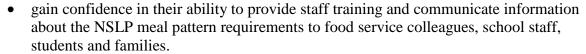
What's for Lunch?

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





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
 - o Milk
 - Meat and Meat Alternates
 - o Fruits
 - Vegetables
 - o Grains
 - Noncreditable Foods
- Break
- Menu Planning

- Dietary Specifications (Nutrition Standards) for Lunch
 - Calories
 - Saturated Fat
 - o Sodium
 - Trans Fat.
- Offer versus Serve (OVS)
 - o 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.