

*What's for Lunch (WFL): Meeting the Meal Pattern Requirements
of the National School Lunch Program (NSLP)*

WFL INCLUSION ACTIVITY

Let's get to know who is in the room today and see what we have in common.

Tell participants that you are going to ask some questions and you would like them to stand up if the information applies to them. After each question, have the group sit down again until the next question.

Please stand up if you:

1. are from a school district with more than 10 schools
2. are from a school district with 5-9 schools
3. are from a school district with 2-4 schools
4. are from a single-site school
5. are from a residential child care institution
6. are new to school food service this year
7. have been working in school food service for less than two years
8. have been working in school food service for three to five years
9. have been working in school food service for six to ten years
10. have been working in school food service for 11 years or more
11. ate a healthy lunch today
12. like change

INSTRUCTOR NOTES:

Let participants know that this presentation includes the meal pattern requirements for both five-day and seven-day weeks. If there are no RCCIs, tell participants that since no one is using seven-day menus, we will skip the information and slides for seven-day weeks.

There is one four-day week institution in Connecticut. The daily requirements are the same but weekly information is not included in this presentation. The four-day week meal patterns are on the CSDE Web site.



The Connecticut State Department of Education's (CSDE) *What's for Lunch* workshop training materials are available on the CSDE's [Meal Pattern Training Materials](#) Web page. This handout is available at www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/wfl/wflinclusion.