Slide 1

WHAT'S IN A MEAL · Grades K-12

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

Module 10: Vegetables Component

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School Year 2024-25

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Slide 2

What's in a Meal 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

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

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Topics

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Slide 4

Topics

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

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Key Messages About Vegetables Component

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Slide 6

Key Messages About Vegetables

- **Lunch: Minimum daily and weekly servings**
  - Five vegetable subgroups weekly
- **Breakfast: Vegetables not required but may substitute for fruits**
- **Lunch/breakfast: Weekly juice limit**
- **Credit based on volume (cups)**
  - Raw leafy greens credit as half volume
- **Use USDA's Food Buying Guide for Child Nutrition Program (FBG)**

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Slide 7

Minimum Daily and Weekly Servings for Lunch

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Minimum Servings of Vegetables Component for Lunch

5-day week (cups)

Grades	Daily	Weekly
K-5	¾	3¾
6-8	¾	3¾
9-12	1	5
K-8 option	¾	3¾

7-day week (cups)

Grades	Daily	Weekly
K-5	¾	5¼
6-8	¾	5¼
9-12	1	7
K-8 option	¾	5¼

Weekly amounts include five vegetable subgroups

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Slide 9

Minimum Servings of Vegetables Component for Lunch

5-day week (cups)

Grades	Daily	Weekly
K-5	¾	3¾
6-8	¾	3¾
9-12	1	5
K-8 option	¾	3¾

7-day week (cups)

Grades	Daily	Weekly
K-5	¾	5¼
6-8	¾	5¼
9-12	1	7
K-8 option	¾	5¼

May serve larger amounts if weekly menu meets dietary specifications

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More Information on Dietary Specifications

- Module 5: Dietary Specifications

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

Module 5: Dietary Specifications

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Five Vegetable Subgroups for Lunch

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Minimum Weekly Quantities of Five Vegetable Subgroups at Lunch

- Recommended by Dietary Guidelines for Americans
- Vegetables grouped by nutrient content

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Color is a Guide

- But does not always identify subgroup

Dark green

Other

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Identifying Vegetable Subgroups

- Ensure lunch menus meet weekly requirements
- Make appropriate substitutions when needed

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Five Vegetable Subgroups

Dark Green

Red/Orange

Beans, Peas, and Lentils

Starchy

Other

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Minimum Weekly Quantities for Vegetable Subgroups at Lunch

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Weekly Vegetable Subgroups (Cups) at Lunch
5-day Week

Grade groups	Dark green	Red/ orange	Beans, peas, and lentils	Starchy	Other	Weekly Total
K-5	½	¾	½	½	½	2¾
6-8	½	¾	½	½	½	2¾
9-12	½	1¼	½	½	¾	3½
K-8 option	½	¾	½	½	½	2¾

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Offering Weekly Vegetable Subgroups at Lunch

- May offer minimums in any order
- May serve larger amounts if lunch menu meets dietary specifications
- Additional vegetables required beyond minimum quantities of each vegetable subgroup

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Additional Vegetables

A category of vegetables in the NSLP meal pattern that make up the difference between the weekly quantities for the five vegetable subgroups and the total weekly vegetables requirement

- Any vegetable subgroup

Terms to Know

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Additional Vegetables

- Listed under the five vegetable subgroups in the NSLP meal pattern

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Additional Vegetables Required for 5-day Week

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

Additional vegetables = any vegetable subgroup

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Additional Vegetables Required for 7-day Week

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

Additional vegetables = any vegetable subgroup

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Key Considerations for Offering Vegetable Subgroups

- Students must have opportunity to choose all 5 subgroups each week
- Each daily vegetable subgroup choice must be available on each serving line
  - Cannot direct students to different serving line for vegetable subgroup

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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 (beans/peas/lentils subgroup)
Deli	Baked beans or another beans/peas/lentils
Grill	Baked beans or another beans/peas/lentils

Cannot direct students to another serving line

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Consider Each Serving Line Individually

- Each serving line must meet daily and weekly requirements
- Best practice: Daily "rainbow" tray on each serving line

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Avoid Vegetable Subgroup Conflict

- Occurs when daily lunch menu offers choice between different subgroups and students can select only one
- Offer both subgroups again that same week

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Example of Vegetable Subgroup Conflict for Entrees

