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

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- Required daily and weekly servings
- Five vegetable subgroups for lunch
- Allowable vegetables
- Weekly juice limit
- Crediting requirements
- Resources

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**Lunch**

- Minimum daily and weekly servings (cups)
- Five vegetable subgroups weekly
- Weekly juice limit

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**Breakfast**

### Key Messages About Vegetables Component

- Not required but may substitute for fruits component
- Weekly juice limit

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**All Meals**

### Key Messages About Vegetables Component

- Credit based on volume except raw leafy greens (credit as half volume served)
- Use USDA's Food Buying Guide for Child Nutrition Program (FBG)

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### Daily and Weekly Servings at Lunch

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### Lunch Meal Patterns

#### Vegetables Component (cups)

Grades	5-day week		7-day week	
	Daily	Weekly	Daily	Weekly
K-5	$\frac{3}{4}$	$3\frac{3}{4}$	$\frac{3}{4}$	$5\frac{1}{4}$
6-8	$\frac{3}{4}$	$3\frac{3}{4}$	$\frac{3}{4}$	$5\frac{1}{4}$
9-12	1	5	1	7

**Weekly amounts include five vegetable subgroups**

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### Lunch Meal Patterns


#### Vegetables Component (cups)

Grades	5-day week		7-day week	
	Daily	Weekly	Daily	Weekly
K-5	$\frac{3}{4}$	$3\frac{3}{4}$	$\frac{3}{4}$	$5\frac{1}{4}$
6-8	$\frac{3}{4}$	$3\frac{3}{4}$	$\frac{3}{4}$	$5\frac{1}{4}$
9-12	1	5	1	7

**May serve larger amounts if weekly menu meets dietary specifications**

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### Five Vegetable Subgroups at Lunch

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### Five Vegetable Subgroups

- Based on Dietary Guidelines for Americans
  - Vegetables grouped by nutrient content

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### Five Vegetable Subgroups

- Color is a guide, but does not always identify subgroup



Dark green      Other

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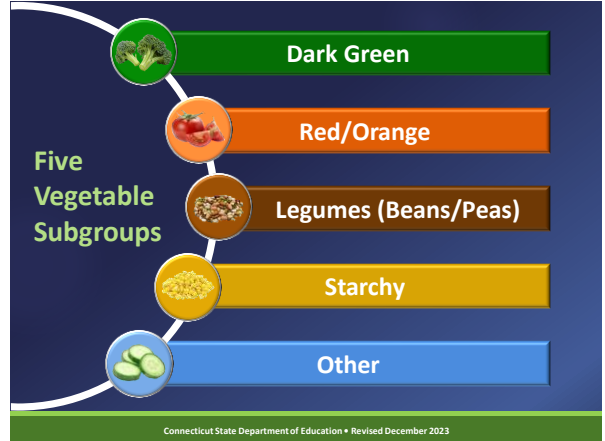


### Five Vegetable Subgroups

- Food service staff must be able to make appropriate substitutions

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### Five Vegetable Subgroups

- Dark Green
- Red/Orange
- Legumes (Beans/Peas)
- Starchy
- Other

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### Weekly Vegetable Subgroups (5-day Week)


Grade groups	Minimum weekly amounts (cups)					Weekly Total
	Dark green	Red/orange	Legumes	Starchy	Other	
K-5	½	¾	½	½	½	2¾
6-8	½	¾	½	½	½	2¾
9-12	½	1¼	½	½	¾	3½

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### Additional Vegetables (5-day Week)

Grade groups	Weekly vegetable subgroups	Weekly vegetables component	Additional vegetables to meet weekly total
K-5	2¾	3¾	1
6-8	2¾	3¾	1
9-12	3½	5	1½

Additional vegetables = any vegetable subgroup 

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### Additional Vegetables (7-day Week)

Grade groups	Weekly vegetable subgroups	Weekly vegetables component	Additional vegetables to meet weekly total
K-5	2¾	5¼	2½
6-8	2¾	5¼	2½
9-12	3½	7	3½

