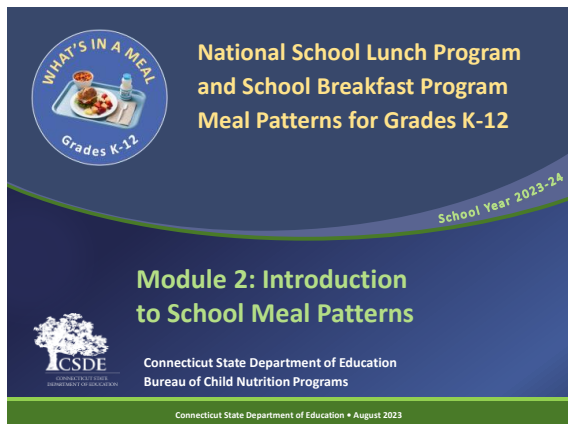


Module 2: Introduction to School Meal Patterns



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

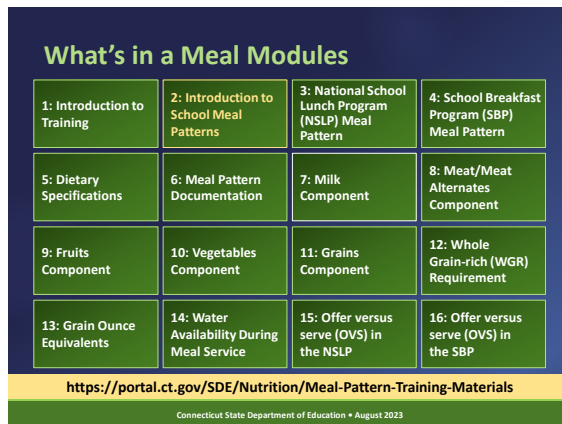
Module 2: Introduction to School Meal Patterns

CSDE
CONNECTICUT STATE DEPARTMENT OF EDUCATION

Connecticut State Department of Education
Bureau of Child Nutrition Programs

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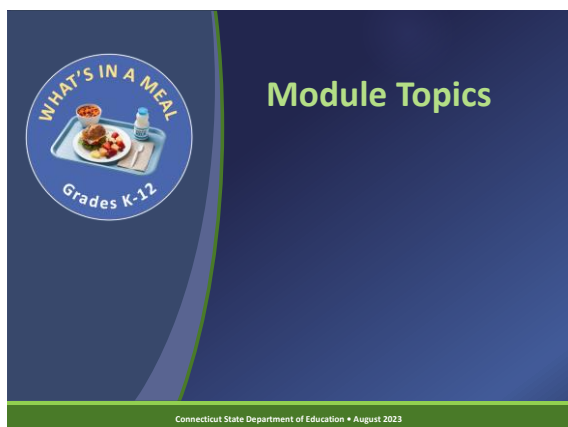
What's in a Meal Modules

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

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

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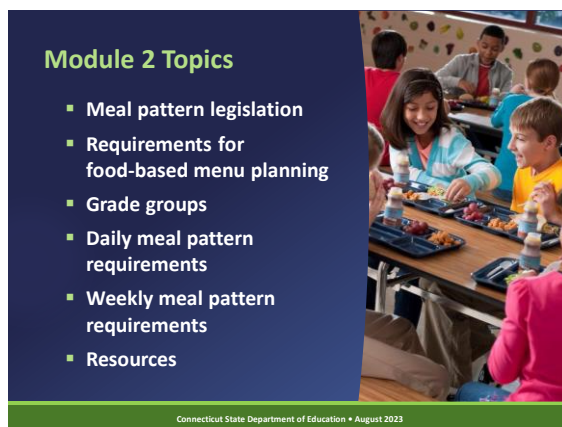


WHAT'S IN A MEAL
Grades K-12

Module Topics

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Module 2 Topics

- Meal pattern legislation
- Requirements for food-based menu planning
- Grade groups
- Daily meal pattern requirements
- Weekly meal pattern requirements
- Resources

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WHAT'S IN A MEAL
Grades K-12

Meal Pattern Legislation

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Meal Pattern Legislation

- Final Rule 77 FR 4087 (January 26, 2012) Nutrition Standards in the National School Lunch and School Breakfast Programs
 - Align meal patterns with Dietary Guidelines for Americans
 - Effective school year 2012-13

