

Texas Spotlight: Beef



Protein

- Building blocks for muscles, bones, skin, enzymes, hormones, etc.

Iron

- Growth and development, carries oxygen to RBC

B-Vitamins

- Energy, transport oxygen and nutrients, supports immune system

Recipe Cut



- Top butt/bottom sirloin, trimmed, cubed



Sourced Locally From...

- Thalia – West of Wichita Falls
- Chilton – Northeast of Temple
- Marlin – Northeast of Temple

Featured Recipe: Beef and Chimichurri Rice Bowl

Florence FHS Meat Market

- Operated by Florence HS students in FFA Program
- Locally sourced
- Full-Service Meat Counter
 - USDA inspected
 - Students process and fabricate
 - Mainly choice cuts
 - Beef, pork, and lamb



TEXAS DEPARTMENT OF AGRICULTURE
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Food and Nutrition Division
Nutrition Assistance Programs

This product was funded by USDA.
This institution is an equal opportunity provider.



Updated 9/13/2023
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