Additional vegetables = any vegetable subgroup

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### Key Considerations for Vegetable Subgroups

- Students must have opportunity to choose all 5 subgroups each week

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### Key Considerations for Vegetable Subgroups

- Each daily vegetable subgroup choice must be available on each serving line
  - Cannot direct students to different serving line

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### Example: Daily Vegetable Subgroups on Each Serving Line

Monday's Lunch Menu	
Serving line	Daily Vegetable Subgroup
Hot lunch	Baked beans (legumes subgroup) 
Deli	Baked beans or another legume
Grill	Baked beans or another legume

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### Key Considerations for Vegetable Subgroups

- Consider each serving line individually

Each serving line must meet daily and weekly requirements

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### Key Considerations for Vegetable Subgroups

- Best practice: daily "rainbow" tray



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### Allowable Vegetables

- Fresh
- Frozen
- Canned
- Dried
- Pasteurized 100% vegetable juice

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### Serving Size for Vegetables Component

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### Serving Size for Vegetables Component


- Based on volume (cups)

✓ **Correct: cups**

Canned corn, ½ cup  
 Broccoli florets, ½ cup  
 Carrot sticks, ½ cup  
 Sliced peppers, ½ cup

✗ **Incorrect: ounces**

Canned corn, 4 ounces  
 Broccoli florets, 4 ounces  
 Carrot sticks, 4 ounces  
 Sliced peppers, 4 ounces




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### Serving Size for Vegetables Component


- Based on volume (cups)

FBG examples



½ cup =  
1.1 ounces

✓ 4 ounces weight > ½ cup



½ cup =  
4.6 ounces

✗ 4 ounces weight < ½ cup

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### Serving Size for Vegetables Component

- Minimum creditable amount = ½ cup




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### Serving Size for Vegetables Component


- May offer combination to meet minimum requirement



½ cup + ½ cup



½ cup




½ cup + ½ cup + ½ cup



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### Serving Size for Vegetables Component



### Reminder for Offer Versus Serve (OVS)

- Consider offering all vegetable choices in ½-cup servings
- Students must select ≥ ½ cup of fruit or vegetable



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### Serving Size for Vegetables Component



### Use Food Buying Guide (FBG) for Child Nutrition Programs


- Determines yield and crediting information for vegetables
- Ensures correct crediting




<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>

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### Crediting Requirements for Vegetables

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### How to Credit

- Raw leafy greens
- Canned vegetables
- Hominy
- Legumes
- Dried vegetables
- Mixed vegetables
- Vegetable and fruit mixtures
- Soups
- Vegetable juice
- Pureed vegetables
- 100% vegetable flour pasta



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### Crediting Raw Leafy Greens




### Examples

- Arugula
- Greens, e.g., beet, collard, mustard, turnip
- Kale
- Lettuce, e.g., iceberg, romaine, Boston, Bibb, red leaf, spring mix
- Spinach

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### Crediting Raw Leafy Greens



- Credit as half volume served
  - ½ cup of raw spinach = ¼ cup of vegetables component

1 cup raw =	1 cup cooked =
½ cup dark green subgroup	1 cup dark green subgroup



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### Crediting Canned Vegetables

- Credited serving cannot include packing liquid, such as water or sauce
  - Must be drained OR
  - Must contain minimum amount of vegetables before added liquid



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### Crediting Canned Vegetables

- Choose lower sodium varieties



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### Crediting Hominy

- Made from whole kernels of maize (dried field corn) soaked in alkaline solution (nixtamalized)



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### Crediting Hominy

- Credits as vegetable or grain depending on form
  - Cooked dried or canned hominy: credits as starchy vegetable subgroup
  - Dried milled hominy, e.g., grits: credits as WGR food




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### CSDE Resource

#### USDA Memo SP 34-2019, CACFP 15-2019 and SFSP 15-2019: Crediting Coconut, Hominy, Corn Masa, and Masa Harina in the Child Nutrition Programs