<https://www.federalregister.gov/documents/2012/01/26/2012-1010/nutrition-standards-in-the-national-school-lunch-and-school-breakfast-programs>

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Meal Pattern Legislation

- Final Rule 87 FR 6984 (February 7, 2022)
Child Nutrition Programs: Transitional Standards for Milk, Whole Grains, and Sodium

Milk	Grains	Sodium
Flavored low-fat milk allowed for grades K-12	≥ 80% of weekly grains must be whole grain-rich (WGR)	Target 1 for NSLP and SBP in SY 2022-23 • Target 1A for NSLP in SY 2023-24

<https://www.federalregister.gov/documents/2022/02/07/2022-02327/child-nutrition-programs-transitional-standards-for-milk-whole-grains-and-sodium>

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Meal Pattern Legislation

- 7 CFR Part 210: NSLP
- 7 CFR Part 220: SBP

<https://www.ecfr.gov/current/title-7/subtitle-B/chapter-II/subchapter-A/part-210>
<https://www.ecfr.gov/current/title-7/subtitle-B/chapter-II/subchapter-A/part-220>

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Implementation Guidance

- USDA policy memos
- CSDE operational memoranda

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USDA Webpage

Food and Nutrition Service (FNS) Documents & Resources

<https://www.fns.usda.gov/resources>

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CSDE Webpage

Operational Memoranda for School Nutrition Programs

<https://portal.ct.gov/SDE/Lists/Operational-Memoranda-for-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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Requirements for Food-based Menu Planning

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Food-based Meal Patterns

- 1 Food components
- 2 Daily and weekly portion sizes based on specific grade groups
- 3 Nutrition standards (dietary specifications)



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Food Components

The food groups that comprise reimbursable meals in the NSLP and SBP

Meat/meat alternates (MMA)	Vegetables
Grains	Fruits
	Milk



Terms to Know

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Meal Pattern Food Components

Lunch 5 components	Breakfast 3 components
MMA	Grains
Grains	Fruits
Vegetables	Milk
Fruits	
Milk	

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Grade Groups for Lunch and Breakfast

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Required Grade Groups for Lunch and Breakfast

Three grade groups

K-5	6-8	9-12
-----	-----	------


- Specific servings of each component
- Specific amounts of calories



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Different Grade Configurations



May use one meal pattern when

1. requirements overlap **AND**
2. weekly amounts do not exceed highest level or go below lowest level for each grade group

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Optional Grade Groups

Students from different grade groups eating together during same meal period

Lunch

↓

K-8

Breakfast

↓

K-8 K-12 6-12


Must meet smaller weekly calorie ranges and stricter sodium limits

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CSDE Resource

Meal Patterns for Grades K-12 in School Nutrition Programs




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

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CSDE Resource

Meal Patterns for Grades K-12 in School Nutrition Programs



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

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Daily and Weekly Requirements

Grades K-12

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Daily and Weekly Requirements

Requirement	Daily	Weekly
Food component servings	✓	✓



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Required Component Servings

Volume (cups)

- Milk
- Vegetables
- Fruits

Ounce equivalents (oz eq)

- Meat/meat alternates
- Grains

Use correct measure for each component

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Larger Servings

- Allowed if weekly menu does not exceed dietary specifications



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Daily and Weekly Requirements

Requirement	Daily	Weekly
Food component servings	✓	✓
WGR foods ≥ 80%		✓
Juice limit ≤ 50%		✓
Dietary specifications		✓

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Overview of Dietary Specifications

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Overview of Dietary Specifications

Apply to

NSLP and SBP meal patterns for grades K-12

Do not apply to

- NSLP and SBP preschool meal patterns
- Afterschool Snack Program (ASP)




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Overview of Dietary Specifications

- Two school years
 - 2022-23
 - 2023-24



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Overview of Dietary Specifications

- Weekly calorie ranges
- Limits for saturated fat and sodium
 - Target 1 weekly sodium limit for SY 2022-23
- Restriction for trans fat in all food products and ingredients

Weekly averages

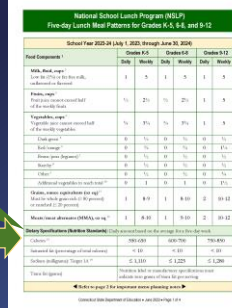


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Overview of Dietary Specifications

