

Module 1: Introduction to Training

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

**Module 1: Introduction to Training**

CONNECTICUT Education  
Connecticut State Department of Education  
Bureau of Child Nutrition Programs

School Year 2024-25

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**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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**Topics**

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**Topics**

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

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**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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**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
  - 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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### 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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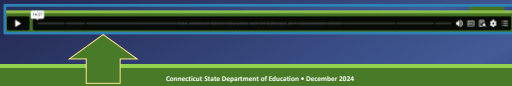
### Using the Toolbar

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### Accessing the Toolbar

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

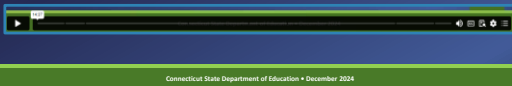


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### Toolbar Features

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



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### Meal Pattern Resources



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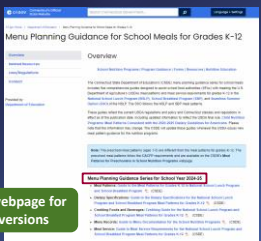
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### CSDE Webpage

#### 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



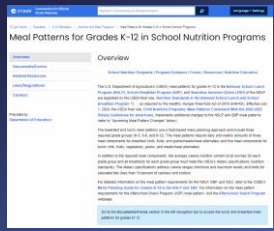
<https://portal.ct.gov/sde/nutrition/menu-planning-guide-for-school-meals>

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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>

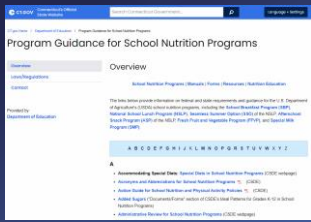
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**CSDE Webpage**

**Program Guidance for School Nutrition Programs**



<https://portal.ct.gov/sde/nutrition/program-guidance-school-nutrition-programs>

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**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/nsip/mealpattern/resources\\_school\\_meal\\_patterns\\_grades\\_k-12.pdf](https://portal.ct.gov/-/media/sde/nutrition/nsip/mealpattern/resources_school_meal_patterns_grades_k-12.pdf)


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**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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**Institute of Child Nutrition (ICN) Resource**

**iLearn Self-paced Online Courses**



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

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**Questions?**

- Contact CSDE's school nutrition programs staff

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

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**Thanks for participating!**



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

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

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