

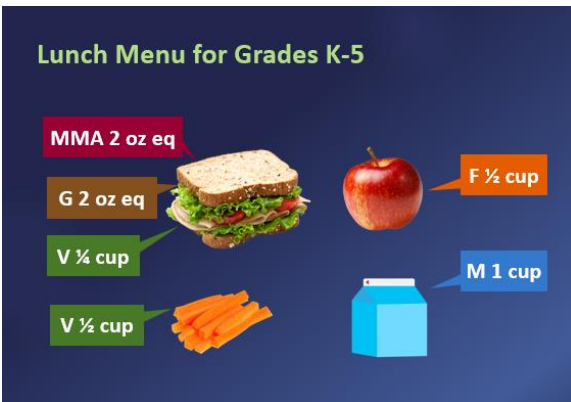


National School Lunch Program and School Breakfast Program  
Meal Patterns for Grades K-12

Answer Key for 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 1/2 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 (1/4 cup V) on whole-wheat bread (2 oz eq G), carrot sticks (1/2 cup V), red apple (1/2 cup F), and a choice of low-fat or fat-free milk (1 cup M).

Student selects	Meal or no meal?
	<input checked="" type="checkbox"/> ≥ 2 full components: G, MMA <input checked="" type="checkbox"/> ≥ 1/2 cup F or V: V 1/2 cup <input checked="" type="checkbox"/> Meal <input type="checkbox"/> No meal
	<input checked="" type="checkbox"/> ≥ 2 full components: G, MMA, F* <input checked="" type="checkbox"/> ≥ 1/2 cup F or V <input checked="" type="checkbox"/> Meal <input type="checkbox"/> No meal  * Since the student already selected the full serving of two components (G and MMA), the 1/2 cup of apple (which is the full serving for grades K-5) meets the OVS requirement for at least 1/2 cup of fruits or vegetables.
	<input checked="" type="checkbox"/> ≥ 2 full components: F, M <input checked="" type="checkbox"/> ≥ 1/2 cup F or V: V 1/2 cup <input checked="" type="checkbox"/> Meal <input type="checkbox"/> No meal

## Answer Key for Module 15 Worksheet: Meal or No Meal Lunch Edition



### Lunch Menu for Grades K-5, *continued*

Student selects	Meal or no meal?
	<input checked="" type="checkbox"/> $\geq 2$ full components: G, MMA, M <input type="checkbox"/> $\geq \frac{1}{2}$ cup F or V: The lettuce and tomato provide $\frac{1}{4}$ cup of vegetables, which is less than the required $\frac{1}{2}$ -cup serving.  <input type="checkbox"/> Meal <input checked="" type="checkbox"/> No meal

### 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  $\frac{1}{2}$  cup V), tossed salad ( $\frac{1}{2}$  cup V), whole-grain roll (1 oz eq G), orange juice ( $\frac{1}{2}$  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 checked="" type="checkbox"/> $\geq 2$ full components: MMA, G, M <input checked="" type="checkbox"/> $\geq \frac{1}{2}$ cup F or V: V $\frac{1}{2}$ cup  <input checked="" type="checkbox"/> Meal <input type="checkbox"/> No meal
	<input checked="" type="checkbox"/> $\geq 2$ full components: MMA, G, V* <input checked="" type="checkbox"/> $\geq \frac{1}{2}$ cup F or V  <input checked="" type="checkbox"/> Meal <input type="checkbox"/> No meal  <p>* Since the student already selected the full serving of two components (G and MMA) the full serving of vegetables (which includes the <math>\frac{1}{2}</math> cup of tomato sauce and <math>\frac{1}{2}</math> cup of tossed salad) also meets the requirement for at least <math>\frac{1}{2}</math> cup of fruits or vegetables.</p>

## Answer Key for Module 15 Worksheet: Meal or No Meal Lunch Edition

### Lunch Menu for Grades 6-8, *continued*





Student selects	Meal or no meal?
	<input checked="" type="checkbox"/> $\geq 2$ full components: MMA, G, M <input checked="" type="checkbox"/> $\geq \frac{1}{2}$ cup F or V: V $\frac{1}{2}$ cup <input checked="" type="checkbox"/> Meal <input type="checkbox"/> No meal
	<input checked="" type="checkbox"/> $\geq 2$ full components: M, F <input checked="" type="checkbox"/> $\geq \frac{1}{2}$ cup F or V: V $\frac{1}{2}$ cup <input checked="" type="checkbox"/> Meal <input type="checkbox"/> No meal
	<input checked="" type="checkbox"/> $\geq 2$ full components: G, M <input checked="" type="checkbox"/> $\geq \frac{1}{2}$ cup F or V: F $\frac{1}{2}$ cup, <input checked="" type="checkbox"/> Meal <input type="checkbox"/> No meal
	<input checked="" type="checkbox"/> $\geq 2$ full components: G, F <input type="checkbox"/> $\geq \frac{1}{2}$ cup F or V: The full serving of fruit juice counts as either one full component or the required $\frac{1}{2}$ cup for OVS but cannot count as both. <input type="checkbox"/> Meal <input checked="" type="checkbox"/> No meal