- Part of NSLP and SBP meal patterns



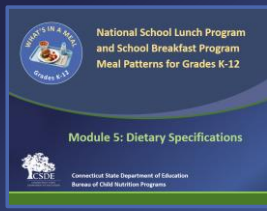
Food Component ¹	Grades K-5	Grades 6-8	Grades 9-12
Min. Avg. eqs. of each food component ²	2	3	3
Min. Avg. eqs. of each food component ³	1	1	1
Min. Avg. eqs. of each food component ⁴	1	1	1
Min. Avg. eqs. of each food component ⁵	1	1	1
Min. Avg. eqs. of each food component ⁶	1	1	1
Min. Avg. eqs. of each food component ⁷	1	1	1
Min. Avg. eqs. of each food component ⁸	1	1	1
Min. Avg. eqs. of each food component ⁹	1	1	1
Min. Avg. eqs. of each food component ¹⁰	1	1	1
Min. Avg. eqs. of each food component ¹¹	1	1	1
Min. Avg. eqs. of each food component ¹²	1	1	1
Min. Avg. eqs. of each food component ¹³	1	1	1
Min. Avg. eqs. of each food component ¹⁴	1	1	1
Min. Avg. eqs. of each food component ¹⁵	1	1	1
Min. Avg. eqs. of each food component ¹⁶	1	1	1
Min. Avg. eqs. of each food component ¹⁷	1	1	1
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Min. Avg. eqs. of each food component ²¹	1	1	1
Min. Avg. eqs. of each food component ²²	1	1	1
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Min. Avg. eqs. of each food component ²⁷	1	1	1
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Min. Avg. eqs. of each food component ²⁹	1	1	1
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Min. Avg. eqs. of each food component ⁹⁸	1	1	1
Min. Avg. eqs. of each food component ⁹⁹	1	1	1
Min. Avg. eqs. of each food component ¹⁰⁰	1	1	1

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More Information on Dietary Specifications


- Module 5: Dietary specifications



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Overview of NSLP Meal Pattern for Grades K-12



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NSLP Meal Pattern for Grades K-5 and 6-8






Minimum Daily Requirements				
MMA	Grains	Vegetables	Fruits	Milk
1 oz eq	1 oz eq	3/4 cup	1/2 cup	1 cup
				

Must offer ≥ 2 different choices of low-fat or fat-free milk and ≥ 1 unflavored choice

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NSLP Meal Pattern for Grades 9-12

Minimum Daily Requirements				
MMA	Grains	Vegetables	Fruits	Milk
2 oz eq	2 oz eq	1 cup	1 cup	1 cup
				


Must offer ≥ 2 different choices of low-fat or fat-free milk and ≥ 1 unflavored choice

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NSLP Weekly Requirements

- Minimum weekly servings of all 5 components
- Based on 5-day week



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NSLP Weekly Requirements for 5-day week

Food components	Grades K-5	Grades 6-8	Grades 9-12
MMA, oz eq	8-10	9-10	10-12
Grains, oz eq	8-9	8-10	10-12
Vegetables, cups	3%	3%	5
Fruits, cups	2½	2½	5
Milk, cups	5	5	5

Maximum not required but provides guide to meet dietary specifications

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NSLP Weekly Requirements for 5-day week

Food components	Grades K-5	Grades 6-8	Grades 9-12
MMA, oz eq	8-10	9-10	10-12
Grains, oz eq	8-9	8-10	10-12
Vegetables, cups	3%	3%	5
Fruits, cups	2½	2½	5
Milk, cups	5	5	5

Includes 5 vegetable subgroups

Juice limit ≤ 50% of weekly servings

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NSLP Weekly Requirements for 5-day week

Food components	Grades K-5	Grades 6-8	Grades 9-12
MMA, oz eq	8-10	9-10	10-12
Grains, oz eq	8-9	8-10	10-12
Vegetables, cups	3%	3%	5
Fruits, cups	2½	2½	5
Milk, cups	5	5	5

Juice limit ≤ 50% of weekly servings

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NSLP Weekly Requirements for 5-day week


Food components	Grades K-5	Grades 6-8	Grades 9-12
MMA, oz eq	8-10	9-10	10-12
Grains, oz eq	8-9	8-10	10-12
Vegetables, cups	3%	3%	5
Fruits, cups	2½	2½	5
Milk, cups	5	5	5

