

What's in a Meal Module 12 Worksheet: Crediting Vegetables in the School Nutrition Programs

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

Note: Vegetables are not required at breakfast. The minimum daily serving of the fruits component at breakfast (which may include vegetable substitutions) is 1 cup for grades K-12. The minimum daily serving of the vegetables component at lunch is $\frac{3}{4}$ cup for grades K-5 and 6-8 and 1 cup for grades 9-12. The minimum serving of the vegetables component in the ASP meal pattern is $\frac{3}{4}$ cup for grades K-12.

Planned serving	Credits as $\frac{1}{2}$ cup?	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	

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Planned serving	Credits as ½ cup?	Explanation and crediting considerations
Menu item 5: ½ cup of cooked spinach	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Menu item 6: ½ cup of raw spinach	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Menu item 7: ½ cup of kidney beans	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Menu item 8: ½ 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: ½ cup of 100% chickpea flour pasta	<input type="checkbox"/> Yes <input type="checkbox"/> No	

For more information on the crediting requirements for the vegetables component in the NSLP, SBP, and ASP meal patterns, visit the [Vegetables](#)” section of the Connecticut State Department of Education’s (CSDE) [Crediting Foods in School Nutrition Programs](#) webpage.

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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), Afterschool Snack Program (ASP) of the NSLP, 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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