<https://www.fns.usda.gov/school-meals/crediting-popcorn-child-nutrition-programs>

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### Crediting Legumes

- Mature dry beans and peas (harvesting process)
- Beans and peas cooked from dry, canned, or frozen




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**Crediting Legumes**




**Examples of Legumes**

- Black beans
- Edamame (soybeans)
- Garbanzo beans (chickpeas)
- Kidney beans
- Lentils
- Navy beans
- Split peas
- White beans




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**Crediting Legumes**




- Immature or fresh beans and peas are not legumes


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**Crediting Legumes**




- One serving may credit as MMA or vegetable but not both in same meal
- Liquid from canned legumes does not credit, e.g., sauce in baked beans



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**Crediting Legumes**



**Roasted Legumes**


- Roasted chickpeas
- Roasted soybeans (soy nuts)
- Roasted lentils



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**Crediting Legumes**



**Roasted Legumes**


- Credit based on volume (cups)
- MMA or vegetables but not both in same meal
- Use discretion with individually wrapped snack-type legumes

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**CSDE Resource**

**Crediting Legumes in the National School Lunch Program and School Breakfast Program**




[https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit\\_Legumes\\_SNP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit_Legumes_SNP.pdf)

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**Crediting Dried Vegetables**




**Examples**

- Dried potato flakes
- Dehydrated legumes
- Dried soup mix

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**Crediting Dried Vegetables**



- Credit based on rehydrated volume (cooked with added liquid)
- Require product formulation statement (PFS) unless listed in FBG
  - Must document amount of vegetables per serving in rehydrated volume

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**Crediting Dried Vegetables**




**Noncreditable**

- Seasonings, e.g., dried onion and dried parsley

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**Crediting Mixed Vegetables**




**Examples**

- Carrots, peas, and corn
- Three-bean salad
- California blend of broccoli, cauliflower, and carrots



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
**Crediting Mixed Vegetables**



- Based on amount of each type of vegetable
  - Same subgroup


+


**= red/orange**



+


**= starchy**



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**Crediting Mixed Vegetables**



- Based on amount of each type of vegetable
  - Different Subgroups
  - Must contain  $\geq \frac{1}{4}$  cup of each vegetable


+


$\frac{1}{4}$  cup

**=  $\frac{1}{4}$  cup red/orange**


$\frac{1}{4}$  cup

**=  $\frac{1}{4}$  cup starchy**

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### Crediting Mixed Vegetables



### Quantities Not Known


- Credits as additional vegetables

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### Crediting Mixed Vegetables



### How to Determine Quantities


- Requires PFS to document ratio in mixture

PFS indicates	1 cup =
25% broccoli	 ¼ cup dark green
25% carrots	 ¼ cup red/orange
50% cauliflower	 ¼ cup other

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### Crediting Vegetable and Fruit Mixtures




### Examples

- Carrot-raisin salad
- Waldorf salad
- Pineapple coleslaw
- Mango salsa
- Spinach and strawberry salad

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### Crediting Vegetable and Fruit Mixtures




- Credit toward both vegetables component and fruits component if serving contains
  - ≥ ¼ cup of visible vegetables
  - ≥ ¼ cup of visible fruits

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### Crediting Vegetable and Fruit Mixtures



### Example: Carrot-Raisin Salad

Amount per serving	Credits as
½ cup shredded carrots	½ cup red/orange
½ cup raisins	½ cup fruit

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### Crediting Soups




- Commercial soups
- Soups made from scratch



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**Crediting Soups**



**Commercial Vegetable Soups**

- Based on FBG yields
- Only certain types
- Credit as additional vegetables or legumes subgroup

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**Allowable Commercial Soups**

**Vegetable Soups**

- Minestrone
- Tomato
- Tomato with other basic components, e.g., rice
- Vegetable (only vegetables)
- Vegetable with meat/poultry

**Legume Soups**

- Lentil
- Pea, e.g., split pea
- Bean, e.g., black bean, navy bean, and mixed bean

