

MOOOOVE Over Local Produce, March is All About Local GROUND BEEF



Connect with Local Producers!
SCHOOL INTEREST FORM

FIND BEEF IN ARIZONA

- American Arrow Beef Company: Saint Johns, AZ
- Arizona Grass Raised Beef Co: Camp Verde, AZ
- Heartquist Hollow Farm: Winkelman, AZ
- Jackson Ranch, Huachuca City, AZ
- K4 Copper State Reserve: Prescott, AZ
- KB Farm and Pantry: Springville, AZ
- The Meat Shop: Phoenix, AZ



Don't miss "A Success Story w/ Osborn School District - Procuring Local Beef".

Join us March 18, 2025, at 1:30pm for a Webinar focused on sourcing local beef into Arizona's school meal programs.

ARIZONA BEEF FACTS

- Cattle are raised in every county in Arizona.
- There are 970,000 cattle and calves in Arizona and is ranked 31st in the Nation.
- Arizona cattle ranches produce enough beef to feed more than 8 million Americans every year.
- There are at least 50 breeds of beef cattle, but fewer than 10 make up most cattle produced. Some major breeds are Angus, Hereford, and Brahman.
- Beef is a complete, high-quality protein source, providing all the essential amino acids that the body requires to build, maintain, and repair its tissues.
- Grass-Fed: This label means that the cattle were raised on a grass diet for at least part of their life.



LOCAL RECIPE:

Fiesta Beef Breakfast Nachos

Celebrate National School Breakfast Week (NSBW) during the first week in March by adding a new item on your breakfast menu. Crunchy tortilla chips covered in seasoned, ground beef, scrambled eggs, and fresh salsa.

- 10 pounds Locally, sourced, fresh ground beef, 1 ½ cups Onion and herb seasoning blend (no salt added), ¼ cup Garlic, granulated, 2 cups Water
- 1 ⅞ pounds Eggs, scrambled (1 pound 14 ounces)
- 7 ½ pounds Corn tortilla chips
- 15 cups Fresh salsa (made from locally harvested produce)



QUICK MATH: BEEF



**1 POUND (1#)
 FRESH, GROUND BEEF**

10% fat
 12, 1 oz
 cooked, lean
 meat

15% fat
 12, 1 oz
 cooked, lean
 meat

20% fat
 11, 1 oz
 cooked, lean
 meat

