

Fuel Up to Win the Race to the Top

Section	Lessons	Credit	Professional Standards Learning Code
Introduction and Continuing Education 	Introduction	0	N/A
	Credits Explanation	0	N/A
Meal Pattern 	Why Meal Patterns Changed	0	N/A
	Meal Patterns Breakfast K-5	¼ hour	1110
	Meal Patterns Breakfast 6-8	¼ hour	1110
	Meal Patterns Breakfast 9-12	¼ hour	1110
	Meal Patterns Breakfast K-12	¼ hour	1110
	Meal Patterns Lunch K-5	¼ hour	1110
	Meal Patterns Lunch K-8	¼ hour	1110
	Meal Patterns Lunch 6-8	¼ hour	1110
Offer vs. Serve 	Offer vs. Serve Introduction	¼ hour	2220
	Offer vs. Serve Breakfast K-12	¼ hour	2220
	Offer vs. Serve Lunch K-8	¼ hour	2220
	Offer vs. Serve Lunch 9-12	¼ hour	2220
Menu Planning and Record Keeping 	Menu Planning Introduction	¼ hour	1110
	Production Record Central Kitchen Breakfast	¾ hour	2120
	Production Record Central Kitchen Lunch	¾ hour	2120
	Production Record Homestyle Breakfast	¼ hour	2120
	Production Record Homestyle Lunch	¼ hour	2120
	Production Record Transported Breakfast	¼ hour	2120
	Production Record Transported Lunch	¼ hour	2120
Food Preparation Skills and Tips 	We Want Lunch	0	N/A
	Using the Food Buying Guide	¼ hour	1140
	Developing Standardized Recipes	¼ hour	1140
	Measuring and Weighing Accurately	¼ hour	2130
	Using Knives Efficiently	¼ hour	2130
	Fruits and Veggie Cuts	¼ hour	2130
	Enhancing Flavors in Menus	¼ hour	2130
	New Salad Twists	¼ hour	1120
	Innovative Menu Ideas	¼ hour	1120
Accommodating Special Dietary Needs	¼ hour	1160	
Positive Dining Experiences 	It's All in the Presentation	¼ hour	2230
	Ways to Use Garnishes	¼ hour	2230
	Focus on the Customer	¼ hour	4130
Nutrition in the Classroom and Beyond 	Unique Classroom Activities	¼ hour	4120
	Promoting Nutritional Messages and Team Building	¼ hour	4160

Additional Resources



North Carolina Child Nutrition Programs	0	N/A
North Carolina Child Nutrition Breakfast is Brain Fuel Tool-kit	0	N/A
USDA Food and Nutrition Service Child Nutrition Programs	0	N/A
USDA Food and Nutrition Service Nutrition Standards for School Meals	0	N/A
School Nutrition Association	0	N/A
USDA Food and Nutrition Service Resources A-Z	0	N/A
Institute of Child Nutrition	0	N/A
Food Buying Guide Calculator for Child Nutrition Programs	0	N/A
USDA Food Buying Guide	0	N/A
Food Safety for School and Community Gardens	0	N/A
Meal Appeal	0	N/A