


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

Module 1: Introduction to Training



Connecticut State Department of Education
Bureau of Child Nutrition Programs

School Year 2024-25

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1

Training Applies to

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

Public schools
Private schools
Residential child care institutions (RCCIs)



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2

Topics




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3

Topics

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



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4

Training Objectives

- Review meal pattern requirements
- Describe crediting criteria for the five meal components
- Review required meal pattern documentation
- Identify key resources for guidance and training



Resources and websites are listed in the yellow bar

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5

Introduction to Training Modules



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6

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
 - Part A – School Menus
 - Part B – Crediting Commercial Processed Products
- 7: Milk Component
- 8: Meats/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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7

CSDE Webpage


Meal Pattern Training for School Nutrition Programs



<https://portal.ct.gov/sde/nutrition/meal-pattern-training-materials>

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8




Common Acronyms and Abbreviations

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9

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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10

CSDE Resource

Common Acronyms and Abbreviations for School Nutrition Programs



https://portal.ct.gov/-/media/sde/nutrition/nslp/acronyms_abbreviations_snp.pdf

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11



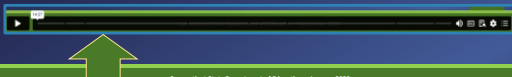
Using the Toolbar

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12

Accessing the Toolbar

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

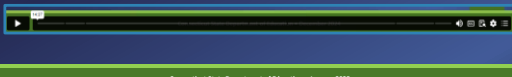


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13

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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14



Meal Pattern Resources

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15

CSDE Webpage

Menu Planning Guidance for School Meals for Grades K-12

- Meal Patterns
- Dietary Specifications
- Crediting Foods and Beverages
- Menu Documentation
- Meal Service

Check webpage for current versions

<https://portal.ct.gov/sde/nutrition/menu-planning-guidance-for-school-meals>

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16

CSDE Webpage

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

- Lunch
- Breakfast
- Dietary Specifications

<https://portal.ct.gov/sde/nutrition/meal-patterns-school-nutrition-programs>

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17

CSDE Webpage

Crediting Foods in School Nutrition Programs

- MMA
- Grains
- Vegetables
- Fruits
- Milk

<https://portal.ct.gov/sde/nutrition/crediting-foods-in-school-nutrition-programs>

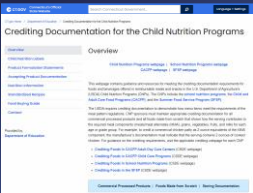
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18

CSDE Webpage

Crediting Documentation for the Child Nutrition Programs

- Child Nutrition labels
- Product formulation statements
- Nutrition information
- Accepting product documentation
- Standardized recipes
- Food Buying Guide for Child Nutrition Programs



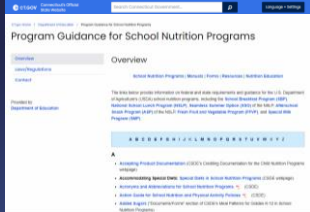
<https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs>

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19

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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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20

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Laws and Regulations for Child Nutrition Programs




<https://portal.ct.gov/sde/nutrition/laws-and-regulations-for-child-nutrition-programs>

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21

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

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22

Institute of Child Nutrition (ICN) Resource

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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23

Institute of Child Nutrition (ICN) Resource

iLearn Self-paced Online Courses



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

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24



Questions?

- Contact CSDE's school nutrition programs staff

<https://portal.ct.gov/-/media/sde/nutrition/cnstaff/countyassign.pdf>

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25

Thanks for participating!



<https://portal.ct.gov/sde/nutrition/meal-pattern-training-materials>

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26

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Office of the Assistant Secretary for Civil Rights
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2. fax: (833) 256-1665 or (202) 696-7442; or
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27

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28