

Nicholas Meat Quarterly

Company News and Updates for the Loganton Community

SUMMER 2026

CELEBRATING SVRCS SENIORS: *Words of Inspiration*

As seniors at Sugar Valley Rural Charter School (SVRCS) prepare to walk across the graduation stage on Wednesday, June 3 at 6 p.m., we want to pause to recognize this accomplishment and share a few reflections for these young adults to carry with them on the journey ahead. We want to celebrate SVRCS as well. This year marks the 25th year that graduation has taken place at SVRCS. In 2001, the very first graduation only had one (yes ONE!) graduating senior. This year that number is 34!

These 34 seniors are approaching life after school in a variety of ways. Some are continuing their education in four-year programs at Penn State or Commonwealth University of Pennsylvania, while others are enrolled in two-year programs at Penn College or Central Pennsylvania Institute (CPI), explained Tracie Kennedy, SVRCS CEO.

"Additionally, there are those that are joining the military or entering the workforce," Kennedy continued. "We have students that will be working on farms and even one that is planning to run their own livestock business after graduation."



JOSE GRIMALDO

INSPIRING WORDS FROM EMPLOYEES

When it came to offering words of advice to graduating seniors, our employees had several. For example, **Jose Grimaldo** from fabrication said students should "take time to evaluate your surroundings to help determine what your next goal in life might be."



CONNER OHL

Connor Ohl from maintenance advised that students should "be responsible and plan ahead."

> **Always be ahead of the game so you don't get stuck behind!**
> — CONNOR, MAINTENANCE

Reina Tiomico from HR shared this reminder, "Every decision and action you take has important consequences, so be careful with your life choices."



ALEXIS CARRASCO

Alexis Carrasco, who has been with Nicholas Meat for four years and works in the quality assurance department, suggested that seniors should "never settle for less than what's needed."

> **Keep learning. Stay hungry!**
> — DREW, FORKLIFT OPERATOR/SHIPPING



DREW GARION

Drew Garion, a forklift operator in shipping, has been with Nicholas Meat for almost five years. He suggests that students continue to learn. "Your education and self-mastery are a lifelong journey – there is no ending to it," he said.

> **Shoot for the top; you might just hit the mark.** — JOSE, FABRICATION

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REINA TIOMICO

ADVICE FOR FUTURE SENIORS

For those that still have a few years to graduate, our staff had additional advice. Getting involved at the high school level – whether by joining clubs or participating in school programs – can help you gain useful experience, recommended Tiomico.

"These activities can help build your confidence and maybe increase your chances of getting scholarships," she explained. "And, avoid comparing your achievements to others. There will always be someone who is better in different areas like school, music or sports. Focus on improving yourself because your only competition is yourself.

> **Never stop pushing forward.**
> — ALEXIS, QUALITY ASSURANCE UTILITY

According to Kennedy, many SVRCS seniors did take advantage of programs available to students including taking college courses and getting credit for work experience.

"Several of our seniors this year participated in our dual enrollment program with the Commonwealth University of Pennsylvania, so they are earning college credits while attending SVRCS," she said. "Additionally, we have other seniors that have entered a cooperative program that allows them to have classes for half of the day and then work the other half of the day."

Congratulations to the Class of 2026 on a job well done and best wishes in the future!



Meat Our People
VANESSA GOMEZ

Position: Upgrade trimmer

Years employed by Nicholas Meat:
6 years

What do you like about your job:
The opportunity of trying and learning new things.

Who do you admire & why:
Myself! I am proud of how I have handled situations and overcome challenges.

When it comes to beef:
It's a tie – grilled ribeye or tacos!

THANKS FOR ASKING:

Beef ON A Budget

HOW DO I ADD PROTEIN TO MY DIET ON A BUDGET?

The 2025–2030 Dietary Guidelines recommend that adults consume 1.2 to 1.6 grams (g) of protein per kilogram (kg) of body weight daily.[1] This updated guideline is a significant increase from the previous standard of 0.8 g per kg, aiming to support muscle mass, metabolic health and reduce reliance on processed carbohydrates. For a 150-pound (approx. 68 kg) adult, this new recommendation translates to about 80-110 g of protein per day. While protein needs vary by age, activity and health history, general recommendations suggest you get 25-30 g of protein of protein at each meal.

Beef – a protein powerhouse – is a natural pick to get the daily recommended levels. A nutrient-dense food, beef provides 10 essential nutrients including more than 25 g of high-quality protein in a single 3 oz. serving. However, with tight cattle supplies and increased demand, some may find it a financial stretch to include more beef in their diet. Here are some tips on adding beef to your daily diet on a budget.

Plan for Leftovers
Planning to utilize leftover beef for one or two more meals can help you extend your budget and meet your daily protein goal. Beef's versatility lends itself to leftovers being reinvented into a new and imaginative meal (or two). For example, you can make slow-roasted short ribs for a meal one day and then turn the leftovers into a panini sandwich the following day.

Batch cooking can also help you plan your leftovers. If you batch cook a larger quantity of beef, you can plan to use it throughout the week in several different recipes. Batch cook shredded beef, ground beef or steak as part of your meal prep for yourself and family. A batch of ground beef can be used in chili, tacos or spaghetti. Steak can be diced for salad, stir-fried with vegetables or served in a bowl combined with rice, beans and any other favorite topping.

Not a planner but prefer to look in the fridge and wing it? Try adding beef in new, flavorful ways. Add leftover pot roast to artichoke dip to heighten the protein content of a snack or top some mac-n-cheese with left-over shredded pot roast. Don't forget a splash of barbecue sauce! The combinations are only limited by your imagination.