 1 cup = ½ cup "additional" vegetables

 1 cup = ½ cup legumes subgroup

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**1-Cup Serving of Commercial Soup=**

- Cooked ready-to-eat soup




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**Crediting Soups**




**Serving Size Considerations**



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**Crediting Soups**



**Serving Size Considerations**

- Container size should be larger than planned portion of soup
  - 10 fluid-ounce bowl for 8 fluid ounces (1 cup)
  - 6-fluid ounce cup for 4 fluid ounces (½ cup)


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**Crediting Soups**

**Serving Size Considerations**


- Appropriateness of serving size for different grade groups

 = ¾ cup of vegetables component

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### Crediting Soups



### Examples of Noncreditable Commercial Soups

- Beef barley soup
- Chicken or turkey noodle soup
- Chicken or turkey rice soup
- Cream vegetable soups, e.g., cream of broccoli, cream of mushroom, and cream of celery

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### Crediting Soups



### Made from Scratch


- Credit based on volume documented in standardized recipe



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### Crediting Soups



### Made from Scratch


- Credit based on volume documented in standardized recipe
- $\geq \frac{1}{8}$  cup of vegetables per serving

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### CSDE Resource

### Crediting Soups for Grades K-12 in the National School Lunch Program and School Breakfast Program



[https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit\\_Soups\\_SNP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit_Soups_SNP.pdf)

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### Crediting Vegetable Juice




- Must be
  - Pasteurized
  - 100% full strength
  - No added sugars
- May be
  - Fresh
  - Frozen
  - Made from concentrate

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### Crediting Vegetable Juice



### 100% Juice if Label States

- Juice
- 100% juice
- Full-strength juice
- Reconstituted juice
- Juice from concentrate

Natural and organic  $\neq$  100% juice

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### Crediting Vegetable Juice




- Concentrates must be reconstituted to 100% juice

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### Crediting Juice Blends




- Depends on PFS
  - PFS indicates amount of each type of juice: Credit accordingly
  - No PFS or PFS does not provide specific crediting information: Credit based on first ingredient

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### Crediting Juice Blends



Crediting without PFS	
First ingredient	Credits as
<ul style="list-style-type: none"> <li>Fruit juice</li> <li>Fruit puree</li> </ul>	Fruits component
<ul style="list-style-type: none"> <li>Vegetable juice</li> <li>Vegetable puree</li> </ul>	"Additional" vegetables

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### Crediting Juice Blends



**Example of 100% Juice Blend**

Ingredients: Reconstituted vegetable juice blend (water and concentrated juices of sweet potatoes, purple carrots, carrots), reconstituted fruit juices (water and concentrated juices of apples, white grapes, cranberries, blackberries), contains less than 2% of: natural flavoring, citric acid, lemon juice concentrate, vitamin C (ascorbic acid), malic acid, vitamin E (alpha tocopherol acetate)

**Credits as vegetables component ("additional" vegetables)**

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### Weekly Vegetable Juice Limit

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### Weekly Vegetable Juice Limit

<p><b>Lunch</b></p> <p>Vegetable juice cannot exceed <b>half</b> of weekly vegetables component</p>	<p><b>Breakfast</b></p> <p>Combined total of all fruit and vegetable juice cannot exceed <b>half</b> of weekly fruits component</p>
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### Weekly Vegetable Juice Limit Includes

- 100% juice (fresh, frozen, or made from concentrate)
- Frozen 100% juice pops
- Pureed vegetables in smoothies



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### Steps to Calculate Vegetable Juice Limit at Lunch

- Calculate total weekly vegetable juice offerings (cups)
- Calculate total weekly vegetable offerings (cups)
- Divide cups of juice by cups of vegetables and multiply by 100


Must be  $\leq 50\%$

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### Steps to Calculate Juice Limit at Breakfast

- Reminder: Vegetables may substitute for fruits component



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### Steps to Calculate Juice Limit at Breakfast