Kidney beans = beans, peas, and lentils

Romaine lettuce = dark green

- Must provide another opportunity that week to select either subgroup

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CSDE Resource

Vegetable Subgroups in the National School Lunch Program

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

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Vegetables at Breakfast

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Vegetables at Breakfast

- Optional
- May substitute vegetables and vegetable juice for fruits component at any breakfast
- Authorized by Consolidated Appropriations Act
- Expires June 30, 2025

USDA Memo SP 18-2024, CACFP 06-2024, and SFSP 11-2024: https://www.fns.usda.gov/cn/appropriations-act-2024-effect

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Final Rule Changes to Vegetable Substitutions at Breakfast

- **Effective School Year 2025-26 (beginning July 1, 2025)**
  - Vegetable variety requirements

https://www.fns.usda.gov/cn/fr-042524

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Vegetable Substitutions for School Year 2025-26

- **1 day per week**
  Any vegetables from any subgroup

- **≥ 2 days per week**
  At least two different subgroups

https://www.fns.usda.gov/cn/fr-042524

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More Information About Vegetable Substitutions

- **Module 4: School Breakfast Program Meal Pattern**

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

Module 4: School Breakfast Program (SBP) Meal Pattern

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Allowable Vegetables

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Allowable Vegetables

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

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Serving Size Requirements

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Volume (Cups) and Weight (Ounces) are Different

- Meal pattern servings based on volume (cups)
- Weight of a volume measure is different for different types of foods

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Vegetable Servings Based on Volume (Cups)

- Cups **Correct**
  - Canned corn, ½ cup
  - Broccoli florets, ½ cup
  - Carrot sticks, ½ cup
  - Sliced peppers, ½ cup
- Ounces **Incorrect**
  - Canned corn, 4 ounces
  - Broccoli florets, 4 ounces
  - Carrot sticks, 4 ounces
  - Sliced peppers, 4 ounces

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FBG Example of Serving Weight: Shredded Lettuce

- ½ cup = 1.1 ounces
- 4 ounces weight = More than ½ cup

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FBG Example: Serving Weight of Baked Beans

- ½ cup = 4.6 ounces
- 4 ounces weight = Less than ½ cup

Plan and portion all fruits by measure (cups) based on FBG yields

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Minimum Creditable Amount

- ⅛ cup (2 tablespoons)

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May Offer Combination of Different Vegetables

- Two or more different vegetables

¼ cup + ¼ cup

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May Offer Combination of Different Vegetables

- Two or more different vegetables

½ cup

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May Offer Combination of Different Vegetables

- Two or more different vegetables

⅛ cup + ⅛ cup + ¼ cup

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Reminder for Offer Versus Serve (OVS)

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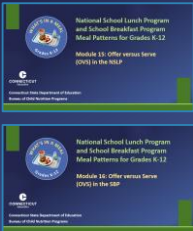- Students must select at least ½ cup of fruit or vegetable

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More Information About OVS

- Module 15: Offer versus Serve in the National School Lunch Program
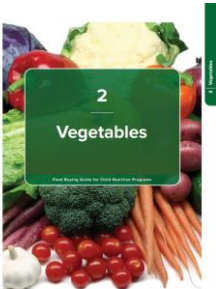- Module 16: Offer versus Serve in the School Breakfast Program

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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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More information About FBG

- Module 6: Meal Pattern Documentation, Part A – School Menus

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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

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Examples of Raw Leafy Greens

- 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 (dark green subgroup)
- Minimum of ¼ cup to credit as ⅛ cup

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Crediting Canned Vegetables

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Crediting Canned Vegetables

- Credited serving cannot include packing liquid, e.g., water, 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

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Hominy

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

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Credits as Vegetable or Grain Depending on Form

- Canned hominy or cooked dried hominy
  Starchy vegetable subgroup
- Dried milled hominy, e.g., grits
  WGR food

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More Information on Crediting Hominy as Grains

- Module 11: Grains Component

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Module 11: Grains Component

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USDA 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/cn/crediting-coconut-hominy-corn-masa-and-masa-harina-child-nutrition-programs

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Crediting Beans, Peas, and Lentils

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Beans, Peas, and Lentils = Pulses

- Dried edible seeds of legumes (plants that include pods)

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Examples of Beans, Peas, and Lentils

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

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Beans, Peas, and Lentils Subgroup Does Not Include