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More information on Lunch Meal Pattern

- Module 3: NSLP Meal Pattern



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Overview of SBP Meal Pattern for Grades K-12

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Breakfast Meal Pattern for Grades K-12




Minimum Daily Requirements		
Grains	Fruits	Milk
1 oz eq	1 cup	1 cup
		

May offer MMA in addition to 1 oz eq of grains

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Breakfast Meal Pattern for Grades K-12




Minimum Daily Requirements		
Grains	Fruits	Milk
1 oz eq	1 cup	1 cup
		

May substitute any vegetables for fruits component

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Breakfast Meal Pattern for Grades K-12

Minimum Daily Requirements		
Grains	Fruits	Milk
1 oz eq	1 cup	1 cup
		


Must offer ≥ 2 different choices of low-fat or fat-free milk and ≥ 1 unflavored choice

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SBP Weekly Requirements

- Minimum weekly servings of all 3 components
- Based on 5-day week



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SBP Weekly Requirements for 5-day week

Food components	Grades K-5	Grades 6-8	Grades 9-12
Grains, oz eq	7-10	8-10	9-10
Fruits, cups	5	5	5
Milk, cups	5	5	5


Maximum not required but provides guide to meet dietary specifications

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SBP Weekly Requirements for 5-day week

Food components	Grades K-5	Grades 6-8	Grades 9-12
Grains, oz eq	7-10	8-10	9-10
→ Fruits, cups	5	5	5
Milk, cups	5	5	5


Juice limit ≤ 50% of weekly servings 

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More Information on Breakfast Meal Pattern

- Module 4: SBP Meal Pattern



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Meal Patterns for Longer or Shorter Weeks

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Meal Patterns for Longer or Shorter Weeks

- Increase or decrease weekly servings by 20% for each day
- No change to
 - Daily servings
 - Weekly dietary specifications

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NSLP Weekly Requirements for 7-day week

Food components	Grades K-5	Grades 6-8	Grades 9-12
MMA, oz eq	11-14	12½-14	14-17
Grains, oz eq	11-12½	11-14	14-17
Vegetables, cups	5½	5½	7
Fruits, cups	3½	3½	7
Milk, cups	7	7	7

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SBP Weekly Requirements for 7-day week

Food components	Grades K-5	Grades 6-8	Grades 9-12
Grains, oz eq	10-14	11-14	12½-14
Fruits, cups	7	7	7
Milk, cups	7	7	7

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

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Considerations for Meal Pattern Servings

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Considerations for Meal Pattern Servings

- Minimum creditable amounts
- Offering more than 1 food item
- Offering additional foods or servings

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Minimum Creditable Amounts

MMA		¼ oz eq
Grains		¼ oz eq
Vegetables		¼ cup
Fruits		¼ cup
Milk		1 cup

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Minimum Creditable Amounts

Milk in Smoothies

- ¼ cup
- Meals must include full 1-cup serving


Meal Component	Amount
Milk in smoothie	¼ cup
Milk	¼ cup
Minimum for grades K-12	1 cup



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Offering More than 1 Food Item




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Offering More than 1 Food Item

Lunch meal pattern for grades K-5

Vegetables: ¾ cup



½ cup ¼ cup


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Offering More than 1 Food Item

Lunch meal pattern for grades K-5

Fruits: ½ cup



¼ cup



¼ cup


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Offering More than 1 Food Item

Consideration for Offer versus Serve (OVS)

- Students must take both food items to credit as one component



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Offering Additional Foods or Servings

- Must meet dietary specifications for calories, saturated fat, and sodium
- Consider whether appropriate based on children's nutrition needs
 - Choose nutrient-dense foods
- Some foods do not credit



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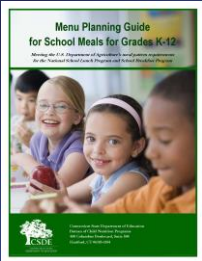
Resources for School Meal Patterns

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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/Meal-Patterns-School-Nutrition-Programs>

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CSDE Webpage
School Lunch Tray and Table Talk

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

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CSDE Webpage
School Lunch Tray and Table Talk

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

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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 2!



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

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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, audiotape, 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.

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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.

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