- Calculate total weekly fruit and vegetable juice offerings (cups)
- Calculate total weekly fruit and vegetable offerings (cups)
- Divide cups of juice by cups of fruits and vegetables and multiply by 100


Must be  $\leq 50\%$

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### CSDE Resource

#### Crediting Juice for Grades K-12 in the National School Lunch Program and School Breakfast Program



[https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit\\_Juice\\_SNP\\_grades\\_K-12.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit_Juice_SNP_grades_K-12.pdf)

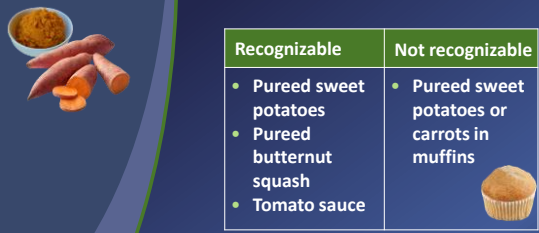
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### Crediting Pureed Vegetables

- Must be recognizable (visible)
- Easily identified as a food component

Recognizable	Not recognizable
<ul style="list-style-type: none"> <li>Pureed sweet potatoes</li> <li>Pureed butternut squash</li> <li>Tomato sauce</li> </ul>	<ul style="list-style-type: none"> <li>Pureed sweet potatoes or carrots in muffins</li> </ul>



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### Crediting Pureed Vegetables




### Unrecognizable

- May credit if food also contains  $\geq \frac{1}{8}$  cup of creditable visible vegetable

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### Example: Crediting Pureed Vegetables in Combination Foods




Macaroni and Cheese with Vegetables		
Ingredient	Amount per serving	Recognizable?
Diced butternut squash	$\frac{1}{8}$ cup	Yes
Pureed carrots	$\frac{1}{8}$ cup	No
<b>Credits as</b>	<b><math>\frac{1}{8}</math> cup red/orange</b>	

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### Crediting Pureed Vegetables in Smoothies




### Credit as Juice

- Based on pureed volume (cups)
- Count toward juice limit
- Crediting documentation required

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### Crediting Pureed Vegetables in Smoothies



### Required Signage

- Must inform students about included meal components

**Breakfast Menu**

Whole-grain cereal

Harvest Smoothie  
peach, carrot, and mango


Low-fat or fat-free milk

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### CSDE Resource

#### Crediting Smoothies for Grades K-12 in the National School Lunch Program and School Breakfast Program




[https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit\\_Smoothies\\_SNP\\_grades\\_K-12.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit_Smoothies_SNP_grades_K-12.pdf)

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### USDA Resource

#### Offering Smoothies as Part of Reimbursable School Meals



<https://www.fns.usda.gov/tn/offering-smoothies-part-reimbursable-school-meals>

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**Crediting 100% vegetable flour pasta**

- May credit as vegetables component

**Ingredients:**  
 Red lentil flour

**Ingredients:**  
 Green lentils, cauliflower, parsnips

100%

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**Crediting 100% vegetable flour pasta**

- ½ cup of 100% vegetable flour pasta = ½ cup of vegetables
- Vegetable subgroup crediting depends on type of vegetable flour

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**Crediting 100% vegetable flour pasta**

- Many products contain other non-vegetable ingredients
- Crediting depends on amount of vegetables
- PFS required

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**Crediting 100% vegetable flour pasta**

**Example 1: Vegetable Pasta Product**

**Ingredients:** Semolina (wheat), durum flour (wheat), *dried carrots, dried tomato, dried spinach*, niacin, ferrous sulfate (iron), thiamin mononitrate, riboflavin, folic acid

✔ Might credit: requires PFS

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**Crediting 100% vegetable flour pasta**

**Example 2: Spinach Pasta Product**

**Ingredients:** Semolina (wheat), durum flour (wheat), *dried spinach*, niacin, ferrous sulfate (iron), thiamin mononitrate, riboflavin, folic acid

