

# Challenge 4:



Meat/Meat Alternates, Iron, and  
Fluid Milk

# Looking Back

## □ MyPyramid

## □ Go Lean on Protein



### Meat & Beans

❖ Go lean on protein

- Choose low-fat or lean meats and poultry
- Bake it, broil it, or grill it
- Vary your choices—with more fish, beans, peas, nuts, and seeds

[Learn more »](#)

# HealthierUS School Challenge Criteria

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Same for bronze, silver,  
and gold:

- ❑ 4 different meat/meat alternates per week
- ❑ Cooked dried beans/peas once a week
- ❑ 2 or more good sources (.8 mg/serving X 2 or 1.6 mg/serving) of iron per day



# 4 Different Meat/Meat Alternates

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- Variations in form, texture, etc., and not necessarily different types of meat/meat alternates (e.g., beef, pork, chicken, eggs, fish)
- Example: Meatloaf, hamburger on a bun, lasagna
- Daily choices recommended but not mandatory; however, ↑ fat entrées ( $\geq 40\%$  of calories from fat excluding nuts, seeds, and nut butters) limited to once a week
- Attachment C of the Food/Nutrient Guidance

# Let's Try an Example

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- ❑ Shredded pork on a whole wheat bun
- ❑ Beef tacos
- ❑ Fish patty on a whole wheat bun
- ❑ Turkey tidbits with mashed potatoes
- ❑ Bean burritos
  
- ❑ Does this meet the challenge?

# Does This Meet the Challenge?

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- ❑ Beef stir fry
- ❑ Hamburger on a whole wheat bun
- ❑ Beef tacos
- ❑ Lasagna
- ❑ Meatloaf with gravy

# Quick Activity



Plan one week's worth of entrées that meets the criteria.

# Cooked Dried Beans/Peas

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- ❑ Challenge: Offer once a week
- ❑ What are beans?
- ❑ Why dried beans/peas?



# Examples

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- ❑ Pinto beans
- ❑ Great northern or navy beans
- ❑ Kidney beans or red beans
- ❑ Black beans
- ❑ Lentils
- ❑ Garbanzo beans (chickpeas)
- ❑ Cowpeas
- ❑ Split peas
- ❑ Lima beans (dry, mature, such as large white)
- ❑ Black-eyed peas



# Beans and Peas...What Will Kids Eat?

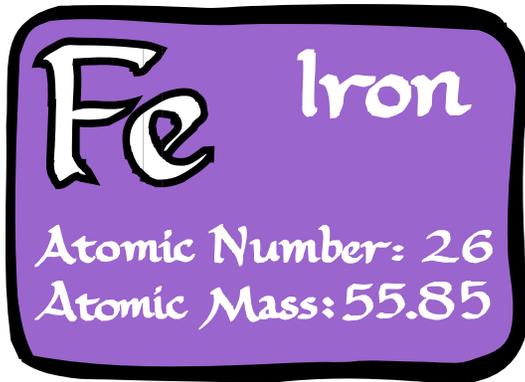
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▣ Let's  
generate  
some ideas...

# Iron...The Popeye Nutrient!

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- Popeye did have it right...
- So did our moms!
- Challenge: Two .8 mg/serving foods or one food that provides 1.6 mg/serving of iron
- Why?

# Good Sources of Iron

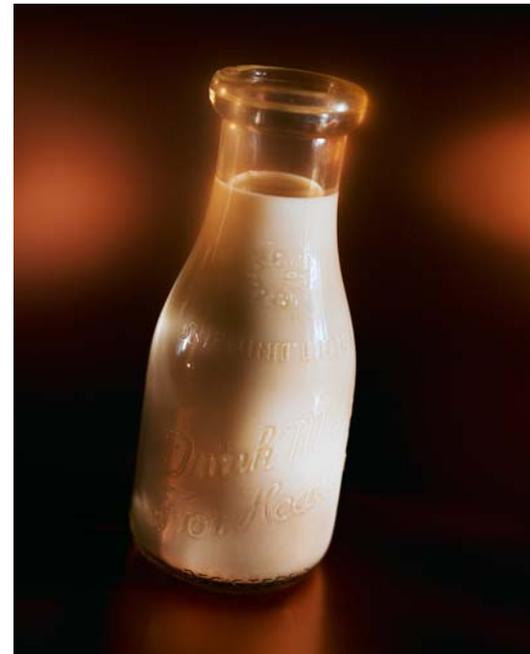
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- USDA HealthierUS School Challenge Food/Nutrient Guidance, April 2006
  - Attachment F1
    - Good sources of iron with .8 mg/serving or more
  - Attachment F2
    - USDA recipes that are good sources of iron with .8 mg/serving or more

