

The School Lunch Tray: December 7, 2022

Dear School Sponsors of Child Nutrition Programs:

The School Lunch Tray contains the Connecticut State Department of Education's (CSDE) weekly email notifications for the U.S. Department of Agriculture's (USDA) school nutrition programs. This week's topics are listed below.

Action Items

- Reminder: Verification and the Food and Nutrition Service (FNS) 742 Verification Summary Report Due December 15, 2022

Need to Know

- New CSDE Parent Video: How to Fill Out the Application for Free and Reduced-price Meals or Free Milk
- Resource Roundup: Start with Half a Cup Portion Guides for Fruits and Vegetables

Good to Know

- Discover MyPlate: Nutrition Education for Kindergarten

Please review and share with appropriate staff members. For previous versions of the School Lunch Tray, visit the CSDE's [School Lunch Tray and Table Talk](#) webpage.



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Action Items

Reminder: Verification and the Food and Nutrition Service (FNS) 742 Verification Summary Report Due December 15, 2022

FNS 742 Verification Summary Report is due December 15, 2022. For guidance on completing this report, refer to the CSDE's [Completing the Verification Collection Report \(FNS 742\)](#) and the information in the [School Lunch Tray from November 9, 2022](#). Please note that **all** sponsors of the National School Lunch Program (NSLP) and School Breakfast Program (SBP) must complete this report, including sponsors that were not required to conduct the verification process. This includes, Community Eligibility Provision (CEP) schools and districts, private schools, magnet schools and residential child care institutions (RCCIs). For questions, please contact Teri Dandeneau at teri.dandeneau@ct.gov.

Need to Know

New CSDE Parent Video: How to Fill Out the Application for Free and Reduced-price Meals or Free Milk

The CSDE recently developed a 16-minute video for parents and guardians of schoolchildren, [How to Fill Out the Application for Free and Reduced-price Meals or Free Milk](#). This video that provides step-by-step guidance on how to complete the Application for Free and Reduced-price School Meals or Free Milk. This video is posted on the [Eligibility for Free and Reduced-price Meals and Free Milk in School Nutrition Programs](#) webpage and [Special Milk Program \(SMP\)](#) webpage. The CSDE encourages school food authorities to provide a link to this video on their school nutrition programs webpage and share with parents and guardians via other applicable communication methods, such as the application packet for school meals, menu backs, district e-mail updates, and newsletters.

Resource Roundup: Start with Half a Cup Portion Guides for Fruits and Vegetables

The *Start with Half a Cup* portion guides are a great resource to help school food service staff quickly determine the proper portioning of fruits and vegetables. For example, did you know that 1 clementine does not equal ½ cup of fruit? To credit as ½ cup of fruit, the school food authority must offer, and students must select, 1½ **whole** clementines. As a reminder, for a breakfast or lunch to be reimbursable under offer versus serve (OVS), all students must take at least ½ cup of a fruit or vegetable.

- [Start with Half a Cup Portion Guide for Fresh Fruits](#)
 - [Start with Half a Cup Portion Guide for Fresh Vegetables](#)
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Good to Know

Discover MyPlate: Nutrition Education for Kindergarten

Child Nutrition Program operators can order free copies of USDA Team Nutrition's *Discover MyPlate: Nutrition Education for Kindergarten*. For more information, visit [Order Discover MyPlate in Print Today](#)



For more information, visit the Connecticut State Department of Education's (CSDE) [School Lunch Tray and Table Talk](#) webpage, or contact the [school nutrition programs staff](#) at the Connecticut State Department of Education, School Health, Nutrition and Family Services, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at https://portal.ct.gov/-/media/SDE/Nutrition/SLT/2022/SLT_12_07_2022.pdf.

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