✘ Does not credit


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**Crediting 100% vegetable flour pasta**

**Other Requirements**


- Provide signage  
 Pasta = vegetables component not grain component

**Today's Menu**  
 Chickpea pasta (vegetables component) 

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**Crediting 100% vegetable flour pasta**



**Other Requirements**


- 1. Provide signage**  
Pasta = vegetables component not grain component
- 2. Inform staff**  
How pasta contributes to reimbursable meal

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**How to Credit**


- Raw leafy greens
- Canned vegetables
- Hominy
- Legumes
- Dried vegetables
- Mixed vegetables
- Vegetable and fruit mixtures
- Soups
- Vegetable juice
- Pureed vegetables
- 100% vegetable flour pasta



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**WHAT'S IN A MEAL**  
Grades K-12



**Noncreditable Vegetables**

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**Examples of Noncreditable Vegetables**


- Chili sauce
- Commercial cream vegetable soups, e.g., cream of broccoli, cream of mushroom, cream of celery
- Dehydrated vegetables used for seasoning
- Home-canned products (for food safety reasons)
- Ketchup
- Pickle relish
- Snack-type foods made from vegetables, e.g., potato chips, corn chips

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**CSDE Resource**

**Noncreditable Foods for Grades K-12 in the National School Lunch Program and School Breakfast Program**




[https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Noncreditable\\_Foods\\_SNP\\_grades\\_K-12.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Noncreditable_Foods_SNP_grades_K-12.pdf)

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**WHAT'S IN A MEAL**  
Grades K-12




**Knowledge Check: Crediting Vegetables**

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### Knowledge Check: Crediting Vegetables




[https://portal.ct.gov/-/media/SDE/Nutrition/Training/WIAM/WIAM\\_Worksheet\\_Module\\_10\\_Crediting\\_Vegetables.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/Training/WIAM/WIAM_Worksheet_Module_10_Crediting_Vegetables.pdf)

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### Knowledge Check: Crediting Vegetables




**Menu item 1:**  
½ cup of fresh broccoli florets

Credit as ½ cup of vegetables component?

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### Knowledge Check: Crediting Vegetables



**Menu item 1:**  
½ cup of fresh broccoli

Credit as ½ cup of vegetables component?


**Yes**

**Refer to FBG**

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### Knowledge Check: Crediting Vegetables




**Menu item 2:**  
½ cup of drained canned green beans

Credit as ½ cup of vegetables component?

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### Knowledge Check: Crediting Vegetables



**Menu item 2:**  
½ cup of drained canned green beans

Credit as ½ cup of vegetables component?


**Yes**

**Refer to FBG**

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### Knowledge Check: Crediting Vegetables




**Menu item 3:**  
½ cup of canned corn, not drained

Credits as ½ cup of vegetables component?

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**Knowledge Check: Crediting Vegetables**



**Menu item 3:**  
½ cup of canned corn,  
not drained

Credits as ½ cup of  
vegetables component?


**No**

**Must be drained**

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**Knowledge Check: Crediting Vegetables**




**Menu item 4:**  
½ cup of 100%  
vegetable juice

Credits as ½ cup of  
vegetables component?

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**Knowledge Check: Crediting Vegetables**



**Menu item 4:**  
½ cup of 100%  
vegetable juice


Credits as ½ cup of  
vegetables component?

**Yes**

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**Knowledge Check: Crediting Vegetables**



**Menu item 4:**  
½ cup of 100%  
vegetable juice

Credits as ½ cup of  
vegetables component?


**Yes**

**Counts toward weekly juice limit**

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**Knowledge Check: Crediting Vegetables**




**Menu item 5:**  
½ cup of cooked  
spinach

Credits as ½ cup of  
vegetables component?

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**Knowledge Check: Crediting Vegetables**



**Menu item 5:**  
½ cup of cooked  
spinach

Credits as ½ cup of  
vegetables component?


**Yes**

**Refer to FBG**

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**Knowledge Check: Crediting Vegetables**




Menu item 6:  
½ cup of raw spinach

Credits as ½ cup of vegetables component?