# The Milk Challenge

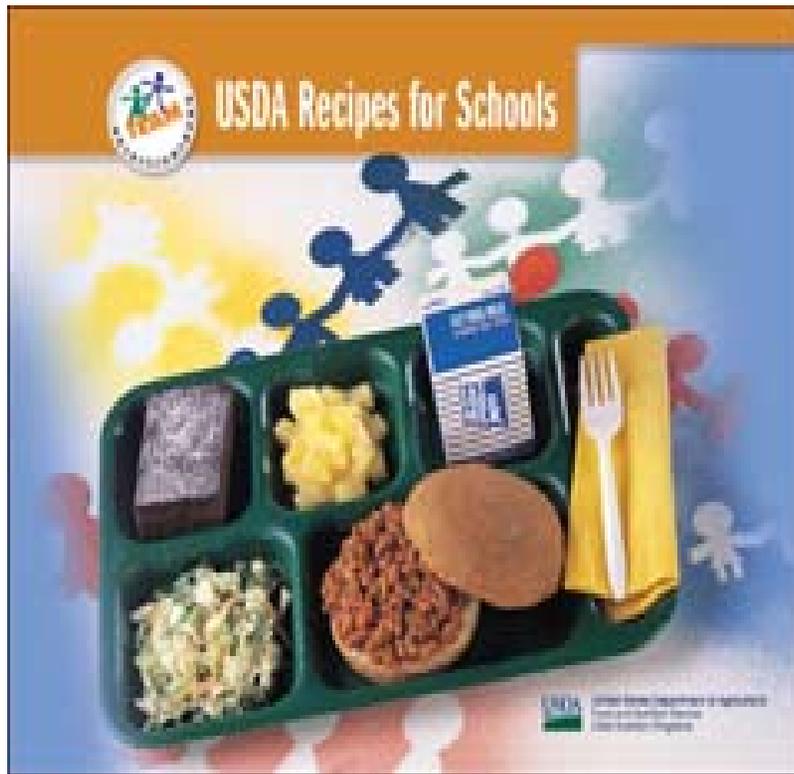
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- HealthierUS  
School Challenge
  - Offer low-fat (1%) or skim milk
  - What about flavored milk?



# Putting It All Together

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- Let's Create a Menu...
- Remember that a menu item can count in more than one category
- Let's take a look...

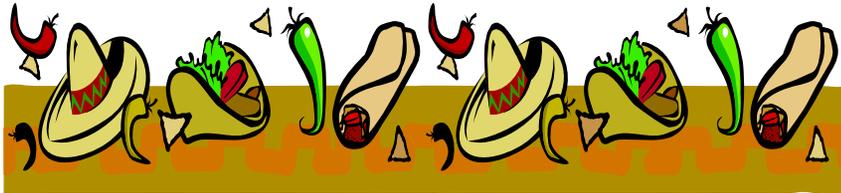
# Creating a Lunch Menu

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## □ USDA Bean Burrito (D-12A)

- Counts as a meat/meat alternate, dried bean/pea, vitamin C, iron

- What can be offered with it to build the rest of the meal?
  - Vitamin C
  - Iron
  - Bean or Pea?
  - Fruit
  - Vegetable
    - Dark Green/Orange Fruit or Vegetable
  - Fresh Fruit or Raw Vegetable?
  - Whole Grain
  - Milk



# Let's Do Some More...

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Lasagna with Ground Beef D-25

Beef Stir Fry D39-A

Sloppy Joe on a Roll F-05

Sweet and Sour Pork D-36

Taco Salad E-10

# Menu Activity

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## □ Entrée

- Vitamin C
- Iron
- Bean or Pea?
- Fruit
- Vegetable
  - Dark Green/Orange Fruit or Vegetable
- Fresh Fruit or Raw Vegetable?
- Whole Grain
- Milk