

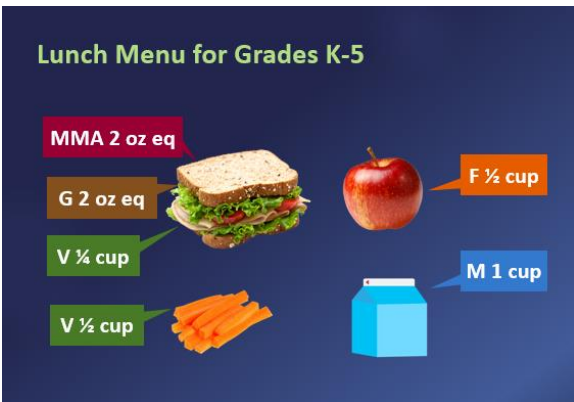


**National School Lunch Program and School Breakfast Program
Meal Patterns for Grades K-12**

Module 15 Worksheet: Meal or No Meal Lunch Edition

Each lunch menu below is planned to provide at least the minimum daily serving of the required lunch meal pattern components for each grade group, including meat/meat alternates (MMA), grains (G), fruits (F), vegetables (V), and milk (M). Review the lunch menu and determine if each student has selected a reimbursable meal. Students must select at least two full components and at least ½ cup of fruits or vegetables for a reimbursable meal.

Lunch Menu for Grades K-5



The planned elementary school lunch menu includes a turkey sandwich (2 ounce equivalents (oz eq) MMA) with lettuce and tomato (¼ cup V) on whole-wheat bread (2 oz eq G), carrot sticks (½ cup V), red apple (½ cup F), and a choice of low-fat or fat-free milk (1 cup M).







Student selects	Meal or no meal?
	<input type="checkbox"/> ≥ 2 full components <input type="checkbox"/> ≥ ½ cup F or V <input type="checkbox"/> Meal <input type="checkbox"/> No meal
	<input type="checkbox"/> ≥ 2 full components <input type="checkbox"/> ≥ ½ cup F or V <input type="checkbox"/> Meal <input type="checkbox"/> No meal
	<input type="checkbox"/> ≥ 2 full components <input type="checkbox"/> ≥ ½ cup F or V <input type="checkbox"/> Meal <input type="checkbox"/> No meal
	<input type="checkbox"/> ≥ 2 full components <input type="checkbox"/> ≥ ½ cup F or V <input type="checkbox"/> Meal <input type="checkbox"/> No meal

Module 15 Worksheet: Meal or No Meal Lunch Edition

Lunch Menu for Grades 6-8



The planned middle school lunch menu includes spaghetti (2 oz eq G) and meat sauce (2 oz eq MMA and ½ cup V), tossed salad (½ cup V), whole-grain roll (1 oz eq G), orange juice (½ cup F), and a choice of low-fat or fat-free milk (1 cup M).





Student selects	Meal or no meal?
	<input type="checkbox"/> ≥ 2 full components <input type="checkbox"/> ≥ ½ cup F or V <input type="checkbox"/> Meal <input type="checkbox"/> No meal
	<input type="checkbox"/> ≥ 2 full components <input type="checkbox"/> ≥ ½ cup F or V <input type="checkbox"/> Meal <input type="checkbox"/> No meal
	<input type="checkbox"/> ≥ 2 full components <input type="checkbox"/> ≥ ½ cup F or V <input type="checkbox"/> Meal <input type="checkbox"/> No meal
	<input type="checkbox"/> ≥ 2 full components <input type="checkbox"/> ≥ ½ cup F or V <input type="checkbox"/> Meal <input type="checkbox"/> No meal
	<input type="checkbox"/> ≥ 2 full components <input type="checkbox"/> ≥ ½ cup F or V <input type="checkbox"/> Meal <input type="checkbox"/> No meal
	<input type="checkbox"/> ≥ 2 full components <input type="checkbox"/> ≥ ½ cup F or V <input type="checkbox"/> Meal <input type="checkbox"/> No meal

Module 15 Worksheet: Meal or No Meal Lunch Edition

Lunch Menu 1 for Grades 9-12



The first planned high school lunch menu includes cheese pizza with whole-grain rich crust (2 oz eq MMA and (2 oz eq G), broccoli (1/2 cup V), canned corn (1/2 cup V), red grapes (1/2 cup F), cantaloupe (1/2 cup F), and a choice of low-fat or fat-free milk choice of low-fat or fat-free milk (1 cup M).

