

The School Lunch Tray: July 26, 2023

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

- None

Need to Know

- Reminder: CSDE Job Announcement: Education Services Specialist for School Nutrition Programs
- CSDE Job Announcement: Education Services Specialist for Child and Adult Care Food Program (CACFP) Team
- New Food Yields Added to the Food Buying Guide for Child Nutrition Programs Interactive Web-based Tool and FBG Mobile App
- Resource Roundup: CSDE's School Lunch Tray and Table Talk Webpage

Good to Know

- August is Kids Eat Right Month®
- USDA's Focus on Nutrition Security
- Team Nutrition Recipe: Berry Medley and Quinoa Breakfast Bake
- CACFP Cooking Videos

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.



Need to Know

Reminder: CSDE Job Announcement: Education Services Specialist for School Nutrition Programs

The CSDE is accepting applications for an Education Services Specialist (ESS) for the Bureau of Child Nutrition Programs (CNP), School Nutrition Programs team. The ESS is essential to the CSDE for operating programs that meet regulatory requirements, supporting access to USDA nutrition programs, and maintaining program integrity. This role will assist in administering the federal USDA school nutrition programs including the National School Lunch Program (NSLP), School Breakfast Program (SBP), Community Eligibility Provision (CEP), and the Food Distribution Program (FDP). For more information, refer to the [CSDE Job Announcement](#).

CSDE Job Announcement: Education Services Specialist for Child and Adult Care Food Program (CACFP) Team

The CSDE is accepting applications for an Education Services Specialist (ESS) for the Bureau of Child Nutrition Programs (CNP), CACFP team. The ESS is essential to the CSDE for operating programs that meet regulatory requirements, supporting access to USDA nutrition programs, and maintaining program integrity. This role will assist in administering the federal USDA CACFP. For more information, refer to the [CSDE Job Announcement](#).

New Food Yields Added to the Food Buying Guide for Child Nutrition Programs Interactive Web-based Tool and FBG Mobile App

New yields are now available in the [Food Buying Guide for Child Nutrition Programs](#) Interactive Web-based (FBG) Tool and FBG Mobile App! New yield data is available for: individually quick-frozen red beans, frozen diced potatoes, frozen cubed sweet potatoes, brown lentils, and canned black turtle beans. Additional yield data releases will be coming soon.

Resource Roundup: CSDE's School Lunch Tray and Table Talk Webpage

The School Lunch Tray provides important guidance and resources for complying with the federal and state requirements. It also identifies deadlines for completing required activities and submitting required reports. Keep up to date on the most current information for operating the school nutrition programs by reviewing the School Lunch Tray each week. As a reminder, previous versions of the School Lunch Tray and Table Talk are available on the CSDE's [School Lunch Tray and Table Talk](#) webpage.

Good to Know

August is Kids Eat Right Month®

Established by the Academy of Nutrition and Dietetics Foundation in 2014, Kids Eat Right Month® is observed each August and focuses on the importance of healthful eating and active lifestyles for kids and families. Access helpful resources for parents, caregivers, and school staff, and learn more at [Kids Eat Right Month®](#).

USDA's Focus on Nutrition Security

In March 2022, Secretary of Agriculture Tom Vilsack [outlined USDA's focus on nutrition security](#), which builds on food security by emphasizing the co-existence of food insecurity and diet-related diseases and disparities. [Nutrition security](#) means having consistent and equitable access to healthy, safe, affordable foods essential to optimal health and well-being.

The USDA recently released a new video explaining their efforts to promote nutrition security. Access the video and additional information at <https://www.fns.usda.gov/blog/nutrition-security-building-our-work-date-and-accelerating-progress>.

The School Lunch Tray: July 26, 2023

Team Nutrition Recipe: Berry Medley and Quinoa Breakfast Bake

Summer is a great time to enjoy berries. This colorful breakfast casserole is made with quinoa, oats, and berries. It is a nutrient-rich dish that can be served hot or cold. Download the recipe with portions for [children ages 3-5](#) and [children ages 6-18](#). [Watch this short video](#) before you make it!

Nutrition Education Connection

Try these activities with children:

- Read with Farrah Fruit and find the berries in this [Emergent Reader](#) from *Discover MyPlate: Nutrition Education for Kindergarten*.
- Get the facts on berries in the [Discover Berry Sweet Evidence lesson](#) from *The Great Garden Detective Adventure* for grades 3 and 4.
- Find the berries in the [Roller Coaster poster](#), part of the *Dig In! Standards-Based Nutrition Education From the Ground Up* curriculum for grades 5 and 6.
- Check off blackberries, blueberries, and raspberries in this [bingo challenge](#) from the *Summer Food, Summer Moves* activity guide for families.

USDA Child Nutrition Program operators can request free printed copies of certain Team Nutrition materials, while supplies last, at <https://pueblo.gpo.gov/TN/TNPubs.php>.

Shopping Tools and Tips

- Berries are in season during the summer. You can find them at your local farmer's market. Visit USDA's [Farmers Market Directory](#) to find one near you.
- Frozen fruits last much longer than fresh. Store frozen, unsweetened berries in your freezer to enjoy them year-round in muffins and quick breads. Try the [Lemon-Blueberry Corn Muffins or Orange Cranberry Quick Bread](#).

CACFP Cooking Videos

The USDA's [Child and Adult Care Food Program Cooking Videos](#) webpage includes videos that demonstrate the quick-and-easy preparation of USDA standardized recipes for children ages 3-5 and ages 6-18. These videos assist program operators in planning and preparing high-quality meals for the children in their care. The recipes corresponding to these videos are available in the [Child Nutrition Recipe Box](#). **Note:** While these resources are intended for the CACFP, they may also be used in the school nutrition programs for preschoolers.



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, Bureau of Child Nutrition Programs, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at https://portal.ct.gov/-/media/SDE/Nutrition/SLT/2023/SLT_07_26_2023.pdf.

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. fax: (833) 256-1665 or (202) 690-7442; or
3. email: program.intake@usda.gov

This institution is an equal opportunity provider.

The Connecticut State Department of Education is committed to a policy of equal opportunity/affirmative action for all qualified persons. The Connecticut Department of Education does not discriminate in any employment practice, education program, or educational activity on the basis of race; color; religious creed; age; sex; pregnancy; sexual orientation; workplace hazards to reproductive systems, gender identity or expression; marital status; national origin; ancestry; retaliation for previously opposed discrimination or coercion, intellectual disability; genetic information; learning disability; physical disability (including, but not limited to, blindness); mental disability (past/present history thereof); military or veteran status; status as a victim of domestic violence; or criminal record in state employment, unless there is a bona fide occupational qualification excluding persons in any of the aforementioned protected classes. Inquiries regarding the Connecticut State Department of Education's nondiscrimination policies should be directed to: Attorney Louis Todisco, Connecticut State Department of Education, by mail 450 Columbus Boulevard, Hartford, CT 06103-1841; or by telephone 860-713-6594; or by email louis.todisco@ct.gov.