



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

Answer Key for 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 checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Except for raw leafy greens, all fresh vegetables credit based on the volume served. Refer to the USDA's <i>Food Buying Guide for Child Nutrition Programs (FBG)</i> for the specific yield and crediting information for different types of fresh vegetables.
Menu item 2: $\frac{1}{2}$ cup of drained canned green beans	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Drained canned vegetables credit based on the volume served. Refer to the FBG for specific yield and crediting information for different types of canned vegetables.
Menu item 3: $\frac{1}{2}$ cup of canned corn, not drained	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	The liquid from canned vegetables does not credit. Canned vegetables must be drained to credit based on the volume served. To credit as $\frac{1}{2}$ cup of the vegetables component, the serving of canned corn must contain $\frac{1}{2}$ cup of corn without the water.
Menu item 4: $\frac{1}{2}$ cup of vegetable juice.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Vegetable juice credits based on the volume served. Juice counts toward the weekly juice limit. The total amount (cups) of all vegetable juice offered to students over the week cannot exceed half of the total amount (cups) of the vegetable component offered to students over the week.
Menu item 5: $\frac{1}{2}$ cup of cooked spinach	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Cooked vegetables credit based on the volume served. Refer to the FBG for specific yield and crediting information for different types of cooked vegetables.
Menu item 6: $\frac{1}{2}$ cup of raw spinach	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	Raw leafy greens credit as half the volume served. One cup of raw spinach must be served to credit as $\frac{1}{2}$ cup of the vegetables component.

Answer Key for Module 10 Worksheet: Meal Pattern Contribution of Vegetables

Planned servings	Meets requirements?	Explanation and crediting considerations
Menu item 7: ½ cup of kidney beans	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Cooked legumes credit based on the volume served. Legumes may credit as either the vegetables component or the meat/meat alternates component, but one serving cannot credit as both components in the same meal.
Menu item 8: ½ cup of baked beans with sauce	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	The sauce does not credit. The serving must contain ½ cup of beans before the added sauce to credit as ½ cup of the vegetables component.
Menu item 9: 1 cup of commercial tomato soup	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	The FBG indicates that 1 cup of an allowable commercial vegetable soup credits as ¼ cup of the vegetables component.
Menu item 10: ½ cup of 100% chickpea flour pasta	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<p>Pasta made of 100 percent vegetable flour credits toward the vegetables component. Chickpea flour pasta credits as the legumes subgroup.</p> <p>Schools must meet two requirements when serving 100 percent vegetable flour pasta in school meals: 1) provide appropriate signage to indicate that the pasta is made of vegetable flour and credits as a vegetable; and 2) inform serving line staff so they understand how the pasta credits and can identify reimbursable meals with offer versus serve (OVS).</p>

For more information on the NSLP and SBP meal pattern requirements for the vegetables component, visit the [Vegetables Component for Grades K-12](#) section of the Connecticut State Department of Education's (CSDE) [Crediting Foods in School Nutrition Programs](#) webpage.

Answer Key for Module 10 Worksheet: Meal Pattern Contribution of Vegetables

The CSDE's *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](#).

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.

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.

Answer Key for Module 10 Worksheet: Meal Pattern Contribution of Vegetables