

What's for Lunch?

*Meeting the Meal Pattern Requirements
for the National School Lunch Program*



INSTRUCTOR MANUAL

Revised November 2015



Connecticut State Department of Education
Bureau of Health/Nutrition, Family Services and Adult Education
25 Industrial Park Road
Middletown, CT 06457

ACKNOWLEDGMENTS

What's for Lunch?

Meeting the Meal Pattern Requirements for the National School Lunch Program

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333806

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The **What's for Lunch (WFL)** workshop was developed as part of a 2013 Team Nutrition grant from the U.S. Department of Agriculture (USDA) Food and Nutrition Service to the Connecticut State Department of Education (CSDE). This project has been funded at least in part with federal funds from the USDA. The contents of this publication do not necessarily reflect the view or policies of the USDA, nor does mention of trade names, commercial products or organizations imply endorsement by the U.S. Government.

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WORKSHOP OVERVIEW

WFL is an interactive workshop that provides menu planners with an overview of the SBP meal pattern requirements. The workshop length is three hours and fifteen minutes.

WFL helps school foodservice personnel:

- understand the meal pattern requirements for breakfast, including components, serving sizes and specific crediting criteria;
- identify noncreditable foods;
- understand the four dietary specifications that school breakfasts must meet and resources to help implement them;
- understand how to implement Offer versus Serve (OVS) and identify reimbursable meals; and
- gain confidence in their ability to provide staff training and communicate information about the SBP meal pattern requirements to food service colleagues, school staff, students and families.

The [WFL Instructor Training Agenda](#) provides detailed information on the workshop format, time frame and materials. The following pages summarize the WFL resources and materials that are available on the CSDE's [Meal Pattern Training Materials](#) Web page, including the instructor training resources and background information, and participant handouts.

The CSDE recommends printing these materials and placing in a three-ring binder for easy reference. The first page of this document provides a cover for the instructor manual.

WORKSHOP CONTENTS

All WFL training materials and resources are available on the CSDE's [Meal Pattern Training Materials](http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333806) Web page at www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333806.

INSTRUCTOR TRAINING RESOURCES

- WFL Instructor Training Agenda
- WFL Inclusion Activity
- WFL Instructor Notes for PowerPoint Slides
- WFL Worksheet Answer Keys
 - Worksheet 1 – Menu Planning Quiz for Fruits and Vegetables
 - Worksheet 2 – Vegetable Subgroups
 - Worksheet 3 – Is it Whole Grain-rich?
 - Worksheet 4 – Menu Planning
 - Worksheet 5 – Meal or No Meal
- USDA sample product formulation statements for tables
(*Print in bright color*)
 - Meat/Meat Alternates
 - Grains
 - Fruits
 - Vegetables

INSTRUCTOR BACKGROUND INFORMATION

- Basics at a Glance Portion Control Poster (Institute of Child Nutrition)
- Crediting Foods
 - Accepting Processed Product Documentation
 - Child Nutrition (CN) Labeling
 - Crediting Breakfast Cereals
 - Crediting Commercial Meat/Meat Alternate Products
 - Crediting Enriched Grains
 - Crediting Juice
 - Crediting Soup
 - Crediting Tofu and Tofu Products
 - Identifying Whole Grains
 - Milk Substitutions
 - Product Formulation Statements
 - Requirements for Alternate Protein Products
- Menu Planning Guide for School Meals
- Sodium Reduction Timeline
- USDA Questions and Answers on School Meals

WORKSHOP CONTENTS

PARTICIPANT HANDOUTS

- WFL Participant Agenda
- WFL Handout (PowerPoint Slides)
- Five-day Lunch Meal Pattern
- Seven-day Lunch Meal Pattern
(Copies to hand out if participants include schools with seven-day menus)
- Whole Grain-rich Ounce Equivalents for School Nutrition Programs
- Criteria for Whole Grain-rich Foods
- Calculation Methods for Crediting Grains
- Vegetable Subgroups
- Noncreditable Foods
- Menu Planning for the National School Lunch Program
- Overview of Menu Planning Guide for School Meals
- Menu Planning Resources for School Meals
- WFL Worksheet Packet
 - Worksheet 1 – Menu Planning Quiz for Fruits and Vegetables
 - Worksheet 2 – Vegetable Subgroups
 - Worksheet 3 – Is it Whole Grain-rich?
 - Worksheet 4 – Menu Planning
 - Worksheet 5 – Meal or No Meal
- WFL Evaluation Form

ADDITIONAL RESOURCES

CSDE WEB SITES

Menu Planning Guide for School Nutrition Programs:

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=334320

Crediting Foods:

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333796

Program Guidance:

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320674

Meal Patterns (Five-day Week):

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333770

Meal Patterns (Seven-day Week):

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=334100

Operational Memoranda:

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322550

Resources:

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333786


CONTACT INFORMATION

NUTRITION EDUCATION COORDINATOR

For more information on WFL, please contact Susan S. Fiore, M.S., R.D., Nutrition Education Coordinator, at susan.fiore@ct.gov or 860-807-2075.

CSDE SCHOOL NUTRITION PROGRAMS

For more information on the USDA meal pattern requirements, see the CSDE's *Menu Planning Guide for School Meals*, and the CSDE's *Meal Patterns* and *Crediting Foods* Web pages or contact the CSDE school nutrition programs staff.

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