Marinade Makes the Difference
It's easy to get into a cut rut. Luckily, adding a marinade can change up a tried-and-true cut or tenderize a more economical cut of beef. Take for instance flank steak, which is best when marinated and grilled or sliced thin and stir-fried. Or consider outside skirt steak for fajitas or stir-fry. Of course, eye of round steak is a tremendous value that is lean and boneless. Marinade this cut, then grill or cook in a skillet.

Snack Time = Beef Jerky
Try adding beef jerky to your list of go-to snacks. Beef jerky is full of essential nutrients and it's easy to have on the go. Enjoyed alone, beef jerky can be a great pick-me-up after a workout or an easy snack. Or, you can incorporate it into a variety of recipes including granola bars, trail mix or even cookies.

Click HERE for more Beef on a Budget tips!

1. Dietary Guidelines for Americans. 2026-2030 Available at: https://cdn.realfood.gov/DGA.pdf

Beef & Dairy

POWERING PEOPLE & PENNSYLVANIA



A Cornerstone of Pennsylvania Agriculture

$13+ BILLION annual economic impact (beef & dairy combined)[1,2]

1.5+ MILLION DAIRY & BEEF CATTLE in Pennsylvania[2]

$2.6 BILLION contributed to PA GDP by beef & dairy industry[2]

Keeping local communities STRONG

Pennsylvania has **13K+** BEEF & DAIRY FARMS statewide[3,4]

86K+ PENNSYLVANIA JOBS supported by beef & dairy industries[1,5]

Farms help sustain local businesses like **Nicholas Meat** and many others!

1. https://www.centerfordairyexcellence.org/pa-dairy-goodness-that-matters/pa-dairy-overview
2. https://www.pabeef.org/about-us/the-impact-of-the-pa-beef-industry
3. https://www.pa.gov/agencies/farmshow/pa-farm-show/participate-virtually/agexplorer/beef
4. https://www.pa.gov/agencies/farmshow/pa-farm-show/participate-virtually/agexplorer/dairy
5. https://fcfreepresspa.com/pennsylvania-recognizes-may-as-beef-month/

Protein Powerhouses

Beef and Dairy are excellent protein sources, with common servings containing roughly:



BEEF
25 GRAMS PER 3 OZ. SERVING



GREEK YOGURT
12–18 GRAMS PER 5-6 OZ. SERVING



COTTAGE CHEESE
12–13 GRAMS PER ½ CUP



MILK
8 GRAMS PER 8 OZ. CUP

How much protein do I need?

Needs vary by age, activity and health history, but general recommendations suggest you get 25-30 grams of protein at each meal.

IN THIS ISSUE:

Welcome to the Summer edition of the Nicholas Meat Quarterly Newsletter. With May being National Beef Month and June being National Dairy Month, we have much to celebrate at Nicholas Meat and in our beautiful Sugar Valley.

Here's a look at what else you'll find in this edition:

1 Advice for 2026 Graduates

2 Meat Our People

2 Eating Beef on a Budget

3 Celebrating Beef & Dairy



Flat Iron Steaks with Grilled Corn & Cumin-Lime Butter

It's grilling season again! Try this recipe that incorporates some of the tricks we suggest for incorporating protein economically into your meals throughout the day. This easy grilled recipe comes with a bonus recipe for leftovers. That means half the mess but twice the meals! Thank you to our friends at Pennsylvania Beef Council for the recipe.

Ingredients:

- 4 beef Flat Iron Steaks (about 8 oz. each)
- 6 ears fresh sweet corn, in husks
- 2 T. butter, softened
- 1 t. fresh lime juice
- 1 med. poblano pepper
- 1 small red finger chili (cayenne) pepper or serrano pepper
- Lime wedges
- Salt & pepper

Rub:

- 2 T. ground cumin
- 3 large cloves garlic, minced
- 2 t. brown sugar
- ½ t. freshly grated lime peel
- ¼ t. ground red pepper

Cooking:

1. Pull back husks from corn, leaving husks attached. Remove and discard corn silk. Bring husks back up around corn; tie in place with kitchen string or strips of corn husk. Soak corn in cold water 30 minutes or up to several hours.

2. Combine rub ingredients. For Cumin-Lime Butter, combine 2 teaspoons rub mixture, butter and lime juice in small bowl; set aside. Press remaining rub evenly onto beef steaks. Cover and refrigerate steaks 30 minutes.

3. Remove corn from water. Place on grid over medium, ash-covered coals; grill, covered, 20 to 30 minutes or until tender, turning occasionally. About 15 minutes before corn is done, move ears to outer edge of grid. Place poblano and finger chili pepper in center of grid; grill poblano pepper 10 to 15 minutes and chili pepper 5 minutes or until skins are completely blackened, turning occasionally. Place peppers in food-safe plastic bag; close bag. Set aside.

4. Place steaks on grid over medium, ash-covered coals. Grill, covered, 10 to 14 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally.

- **Cook's Tip:** To prepare on gas grill, preheat grill according to manufacturer's directions for medium heat. Place vegetables and steaks on grid as directed above. Grill corn and poblano pepper, covered, 15 to 25 minutes, or until corn is tender and skin of poblano pepper is completely blackened, turning occasionally. Grill finger chili pepper 5 to 10 minutes or until skin is completely blackened, turning occasionally. Grill steaks, covered, 12 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally.

5. Remove and discard husks from corn. Cover and refrigerate 2 steaks, 2 ears corn and grilled peppers to use in another recipe. Carve remaining 2 steaks into slices. Squeeze lime wedges over beef, as desired. Spread Cumin-Lime Butter over remaining 4 ears corn. Season beef and corn with salt and black pepper, as desired.