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**Knowledge Check: Crediting Vegetables**



Menu item 6:  
½ cup of raw spinach

Credits as ½ cup of vegetables component?


**No**

Raw leafy greens credit as half the volume served

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**Knowledge Check: Crediting Vegetables**




Menu item 7:  
½ cup of kidney beans

Credits as ½ cup of vegetables component?

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**Knowledge Check: Crediting Vegetables**



Menu item 7:  
½ cup of kidney beans


Credits as ½ cup of vegetables component?

**Yes**

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**Knowledge Check: Crediting Vegetables**




Menu item 8:  
½ cup of baked beans in sauce

Credits as ½ cup of vegetables component?

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**Knowledge Check: Crediting Vegetables**



Menu item 8:  
½ cup of baked beans with sauce

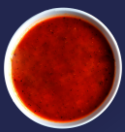
Credits as ½ cup of vegetables component?

**No**

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**Knowledge Check: Crediting Vegetables**



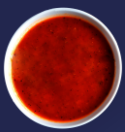
**Menu item 9:**  
1 cup of commercial tomato soup

**Credits as ½ cup of vegetables component?**

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**Knowledge Check: Crediting Vegetables**



**Menu item 9:**  
1 cup of commercial tomato soup

**Credits as ½ cup of vegetables component?**


**No**

**1 cup credits as ¼ cup**

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**Knowledge Check: Crediting Vegetables**




**Menu item 10:**  
½ cup of 100% chickpea flour pasta

**Credits as ½ cup of vegetables component?**

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**Knowledge Check: Crediting Vegetables**



**Menu item 10:**  
½ cup of 100% chickpea flour pasta


**Credits as ½ cup of vegetables component?**

**Yes**

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**Knowledge Check: Crediting Vegetables**



**Menu item 10:**  
½ cup of 100% chickpea flour pasta


**Credits as ½ cup of vegetables component?**

**Yes**

**Must provide appropriate signage and inform staff**

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**Resources for Vegetables Component**

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**CSDE Resource**

### Start with Half a Cup Fresh Vegetable Portioning Guide for Schools



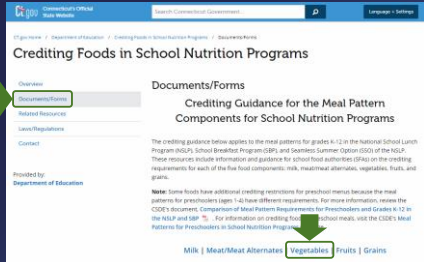
<https://portal.ct.gov/SDE/Nutrition/Menu-Planning/PortionGuideFreshVegetables>

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**CSDE Webpage**

### Crediting Foods in School Nutrition Programs



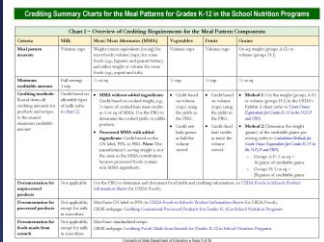
<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-School-Nutrition-Programs/Documents#Vegetables>

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**CSDE Resource**

### Crediting Summary Charts for the Meal Patterns for Grades K-12 in the School Nutrition Programs



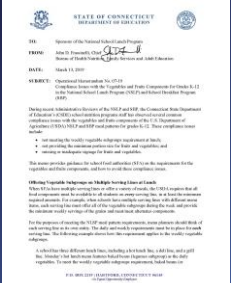
[https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting\\_Crediting\\_Summary\\_Charts\\_SNP\\_Grades\\_K-12.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting_Crediting_Summary_Charts_SNP_Grades_K-12.pdf)

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**CSDE Resource**

### Operational Memorandum No. 07-19: Compliance Issues with the Vegetables and Fruits Components for Grades K-12 in the NSLP and SBP




<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Memos/OM2019/OM07-19.pdf>

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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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**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 10!**



<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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