

Module 1: Introduction to Training

WHAT'S IN A MEAL  
Grades K-12

National School Lunch Program  
and School Breakfast Program  
Meal Patterns for Grades K-12

School Year 2023-24

Module 1: Introduction to  
Training

CSDE  
CONNECTICUT STATE DEPARTMENT OF EDUCATION

Connecticut State Department of Education  
Bureau of Child Nutrition Programs

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Applies to

- National School Lunch Program (NSLP)
- School Breakfast Program (SBP)
- Seamless Summer Option (SSO) of the NSLP

Public schools  
Private schools  
Residential child care institutions (RCCIs)

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WHAT'S IN A MEAL  
Grades K-12

Module Topics

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Module 1 Topics

- Training objectives
- Introduction to modules
- Acronyms and abbreviations
- Using the Toolbar
- Resources

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WHAT'S IN A MEAL  
Grades K-12

Training Objectives

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Four Training Objectives

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### Four Training Objectives

Review daily and weekly meal pattern requirements for reimbursable meals	Describe crediting criteria for the five food components
Review required documentation for school meals	Identify resources for guidance and training

Resources and websites are listed in the yellow bar

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## Introduction to Training Modules

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### Introduction to Training Modules


1: Introduction to Training	2: Introduction to School Meal Patterns	3: National School Lunch Program (NSLP) Meal Pattern	4: School Breakfast Program (SBP) Meal Pattern
5: Dietary Specifications	6: Meal Pattern Documentation	7: Milk Component	8: Meat/Meat Alternates Component
9: Fruits Component	10: Vegetables Component	11: Grains Component	12: Whole Grain-rich (WGR) Requirement
13: Grain Ounce Equivalents	14: Water Availability During Meal Service	15: Offer versus serve (OVS) in the NSLP	16: Offer versus serve (OVS) in the SBP

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### CSDE Webpage


#### Meal Pattern Training for School Nutrition Programs



<https://portal.ct.gov/SDE/Nutrition/Meal-Pattern-Training-Materials>

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## Common Acronyms and Abbreviations

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### Common Acronyms and Abbreviations


- CFR = Code of Federal Regulations
- C.G.S. = Connecticut General Statutes
- CSDE = Connecticut State Department of Education
- MMA = meats/meat alternates
- PFS = product formulation statement
- SFA = school food authority
- SY = school year
- USDA = U.S. Department of Agriculture
- WGR = whole grain-rich

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**CSDE Resource**


### Common Acronyms and Abbreviations for School Nutrition Programs



[https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Acronyms\\_Abbreviations\\_SNP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Acronyms_Abbreviations_SNP.pdf)

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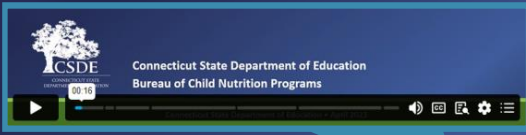
### Using the Toolbar

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### Accessing the Toolbar

- Move cursor over screen
- Toolbar will display over green bar at bottom of screen

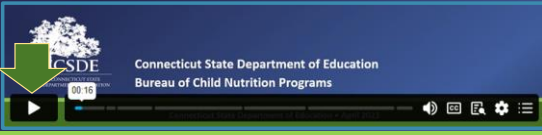


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### Toolbar Features

- Pause and restart

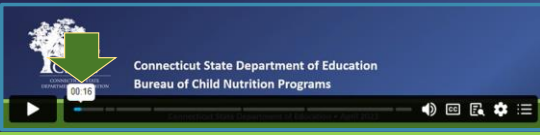


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### Toolbar Features

- Pause and restart
- Forward and backward

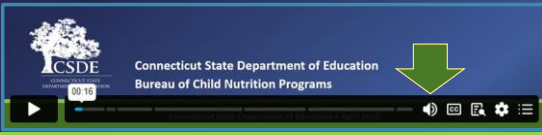


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### Toolbar Features

- Pause and restart
- Forward and backward
- Adjust sound volume



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### Toolbar Features

- Pause and restart
- Forward and backward
- Adjust sound volume
- Turn on closed captioning

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### Toolbar Features

- Pause and restart
- Forward and backward
- Adjust sound volume
- Turn on closed captioning
- Search transcript

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### Toolbar Features

- Pause and restart
- Forward and backward
- Adjust sound volume
- Turn on closed captioning
- Search transcript
- Change quality and speed

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### Toolbar Features

- Pause and restart
- Forward and backward
- Adjust sound volume
- Turn on closed captioning
- Search transcript
- Change quality and speed
- Navigate to topics