Student selects	Meal or no meal?
	<input type="checkbox"/> ≥ 2 full components <input type="checkbox"/> $\geq \frac{1}{2}$ cup F or V <input type="checkbox"/> Meal <input type="checkbox"/> No meal
	<input type="checkbox"/> ≥ 2 full components <input type="checkbox"/> $\geq \frac{1}{2}$ cup F or V <input type="checkbox"/> Meal <input type="checkbox"/> No meal
	<input type="checkbox"/> ≥ 2 full components <input type="checkbox"/> $\geq \frac{1}{2}$ cup F or V <input type="checkbox"/> Meal <input type="checkbox"/> No meal
	<input type="checkbox"/> ≥ 2 full components <input type="checkbox"/> $\geq \frac{1}{2}$ cup F or V <input type="checkbox"/> Meal <input type="checkbox"/> No meal

Module 15 Worksheet: Meal or No Meal Lunch Edition

Lunch Menu 2 for Grades 9-12

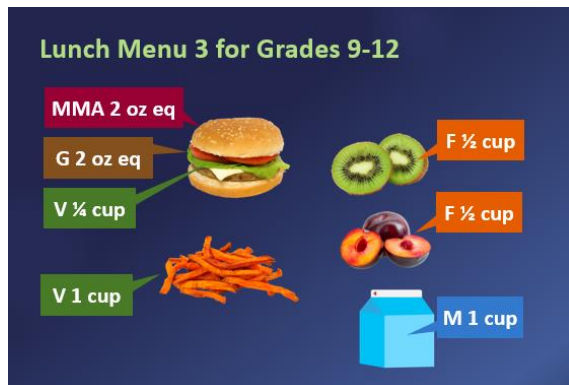


The second planned high school lunch menu includes a salad plate (1 cup V), yogurt (1 oz eq MMA), cheese stick (1 oz eq MMA), whole grain-crackers (2 oz eq G), sliced oranges (1/2 cup F), blueberries (1/2 cup F), and a choice of low-fat or fat-free milk choice of low-fat or fat-free milk (1 cup M).

Student selects	Meal or no meal?
	<input type="checkbox"/> ≥ 2 full components <input type="checkbox"/> $\geq \frac{1}{2}$ cup F or V <input type="checkbox"/> Meal <input type="checkbox"/> No meal
	<input type="checkbox"/> ≥ 2 full components <input type="checkbox"/> $\geq \frac{1}{2}$ cup F or V <input type="checkbox"/> Meal <input type="checkbox"/> No meal
	<input type="checkbox"/> ≥ 2 full components <input type="checkbox"/> $\geq \frac{1}{2}$ cup F or V <input type="checkbox"/> Meal <input type="checkbox"/> No meal
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	<input type="checkbox"/> ≥ 2 full components <input type="checkbox"/> $\geq \frac{1}{2}$ cup F or V <input type="checkbox"/> Meal <input type="checkbox"/> No meal
	<input type="checkbox"/> ≥ 2 full components <input type="checkbox"/> $\geq \frac{1}{2}$ cup F or V <input type="checkbox"/> Meal <input type="checkbox"/> No meal

Module 15 Worksheet: Meal or No Meal Lunch Edition

Lunch Menu 3 for Grades 9-12



The third planned high school lunch menu includes a cheeseburger (2 oz eq MMA) with lettuce and tomato (1/4 cup V) on a whole grain-rich bun (2 oz eq G), sweet potato fries (1 cup V), kiwi (1/2 cup F), fresh plums (1/2 cup F), and a choice of low-fat or fat-free milk (1 cup M).

Student selects	Meal or no meal?
	<input type="checkbox"/> ≥ 2 full components <input type="checkbox"/> $\geq 1/2$ cup F or V <input type="checkbox"/> Meal <input type="checkbox"/> No meal
	<input type="checkbox"/> ≥ 2 full components <input type="checkbox"/> $\geq 1/2$ cup F or V <input type="checkbox"/> Meal <input type="checkbox"/> No meal
	<input type="checkbox"/> ≥ 2 full components <input type="checkbox"/> $\geq 1/2$ cup F or V <input type="checkbox"/> Meal <input type="checkbox"/> No meal
	<input type="checkbox"/> ≥ 2 full components <input type="checkbox"/> $\geq 1/2$ cup F or V <input type="checkbox"/> Meal <input type="checkbox"/> No meal

Module 15 Worksheet: Meal or No Meal Lunch Edition

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](#).

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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
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