half 4” steamtable pan. Stir together.
5. Add beef pieces in a single layer to pan of broth. Using a rubber spatula, spread seasoned tomato sauce over the top of each piece.
6. Cover pan(s) with aluminum foil.
7. Cook beef for 3-3.5 hours or until the beef reaches an internal temperature of 165°F and is fork tender.
8. Keeping beef covered, remove from oven and let sit for 15 minutes.
9. Remove foil and shred beef. Mix beef with juices in the pan.
CCP: Heat to 165°F or higher for 15 seconds. Hold at 140°F or higher.
8. Serve 1/2 cup beef (#8 scoop or 4 fl oz spoodle - about 3.4 oz each serving).
CCP: Hold at 140°F or higher.

Nutrients Per One Serving (K-12)

Calories	327	kcal
Total Fat	20	g
Sat Fat	8	g
Trans Fat	0	g
Cholesterol	123	mg
Sodium	121	mg
Total Carbohydrate	3	g
Total Dietary Fiber	0	g
Sugars	1	g
Added Sugars	0	g
Protein	31	g
Vitamin A	11	IU
Vitamin C	2	mg
Calcium	26	mg
Iron	3	mg

Beef Birria

Category	Entree
Total Portions	30
Portion Size(s)	1 each
Meal Components	2 oz eq M/MA



This recipe was created in collaboration
with Chef Juan Zamorano from San
Diego Unified School District



INGREDIENTS

Beef chuck roast, fresh or frozen,
shoulder clod, arm, without bone,
practically-free-of-fat
Tomato sauce, low-sodium, canned
(USDA or Commercial)
Birria spice blend (see recipe below)
Vinegar, Cider or White
Onions, dehydrated, chopped
Water, tap
Birria Spice Blend:
Garlic, granulated
Chili powder

Paprika
Cumin, ground
Oregano, dried, leaves
Cloves, ground
Black pepper, ground

WEIGHT

MEASURE

7 lb

1 1/2 cups

1/2 cup

1/4 cup

1/2 cup

1 qt

1 Tbsp

1 Tbsp

1 1/2 tsp

1/4 cup

1 1/4 tsp

2 tsp

1/4 tsp

1 1/2 tsp

DIRECTIONS

1. Preheat oven to 350°F.
2. Cut thawed roasts into about 2 lb. pieces.
3. In a small bowl, whisk tomato sauce, spice blend, and vinegar. Rub each roast piece with seasoned tomato sauce.
4. Add dehydrated onions and water to a half 4" steamtable pan. Stir together.
5. Add seasoned beef pieces in a single layer to pan of broth.
6. Cover pan(s) with aluminum foil.
7. Cook beef for 3-3.5 hours or until the beef reaches an internal temperature of 165°F.
8. Keeping beef covered, remove from oven and let sit for 15 minutes.
9. Remove foil and shred beef. Mix beef with juices in the pan. **CCP: Heat to 165°F or higher for 15 seconds. Hold at 140°F or higher.**
8. Serve 1/2 cup beef (#8 scoop or 4 fl oz spoodle - about 3.5 oz each serving). **CCP: Hold at 140°F or higher.**

Nutrients Per One Serving (K-12)

Calories	328	kcal
Total Fat	20	g
Sat Fat	8	g
Trans Fat	0	g
Cholesterol	123	mg
Sodium	78	mg
Total Carbohydrate	3	g
Total Dietary Fiber	1	g
Sugars	1	g
Added Sugars	0	g
Protein	31	g
Vitamin A	600	IU
Vitamin C	1	mg
Calcium	28	mg
Iron	3	mg

BIRRIA SPICE BLEND:

Whisk ingredients together in a bowl until well combined.
Makes 1/2 cup. **Store between 50-70°F.**

NOTE: We recommend making spice blend in batches to prevent kitchens from having to make the blend each time it comes up on their cycle menu.

