



Essentials for School Nutrition: Nutritional Quality and Meal Pattern Module

Practice Activity Lesson 3: Meal Patterns and Grade Groups

1. Your school includes the following grades: Pre-K, first, second and third. The Pre-K students are served meals in their classroom. Which of the following meal pattern grade groups may you follow? Select all that apply.
 - ☐ CACFP Pre-K
 - ☐ SNP K - 5
 - ☐ SNP K -5 plus CACFP Food Specifications
 - ☐ SNP K -8
 - ☐ SNP 9 – 12
2. A school includes the following grades: Pre-K, Kindergarten, first, second, third, fourth, fifth and sixth. The Pre-K students are served meals in the cafeteria with the other students. Which of the following meal pattern grade groups may you follow? Select all that apply.
 - ☐ CACFP Pre-K
 - ☐ SNP K - 5
 - ☐ SNP K -5 plus CACFP Food Specifications
 - ☐ SNP K -8
 - ☐ SNP 9 – 12
3. Which of the following food components must be planning for breakfast? Select all that apply.
 - ☐ Meat/meat alternate
 - ☐ Whole grain rich
 - ☐ Vegetable
 - ☐ Fruit
 - ☐ Milk
4. Which of the following foods components are optional at breakfast? Select all that apply.
 - ☐ Meat/meat alternate
 - ☐ Whole grain rich
 - ☐ Vegetable
 - ☐ Fruit
 - ☐ Milk

5. How many cups of vegetables must be offered over the week before a starchy vegetable such as hash browns can be served at breakfast?

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4

6. Does the following menu meet the daily breakfast requirements for grades K – 12?

- ☐ Yes
- ☐ No

2% milk, ½ cup fresh grapes, ½ cup orange juice, 1 cup whole grain flake cereal.



7. Does the following menu meet the daily breakfast requirements for grades K – 12?

- ☐ Yes
- ☐ No

1 boiled egg, 1 whole 3 ounce bagel, 1 cup mixed fruit, choice of 1 cup fat free milk or fat free plain milk



8. Which of the following are CACFP Pre-K food specifications? Select all that apply.

- ☐ No flavored milk
- ☐ Cereal with less than 6 grams of sugar per ounce
- ☐ Yogurt with less than 23 grams of sugar per 6 ounces
- ☐ Dessert grains only at lunch
- ☐ No more than 1 cup of juice per day

9. How many kiwi halves equal a ½ cup serving of fruit?

- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

10. The after school snack meal pattern includes which of the following food component groups? Select all that apply.

- ☐ Meat/meat alternate
- ☐ Whole grain rich
- ☐ Vegetable/Fruit
- ☐ Milk

11. What is the required portion size for a serving of fruit/vegetable component in the after school snack program?

- ☐ ¼ cup
- ☐ 1/3 cup
- ☐ ½ cup
- ☐ ¾ cup
- ☐ 1 cup

12. Fiscal action will be calculated for which of the following initial administrative review findings?

- ☐ Missing food components on food production records
- ☐ Serving non-whole grain rich items
- ☐ Providing only one variety of milk at breakfast and/or lunch
- ☐ Offering no dark green vegetables over the week
- ☐ Missing food components on student trays at the point of service

13. Which of the following vegetable subgroups require a minimum of ½ cup offered over a week? Select all that apply.

- ☐ Dark Green
- ☐ Red/Orange
- ☐ Beans/Peas (Legumes)
- ☐ Starchy
- ☐ Other

Additional Resources

[Grain Crediting Chart for Child Nutrition Programs](#)

[Creditable and Noncreditable Foods in School Nutrition Programs](#)

[Vegetable Sub Groups for School Nutrition Programs](#)

[Whole Grain Resource for the National School Lunch and School Breakfast Programs \(USDA\)](#)

[Food Buying Guide for School Nutrition Programs](#)

Practice Activity Lesson 3: Meal Patterns and Grade Groups Answer Key

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 - ☐ 1
 - ☒ 2
 - ☐ 3
 - ☐ 4
6. Does the following menu meet the daily breakfast requirements for grades K – 12?
 - ☐ Yes
 - ☒ No

2% milk, ½ cup fresh grapes, ½ cup orange juice, 1 cup whole grain flake cereal.

Answer: 2% milk not allowed, two varieties must be offered from: 1% plain, plain fat free, flavored fat free.



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