- Immature or fresh beans and peas
  - Green beans
  - Wax beans
  - Snap peas
  - Fresh lima beans

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Crediting Considerations

- One serving may credit as vegetables or MMA but not both in same meal
  - May also count toward weekly vegetable subgroup at lunch
- May credit as either vegetables or MMA in different meals
- If two servings, may credit one as vegetables and one as MMA

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Crediting Example for Lunch

Menu item	Component
Chili (kidney beans)	MMA
Salad with chickpeas	Vegetables
Whole-grain roll	Grains
Orange slices	Fruits
Low-fat or fat-free milk	Milk

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More Information About Crediting Beans, Peas, and Lentils as MMA

- Module 8: Meats/Meat Alternates Component

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Module 8: Meats/Meat Alternates Component

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Crediting Amounts

- ½ cup cooked = ½ cup beans, peas, and lentils subgroup
- Liquid from canned beans, peas, and lentils does not credit, e.g., sauce in baked beans

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Roasted Beans, Peas, and Lentils

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

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Roasted Beans, Peas, and Lentils

- One serving may credit as vegetable or MMA but not both in same meal

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Roasted Beans, Peas, and Lentils

- Credit based on volume (cups)
  - ½ cup = ½ cup beans, peas, and lentils subgroup

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Roasted Beans, Peas, and Lentils

- **Use discretion with individually wrapped snack-type products**
  - Identify meal component on menus

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Crediting Beans, Peas, and Lentils in the School Nutrition Programs

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

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Crediting Dried Vegetables

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Examples of Dried Vegetables

- **Dried potato flakes**
- **Dried beans, peas, and lentils**
- **Dried soup mix**

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Crediting Dried Vegetables

- **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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More Information About PFS

- **Module 6: Meal Pattern Documentation, Part B — Crediting Commercial Processed Products**

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Noncreditable Dried Vegetables

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

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Crediting Mixed Vegetables

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Examples of Mixed Vegetables

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

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Credit Based on Amount of Each Type of Vegetable

- Based on amount of each type of vegetable

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Credit Based on Amount of Each Type of Vegetable

- Same subgroup

+ = red/orange
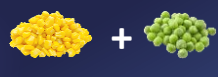
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Credit Based on Amount of Each Type of Vegetable

- Same subgroup

+ = starchy

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Credit Based on Amount of Each Type of Vegetable

- **Different Subgroups Must contain at least ⅛ cup of each vegetable**

¼ cup | ¼ cup
= ¼ cup red/orange | = ¼ cup starchy

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If Quantities Not Known

- **Credits as additional vegetables**

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How to Determine Quantities

- **Requires PFS to document ratio in mixture**

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Crediting Example for Carrot-Raisin Salad

Amount per serving	Credits as
½ cup shredded carrots	½ cup red/orange
⅛ cup raisins	¼ cup fruit

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Crediting Soups

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Crediting Soups

- **Commercial soups**
- **Soups made from scratch**

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Crediting Commercial Vegetable Soups

- Based on FBG yields
- Only certain types credit
  - Vegetable soups
  - Bean, pea, and lentil soups
- Credit as additional vegetables or beans, peas, and lentils subgroup

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Allowable Commercial Vegetable Soups

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

- 1 cup = ¼ cup "additional" vegetables

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Allowable Commercial Bean, Pea, and Lentil Soups

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

- 1 cup = ½ cup beans, peas, and lentils subgroup

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1-Cup Serving of Commercial Soup =

- Cooked ready-to-eat soup

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Serving Size Considerations

- Ensure portion provides amount of meal component being credited

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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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Serving Size Considerations

- Appropriateness of serving size for different grade groups

= ¾ cup of vegetables component

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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 cups of vegetables documented in standardized recipe

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Crediting Soups Made from Scratch

- Credit based on cups of vegetables documented in standardized recipe
- At least ⅛ cup of vegetables per serving

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CSDE Resource

Crediting Soups in the School Nutrition Programs

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

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Crediting Vegetable Juice

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Crediting Vegetable Juice

- Must be
  - Pasteurized
  - 100% full strength
  - No added sugars

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Allowable 100% Vegetable Juices

- Fresh
- Frozen
- Made from concentrate

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100% Juice if Label States

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

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Crediting Considerations for Juices