# Answer Key for 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 checked="" type="checkbox"/> $\geq 2$ full components: MMA, G, M <input type="checkbox"/> $\geq 1/2$ cup F or V <input type="checkbox"/> Meal <input checked="" type="checkbox"/> No meal
	<input checked="" type="checkbox"/> $\geq 2$ full components: MMA, G, M <input checked="" type="checkbox"/> $\geq 1/2$ cup F or V: V 3/4 cup (pizza sauce and broccoli) <input checked="" type="checkbox"/> Meal <input type="checkbox"/> No meal
	<input checked="" type="checkbox"/> $\geq 2$ full components: MMA, G <input checked="" type="checkbox"/> $\geq 1/2$ cup F or V: F 1/2 cup <input checked="" type="checkbox"/> Meal <input type="checkbox"/> No meal
	<input checked="" type="checkbox"/> $\geq 2$ full components: V, M <input checked="" type="checkbox"/> $\geq 1/2$ cup F or V: F 1/2 cup <input checked="" type="checkbox"/> Meal <input type="checkbox"/> No meal

# Answer Key for Module 15 Worksheet: Meal or No Meal Lunch Edition

## Lunch Menu 2 for Grades 9-12

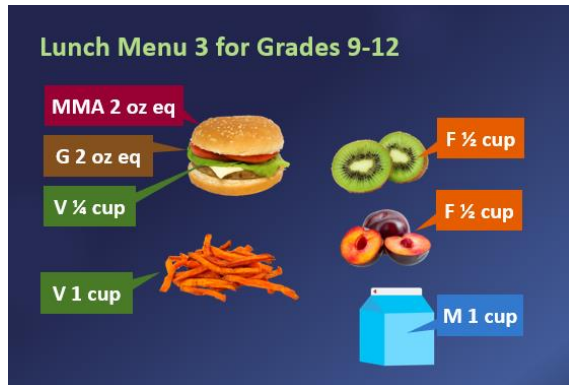


The second planned high school lunch menu includes a salad plate (1 cup V), yogurt (1 oz eq MMA), cheese stick (1 oz eq MMA), whole grain-crackers (2 oz eq G), sliced oranges (1/2 cup F), blueberries (1/2 cup F), and a choice of low-fat or fat-free milk choice of low-fat or fat-free milk (1 cup M).





Student selects	Meal or no meal?
	<input checked="" type="checkbox"/> $\geq 2$ full components: MMA, G, M <input checked="" type="checkbox"/> $\geq \frac{1}{2}$ cup F or V: F $\frac{1}{2}$ cup <input checked="" type="checkbox"/> Meal <input type="checkbox"/> No meal
	<input type="checkbox"/> $\geq 2$ full components: G <input checked="" type="checkbox"/> $\geq \frac{1}{2}$ cup F or V: F $\frac{1}{2}$ cup, <input type="checkbox"/> Meal <input checked="" type="checkbox"/> No meal
	<input checked="" type="checkbox"/> $\geq 2$ full components: MMA, F <input type="checkbox"/> $\geq \frac{1}{2}$ cup F or V: The full serving of fruit counts as either one full component or the required $\frac{1}{2}$ cup for OVS but cannot count as both. <input type="checkbox"/> Meal <input checked="" type="checkbox"/> No meal
	<input checked="" type="checkbox"/> $\geq 2$ full components: G, M <input checked="" type="checkbox"/> $\geq \frac{1}{2}$ cup F or V: F $\frac{1}{2}$ cup <input checked="" type="checkbox"/> Meal <input type="checkbox"/> No meal
	<input checked="" type="checkbox"/> $\geq 2$ full components: V, M <input checked="" type="checkbox"/> $\geq \frac{1}{2}$ cup F or V: F $\frac{1}{2}$ cup <input checked="" type="checkbox"/> Meal <input type="checkbox"/> No meal
	<input checked="" type="checkbox"/> $\geq 2$ full components: V, G, F $\frac{1}{2}$ cup <input checked="" type="checkbox"/> $\geq \frac{1}{2}$ cup F or V <input checked="" type="checkbox"/> Meal <input type="checkbox"/> No meal

## Answer Key for 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's selections	Meal or no meal?
	<input checked="" type="checkbox"/> $\geq 2$ full components <input type="checkbox"/> $\geq 1/2$ cup F or V <input type="checkbox"/> Meal <input checked="" type="checkbox"/> No meal
	<input checked="" type="checkbox"/> $\geq 2$ full components <input checked="" type="checkbox"/> $\geq 1/2$ cup F or V <input checked="" type="checkbox"/> Meal <input type="checkbox"/> No meal
	<input checked="" type="checkbox"/> $\geq 2$ full components <input checked="" type="checkbox"/> $\geq 1/2$ cup F or V <input checked="" type="checkbox"/> Meal <input type="checkbox"/> No meal
	<input checked="" type="checkbox"/> $\geq 2$ full components <input checked="" type="checkbox"/> $\geq 1/2$ cup F or V <input checked="" type="checkbox"/> Meal <input type="checkbox"/> No meal

## Answer Key for 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](#).

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, audiotope, 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](mailto: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](mailto:louis.todisco@ct.gov).