



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

**Module 10 Worksheet:
Meal Pattern Contribution of Vegetables**

Indicate if the planned serving credits as $\frac{1}{2}$ cup of the vegetables component in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) meal patterns for grades K-12. Explain why and indicate any crediting considerations.

Planned servings	Meets requirements?	Explanation and crediting considerations
Menu item 1: $\frac{1}{2}$ cup of fresh broccoli florets	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Menu item 2: $\frac{1}{2}$ cup of drained canned green beans	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Menu item 3: $\frac{1}{2}$ cup of canned corn, not drained	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Menu item 4: $\frac{1}{2}$ cup of vegetable juice.	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Menu item 5: $\frac{1}{2}$ cup of cooked spinach	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Menu item 6: $\frac{1}{2}$ cup of raw spinach	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Menu item 7: $\frac{1}{2}$ cup of kidney beans	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Menu item 8: $\frac{1}{2}$ cup of baked beans with sauce	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Menu item 9: 1 cup of commercial tomato soup	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Menu item 10: $\frac{1}{2}$ cup of 100% chickpea flour pasta	<input type="checkbox"/> Yes <input type="checkbox"/> No	

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The Connecticut State Department of Education's (CSDE) *What's in a Meal* training program is a series of recorded modules that provide comprehensive guidance on complying with the meal patterns for grades K-12 in the National School Lunch Program (NSLP), School Breakfast Program (SBP), and Seamless Summer Option (SSO) of the NSLP. To access the training modules, visit the CSDE's [Meal Pattern Training for School Nutrition Programs](#).

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Office of the Assistant Secretary for Civil Rights
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