Barbacoa Mollette

Category	Entree
Total Portions	30
Portion Size(s)	1 each
Meal Components	2 oz eq M/MA, 2 oz eq grain, ¼ cup legume, ⅛ cup other vegetable



INGREDIENTS

Beef Birria, cooked, shredded
 Refried beans, low-sodium,
 canned (USDA or Commercial)
 Iceberg lettuce, fresh, head
 Pepper jack cheese, shredded
 (USDA or Commercial)
 Cheddar cheese, reduced fat, shredded
 Whole grain-rich hamburger bun or split
 roll (at least 2 oz eq grain each)
 Salsa, tomato, low-sodium, canned
 (USDA or Commercial)

WEIGHT

6 lb 10 oz

1 lb 6 oz

7 1/2 oz

7 1/2 oz

MEASURE

1 qt 3 1/2 cups
 (5/8 #10 can)

30 each

3 3/4 cups

DIRECTIONS

1. Cook and prepare beef according to recipe. **CCP: Heat to 165°F or higher for 15 seconds. Hold at 140°F or higher.**
2. Place in a half steamtable pan and cover. Place in the steamer and cook for 10 minutes. Remove from steamer and stir. Steam until internal temperature reaches 140°F. **CCP: Heat to 140°F or higher for 15 seconds. Hold at 140°F or higher.**
3. Shred lettuce. Makes 1 qt 3 1/2 cups. **CCP: Hold at 41°F or lower.**
4. In a small bowl, mix pepper jack cheese and cheddar cheese. **CCP: Hold at 41°F or lower.**
5. Preheat oven to 325°F.
6. Place buns on a sheet pan with the outside of the tops and bottoms of the buns facing down.
7. Top each half bun with 2 Tbsp (#30 scoop) refried beans, spread evenly. Sprinkle with 1/2 oz (1 oz spoodle) cheese blend.
8. Place in the oven for 3 minutes. Rotate pans in the oven and cook for 3 more minutes or until cheese is melted.
9. Top each bun half with 1/4 cup (#16 scoop or 2 fl oz spoodle - about 1.75 oz weight each scoop) beef birria.
10. Top each bun half with 2 Tbsp (1 fl oz spoodle or #30 scoop) lettuce and 2 Tbsp (1 fl oz spoodle or #30 scoop) salsa each. Serve two bun halves.

Nutrients Per One Serving (K-12)

Calories	595	kcal
Total Fat	27	g
Sat Fat	10	g
Trans Fat	0	g
Cholesterol	135	mg
Sodium	460	mg
Total Carbohydrate	44	g
Total Dietary Fiber	7	g
Sugars	5	g
Added Sugars	0	g
Protein	44	g
Vitamin A	940	IU
Vitamin C	8	mg
Calcium	65	mg
Iron	5	mg

Beef Bahn Mi Wrap

Category	Entree
Total Portions	30
Portion Size(s)	1 each
Meal Components	2 oz eq M/MA, 2 oz eq grain, 1/8 cup red/orange vegetable, 1/4 cup other vegetable



INGREDIENTS

Chili-soy braised beef, cooked, shredded
Carrots, fresh, shredded
Rice wine vinegar, seasoned
Cucumber, fresh, whole unpared
10" Whole grain-rich tortilla
(at least 2 oz eq grain each)
Cilantro, fresh, chopped

WEIGHT

6 lb 6 oz

MEASURE

3 3/4 cup

2 Tbsp

2 lb 7 oz

30 each

2 cups

DIRECTIONS

1. Cook and prepare beef according to recipe. **CCP: Heat to 165°F or higher for 15 seconds. Hold at 140°F or higher.**
2. Drain carrots if water is pooling in the packaging. Place carrots and vinegar in a plastic food grade container. Using gloved hands, massage carrots with vinegar. Place in refrigerator for 15 minutes.
3. Remove from refrigerator and stir. **CCP: Hold at 41°F or lower.**
4. Thinly slice cucumbers. Makes 1 qt 3 1/2 cups. **CCP: Hold at 41°F or lower.**
5. Place 1/2 cup (#8 scoop or 4 fl oz spoodle - 3.4 oz weight) chili-soy braised beef in the center of each tortilla.
6. Top with 1/4 cup (2 fl oz spoodle) sliced cucumber, 1/8 cup (1 fl oz spoodle) seasoned carrots and 1 Tbsp cilantro.
7. Roll into a wrap.
8. Serve 1 wrap. May wrap in food grade sandwich paper and cut in half for appealing presentation.

