

What's for Lunch?

Meeting the Meal Pattern Requirements for the National School Lunch Program

Objectives

Participants will be able to:

- understand the meal pattern requirements for lunch including the five meal pattern components, serving sizes and specific crediting criteria;
- identify noncreditable foods, i.e., foods that do not contribute to the meal pattern;
- identify the dietary specifications (nutrition standards) that school lunches must meet and resources to help to 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 NSLP meal pattern requirements to food service colleagues, school staff, students and families.



Agenda

- Welcome and Introduction
- Background on Final Rule, *Nutrition Standards in the National School Lunch and Breakfast Programs*
- Overview of Requirements
- Meal Pattern for Lunch
 - Milk
 - Meat and Meat Alternates
 - Fruits
 - Vegetables
 - Grains
 - Noncreditable Foods
- Break
- Menu Planning
- Dietary Specifications (Nutrition Standards) for Lunch
 - Calories
 - Saturated Fat
 - Sodium
 - Trans Fat
- Offer versus Serve (OVS)
 - Overview
 - Menu Planning Decisions
 - Identifying Reimbursable Meals
 - Meal or No Meal: Lunch Edition
- Wrap-Up
 - Menu Planning Strategies for the NSLP
 - Evaluations and Certificates



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/wflagenda.