- Juice concentrates must be reconstituted to 100% juice
- Do not credit as ingredient in another food or beverage
  - Exception: 100% juice in smoothies

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Crediting Juice Blends

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Crediting Juice Blends with PFS

- If PFS indicates amount of each type of juice, credit accordingly

Ingredient	Credits as
⅛ cup apple juice	⅛ cup fruits component
⅛ cup sweet potato juice	⅛ cup red/orange vegetables

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Crediting Juice Blends Without PFS

- Credit based on first juice ingredient

First ingredient	Credits as
• Fruit juice • Fruit puree	Fruits component
• Vegetable juice • Vegetable puree	"Additional" vegetables

Without PFS, cannot contribute to vegetable subgroups

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Crediting Example for 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 for Lunch

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Weekly Vegetable Juice Limit for Lunch

- Total cups of vegetable juices cannot exceed half of total cups of vegetables
- Must calculate weekly juice limit separately for vegetables and fruits

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More Information on Weekly Fruit Juice Limit at Lunch

- Module 9: Fruits Component

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Module 9: Fruits Component

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Steps to Calculate Vegetable Juice Limit at Lunch

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Steps to Calculate Vegetable Juice Limit at Lunch

1. Calculate total weekly **vegetable juice** offerings (cups)
2. Calculate total weekly **vegetable** offerings (cups)
3. **Weekly juice percentage:** Divide cups of **vegetable juice** by cups of **vegetables** and multiply by 100

Must be ≤ 50%

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Weekly Juice Limit for Breakfast

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Weekly Juice Limit for Breakfast

- Fruits and vegetables combined
- Combined total of all fruit and vegetable juice cannot exceed half of weekly fruits component

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Weekly Juice Limit for Breakfast Includes

- 100% juice (fruit, vegetable, and combination)
- Frozen 100% juice pops
- Pureed fruits and vegetables in smoothies

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Calculate Juice Limit at Breakfast

1. Calculate total weekly **fruit and vegetable juice** offerings (cups)
2. Calculate total weekly **fruit and vegetable** offerings (cups)
3. **Weekly juice percentage:** Divide cups of **fruit and vegetable juice** by cups of **fruits and vegetables** and multiply by 100

Must be ≤ 50%

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Crediting Pureed Vegetables

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Crediting Pureed Vegetables

- Must be recognizable

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Recognizable

A food that's visible in the offered meal and is easily identifiable as a meal component

Terms to Know

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Recognizable Pureed Vegetables?   Yes

- Pureed sweet potatoes
- Pureed butternut squash
- Tomato sauce

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Recognizable Pureed Vegetables?   No

- Pureed sweet potatoes or pureed carrots in muffins

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Exception for Unrecognizable Pureed Vegetables in Combination Foods

- May credit if food also contains at least ⅛ cup of creditable visible vegetable

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Crediting Example: Macaroni and Cheese with Vegetables

Standardized recipe ingredient	Amount per serving	Recognizable?
Diced butternut squash	⅛ cup	Yes
Pureed carrots	¼ cup	No
Total	⅜ cup red/orange	

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Crediting Pureed Vegetables in Smoothies

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Pureed Vegetables Credit as Juice

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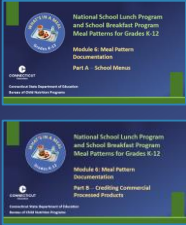- Count toward weekly juice limit
- Crediting documentation required

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More information About Crediting Documentation

- Module 6: Meal Pattern Documentation
  - Part A – School Menus
  - Part B – Crediting Commercial Processed Products

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

Module 6: Meal Pattern Documentation
Part A – School Menus

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

Module 6: Meal Pattern Documentation
Part B – Crediting Commercial Processed Products

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Required Signage for Smoothies

- 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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Crediting Smoothies in the Meal Patterns for Grades K-12 in the School Nutrition Programs

https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/ credit_smoothies_snp_grades_k-12.pdf

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Offering Smoothies as Part of Reimbursable School Meals

Offering Smoothies
as Part of Reimbursable School Meals
Grades Kindergarten Through 12 (K-12)

Look Inside For:
- Sample Menus
- Menu Planning Ideas
- Crediting Tips
- Success Stories
- and more!

