Beef is an important part of a healthy, balanced diet and no other protein source offers the same mix of essential nutrients.1

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.

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.

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.

For some delicious school food service recipes with beef:

For preparation tips for beef in school food service recipes: