



Beef

Sources

Cafeteria

- Beef in Brief: How America's Cattle Serve the World, National Cattlemen's Beef Association (beefnutrition.org/CMDocs/BeefNutrition/BIB_Brochure_web_Color.pdf)
- Montana Agricultural Facts 2013, National Agriculture Statistics Service (www.nass.usda.gov/Statistics_by_State/Montana/Publications/Special_Interest_Reports/MT_agfacts_2013.pdf)
- The Visual Food Encyclopedia
- Guidelines for Purchasing Local Foods, Montana Team Nutrition Program (opi.mt.gov/PDF/SchoolFood/FarmToSchool/GuidePurchasingLocalFoods.docx)
- Food Safety, US Department of Health and Human Services (www.foodsafety.gov)
- Confident Cooking with Beef, Montana Beef Council (www.beefretail.org/CMDocs/BeefRetail/customerhandouts/ConfidentCookingwithBeef.pdf)
- Spice Usage Tips, Spice Advice (www.spiceadvice.com/newsa/usage/chart.html)
- "Beef" Food Fact Sheet, Montana State University Extension (www.msuextension.org/nutrition/FoodFactSheets.html)
- National Nutrient Database, USDA (ndb.nal.usda.gov)
- Eat Smart, Be Smart Curriculum, Montana Team Nutrition Program (opi.mt.gov/Programs/SchoolPrograms/School_Nutrition/eatsmart.html)
- Montana's Healthy School Recipe Roundup, Montana Team Nutrition Program (opi.mt.gov/PDF/SchoolFood/HealthyMT/13April_HealthyMT_RecipeRoundup.pdf)
- Rock and Roll Beef Wraps, National Cattlemen's Beef Association (www.beeffoodservice.com/recipe.aspx?id=6093)
- Cattle breed illustrations used with permission from The Cow Wall, Kranky Kids (www.krankykids.com/cows/alphabetical/b.html)

Dig Deeper

Get more information, register, or download resources:

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Classroom

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- National Nutrient Database, USDA (ndb.nal.usda.gov)
- Eat Smart, Be Smart Curriculum, Montana Team Nutrition Program (opi.mt.gov/Programs/SchoolPrograms/School_Nutrition/eatsmart.html)
- Montana’s Healthy School Recipe Roundup, Montana Team Nutrition Program (opi.mt.gov/PDF/SchoolFood/HealthyMT/13April_HealthyMT_RecipeRoundup.pdf)
- Beef and Broccoli Bowl, Cooking Light (www.myrecipes.com/recipe/beef-broccoli-bowl)
- Got Veggies? Curriculum, Wisconsin Department of Health Services and Community GroundWorks (www.dhs.wisconsin.gov/physical-activity/foodsystem/gotveggies.htm)
- Cattle breed illustrations used with permission from The Cow Wall, Kranky Kids (www.krankykids.com/cows/alphabetical/b.html)

Home

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- “Beef” Food Fact Sheet, Montana State University Extension (www.msuextension.org/nutrition/FoodFactSheets.html)
- Montana’s Healthy School Recipe Roundup, Montana Team Nutrition Program (opi.mt.gov/PDF/SchoolFood/HealthyMT/13April_HealthyMT_RecipeRoundup.pdf)
- Beef and Broccoli Bowl, Cooking Light (www.myrecipes.com/recipe/beef-broccoli-bowl)



The Montana Harvest of the Month program showcases Montana grown foods in Montana communities. This program is a collaboration between Montana Farm to School, Office of Public Instruction, Montana Team Nutrition Program, National Center for Appropriate Technology, Montana State University Extension, Gallatin Valley Farm to School, FoodCorps Montana, and Montana Department of Agriculture. More information and resources are available at: mtharvestofthemonth.org.

Funds were provided in part by a USDA Team Nutrition Training grant, a USDA Farm to School grant, Montana Healthcare Foundation, Northern Pulse Growers Association, Montana Department of Public Health and Human Services, and Montana School Nutrition Association. USDA is an equal opportunity provider and employer. The Montana State University Extension Service is an ADA/EO/AA/Veteran’s Preference Employer and Provider of Educational Outreach. This publication was supported by the Grants or Cooperative Agreements Numbers, 6 U58DP004818-03-01 & 5 U58DP004818-03-00, and funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the DPHHS.