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

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Crediting 100% vegetable flour pasta

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Crediting 100% vegetable flour pasta

- **May choose to credit as vegetables component**

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Crediting Examples for 100% Vegetable Flour Pasta

- **Example 1: Red Lentil Pasta** Ingredients: Red lentil flour
- **Example 2: Green Lentil, Cauliflower, and Parsnip Pasta** Ingredients: Green lentils, cauliflower, parsnips

100% vegetable flours

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Crediting Amounts

- **½ cup of cooked 100% vegetable flour pasta = ½ cup of vegetables**

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Crediting Vegetable Subgroups

- **Based on type of vegetable flour**
- **Many products contain other non-vegetable ingredients**
  - **PFS required**

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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 with PFS

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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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Other Requirements for 100% Vegetable Flour Pasta

1. **Provide signage**
   Pasta = vegetables component, not grain component

   Today's Menu
   Chickpea pasta (vegetables component)

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Other Requirements for 100% Vegetable Flour Pasta

2. **Inform staff**
   - How pasta contributes to reimbursable meal
   - Identify reimbursable meals with OVS

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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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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 vegetable products (for food safety reasons)
- Ketchup
- Pickle relish
- Snack-type foods made from vegetables, e.g., potato chips, corn chips

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

https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/ noncreditable_foods_snp_grades_k-12.pdf

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Knowledge Check: Crediting Vegetables

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Knowledge Check: Crediting Vegetables

- **10 examples**
- **Does each planned serving credit as ½ cup of vegetables component**

https://portal.ct.gov/-/media/sde/nutrition/training/wiam/wiam_worksheet_module_10_crediting_vegetables.pdf

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Menu item 1: Fresh Broccoli Florets, ½ cup

Credits as ½ cup of vegetables component?
- **Yes**
- **Refer to FBG**

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Menu item 2: Drained Canned Green Beans, ½ cup

Credits as ½ cup of vegetables component?
- **Yes**
- **Refer to FBG**

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Menu item 3: Canned Corn, Not Drained, ½ cup

Credits as ½ cup of vegetables component?
- **No**
- **Must be drained**

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Menu item 4: 100% Vegetable Juice, ½ cup

Credits as ½ cup of vegetables component?
- Yes
- Counts toward weekly juice limit

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Menu item 5: Cooked Spinach, ½ cup

Credits as ½ cup of vegetables component?
- Yes
- Refer to FBG

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Menu item 6: Raw Spinach, ½ cup

Credits as ½ cup of vegetables component?
- No
- Raw leafy greens credit as half the volume served

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Menu item 7: Kidney Beans, ½ cup

Credits as ½ cup of vegetables component?
- Yes
- Credit based on volume served
- May credit as either vegetables or MMA but not both in same meal

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Menu item 8: Baked Beans in Sauce, ½ cup

Credits as ½ cup of vegetables component?
- No
- Serving must contain ½ cup of beans before added sauce

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Menu item 9: Commercial Tomato Soup, ½ cup

Credits as ½ cup of vegetables component?
- No
- 1 cup = ¼ cup vegetables
- ½ cup = ⅛ cup vegetables
- 2 cups = ½ cup vegetables

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Menu item 10: Cooked 100% Chickpea Flour Pasta, ½ cup

Credits as ½ cup of vegetables component?
- Yes
- Beans, peas, and lentils subgroup
- Must provide appropriate signage and inform staff

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☑ Knowledge Check: Crediting Vegetables

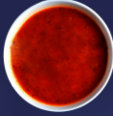Connecticut State Department of Education • January 2025

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Resources

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Start with Half a Cup Fresh Vegetable Portioning Guide for Schools

https://portal.ct.gov/sde/nutrition/menu-planning#portionguidefreshvegetables
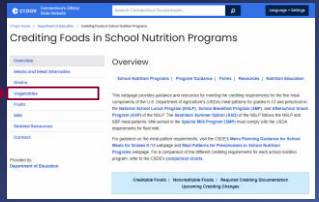
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Crediting Foods in School Nutrition Programs
- MMA
- Grains
- Vegetables
- Fruits
- Milk

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

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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

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Operational Memorandum No. 07-19: Compliance Issues with the Vegetables and Fruits Components for Grades K-12 in the National School Lunch Program and School Breakfast Program

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

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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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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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Questions?

- Contact CSDE's school nutrition programs staff

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

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Thank you for participating!

WHAT'S IN A MEAL
Grades K-12

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

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