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### Toolbar Features

- Pause and restart
- Forward and backward
- Adjust sound volume
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- Change quality and speed
- Navigate to topics

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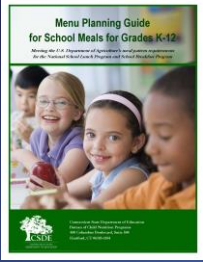
## Meal Pattern Resources

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**CSDE Resource**

# Menu Planning Guide for School Meals for Grades K-12



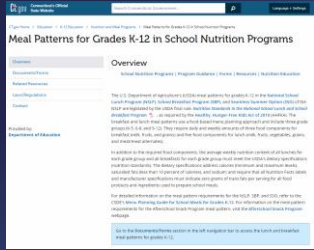
<https://portal.ct.gov/SDE/Nutrition/Menu-Planning-Guide-for-School-Meals>

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**CSDE Webpage**

# Meal Patterns for Grades K-12 in School Nutrition Programs Webpage




<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-School-Nutrition-Programs>

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**CSDE Webpage**

# Crediting Foods in School Nutrition Programs



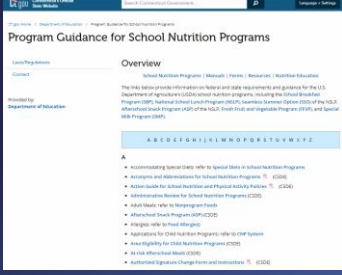
<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-School-Nutrition-Programs>

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**CSDE Webpage**

# Program Guidance for School Nutrition Programs



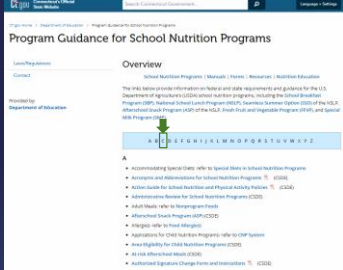
<https://portal.ct.gov/SDE/Nutrition/Program-Guidance-School-Nutrition-Programs>

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# Program Guidance for School Nutrition Programs



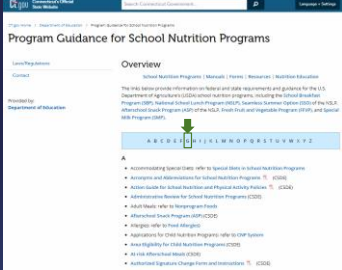
<https://portal.ct.gov/SDE/Nutrition/Program-Guidance-School-Nutrition-Programs>

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# Program Guidance for School Nutrition Programs



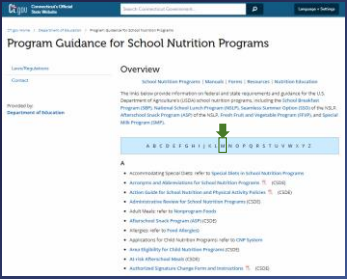
<https://portal.ct.gov/SDE/Nutrition/Program-Guidance-School-Nutrition-Programs>

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### CSDE Webpage

#### Program Guidance for School Nutrition Programs




<https://portal.ct.gov/SDE/Nutrition/Program-Guidance-School-Nutrition-Programs>

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### CSDE Webpage

#### Laws and Regulations for Child Nutrition Programs




<https://portal.ct.gov/SDE/Nutrition/Laws-and-Regulations-for-Child-Nutrition-Programs>

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### CSDE Resource

#### Resources for the School Meal Patterns for Grades K-12



[https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/MealPattern/Resources\\_School\\_Meal\\_Patterns\\_grades\\_K-12.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/MealPattern/Resources_School_Meal_Patterns_grades_K-12.pdf)

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### Institute of Child Nutrition (ICN) Webpage

#### Education and Training Resources for School Nutrition Programs



- Meal pattern resources
- Online trainings
- Educational resources

<https://theicn.org/school-nutrition-programs/>

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### Institute of Child Nutrition (ICN) Resource

#### iLearn Self-paced Online Courses




<https://theicn.doceboas.com/learn>

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### Institute of Child Nutrition (ICN) Resource

#### Reimbursable School Meals from Introduction to School Nutrition Leadership



<https://theicn.org/icn-resources-a-z/reimbursable-school-meals-from-introduction-to-school-nutrition-leadership>

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**Questions?**

Contact the school nutrition programs staff



<https://portal.ct.gov/-/media/SDE/Nutrition/CNstaff/countyassign.pdf>

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Thank you for participating in module 1!



<https://portal.ct.gov/SDE/Nutrition/Meal-Pattern-Training-Materials>

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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](mailto:program.intake@usda.gov)

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