

## Answer Key for 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 checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Fresh vegetables credit based on the volume served. Refer to the USDA's <a href="#">Food Buying Guide for Child Nutrition Programs (FBG)</a> 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.

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Planned serving	Credits as ½ cup?	Explanation and crediting considerations
Menu item 4: ½ cup of vegetable juice.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Vegetable juice credits as the vegetables component and counts toward the weekly juice limit for breakfast, lunch, and afterschool snack. The total cups of all juices (fruit, vegetable, and combination) served at breakfast over the week cannot exceed half of the total weekly cups of all fruits (including vegetable substitutions, if offered) served at breakfast. The total cups of all fruit juices served at lunch over the week cannot exceed half of the total weekly cups of the fruits component served at lunch. The total cups of all juices (fruit, vegetable, and combination) served at snack over the week cannot exceed half of the total weekly cups of all fruits and vegetables served at snack.
Menu item 5: ½ cup of cooked spinach	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Cooked vegetables credit based on the volume served. Refer to the Food Buying Guide for the specific yield and crediting information for different types of cooked vegetables.
Menu item 6: ½ 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 ½ cup of the vegetables component.
Menu item 7: ½ cup of kidney beans	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Cooked beans, peas, and lentils credit based on the volume served. Remember that beans, peas, and lentils may credit as either the vegetables component or the meats/meat alternates component, but one serving cannot credit as both components in the same meal. For more information, refer to the CSDE's resource, <a href="#">Crediting Beans, Peas, and Lentils in the School Nutrition Programs</a> .

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Planned serving	Credits as ½ cup?	Explanation and crediting considerations
Menu item 8: ½ cup of baked beans with sauce	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	The sauce in baked beans does not credit. The serving must contain ½ cup of beans before the added sauce.
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. Two cups of commercial tomato soup must be served to credit as ½ 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 as the vegetables component based on the volume served. Chickpea flour pasta credits as the beans, peas, and lentils subgroup.</p> <p>Schools must meet two requirements when serving 100 percent vegetable flour pasta in school meals. Schools must provide appropriate signage to indicate that the pasta is made of vegetable flour and credits as a vegetable. Serving line staff must be informed so they understand how the pasta credits and are able to identify reimbursable meals with offer versus serve (OVS).</p>

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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