Nutrients Per One Serving (K-12)

Calories	504	kcal
Total Fat	25	g
Sat Fat	9	g
Trans Fat	0	g
Cholesterol	123	mg
Sodium	581	mg
Total Carbohydrate	33	g
Total Dietary Fiber	5	g
Sugars	7	g
Added Sugars	5	g
Protein	36	g
Vitamin A	2,325	IU
Vitamin C	3	mg
Calcium	80	mg
Iron	3	mg

Korean Braised Beef Noodles

Category	Entree
Total Portions	30
Portion Size(s)	1 each
Meal Components	2 oz eq M/MA, 2 oz eq grain, ¼ cup dark green vegetable, ⅓ cup red/orange vegetable



INGREDIENTS

Chili-soy braised beef, cooked, shredded
 Spaghetti pasta, whole grain-rich
 (USDA or Commercial)
 Broccoli, no salt added, frozen, thawed
 Carrots, fresh, shredded
 Green onions, fresh, sliced with tops

WEIGHT

6 lb 6 oz

3 lb 12 oz

2 lb 4 oz

13 oz

MEASURE

3 3/4 cups

1 cup

DIRECTIONS

1. Cook and prepare beef according to recipe. **CCP: Heat to 165°F or higher for 15 seconds. Hold at 140°F or higher.**
2. Break noodles into thirds for easier serving and eating.
Steamer method: Place noodles in perforated pan (optional for easy draining) lined with a solid steamtable pan. Add enough hot water to cover noodles. Steam uncovered for 8 minutes or until al'dente (firm to the bite). **DO NOT OVERCOOK.**
Kettle method: Bring water to a boil. Cook pasta 5-7 minutes or until al'dente. **DO NOT OVERCOOK.** Drain well. Place noodles in steamtable pans.
3. Cut thawed broccoli into bite size pieces and place in 2" perforated steamtable pans. Steam for 10 minutes for until 140°F.
4. Toss beef, noodles, and broccoli. Place in 4" steamtable pans. **CCP: Hold at 140°F or higher.**
5. Right before service, stir in shredded carrots and green onions for garnish and crunch.
6. Serve 2 cups (2 - 8 fl oz spoodles or 2 - #4 scoops - about 9.6 oz weight). **CCP: Hold at 140°F or higher.**

Nutrients Per One Serving (K-12)

Calories	563	kcal
Total Fat	23	g
Sat Fat	8	g
Trans Fat	0	g
Cholesterol	123	mg
Sodium	196	mg
Total Carbohydrate	52	g
Total Dietary Fiber	7	g
Sugars	8	g
Added Sugars	5	g
Protein	40	g
Vitamin A	2,429	IU
Vitamin C	16	mg
Calcium	62	mg
Iron	5	mg

Classic Braised Beef

Category	Entree
Total Portions	30
Portion Size(s)	1 each
Meal Components	2.5 oz eq M/MA, 2 oz eq grain, 1/8 cup other vegetable



INGREDIENTS	WEIGHT	MEASURE
Classic beef braise, cooked, shredded	6 lb 6 oz	
Pepper and onion vegetable blend, no salt added, frozen, thawed (USDA or Commercial)	4 lb	
Whole grain-rich roll or sub (at least 2 oz eq grain each)		30 each
Mozzarella cheese, lite, shredded (USDA or Commercial)	15 oz	

DIRECTIONS

1. Cook and prepare beef according to recipe. **CCP: Heat to 165°F or higher for 15 seconds. Hold at 140°F or higher.**
2. Mix thawed vegetable blend in with the beef braise. Cover and place back in the oven for 20 minutes or until internal temperature reaches 165°F. **CCP: Heat to 165°F or higher for 15 seconds.**
3. Build sandwiches: Build sandwiches on the line or right before service to prevent soggy bread. Place 2/3 cup (#6 scoop - about 5.4 oz) classic beef braise and peppers in the center of the buns. Top with 1/2 oz (1 fl oz spoodle) shredded cheese. **CCP: Hold at 140°F or higher.**
4. Serve 1 sandwich. **CCP: Hold at 140°F or higher.**

Nutrients Per One Serving (K-12)

Calories	503	kcal
Total Fat	24	g
Sat Fat	9	g
Trans Fat	0	g
Cholesterol	128	mg
Sodium	411	mg
Total Carbohydrate	30	g
Total Dietary Fiber	4	g
Sugars	6	g
Added Sugars	0	g
Protein	41	g
Vitamin A	11	IU
Vitamin C	1	mg
Calcium	33	mg
Iron	4	mg