

7 — Resources

This section includes links to resources and websites that assist SFAs with meeting the NSLP and SBP meal pattern and crediting requirements for grades K-12. It includes crediting and meal pattern resources, menu planning guidance, forms, guides, resource lists, federal and state regulations, and websites. For more resources, review the CSDE’s resource, *Menu Planning Resources for School Meals*. For more links to information on federal and state requirements and guidance, visit the CSDE’s [Program Guidance for School Nutrition Programs](#) webpages.

Crediting Foods

Accepting Processed Product Documentation in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/AcceptDocumentationSNP.pdf>

Allowable Milk Substitutions for Children without Disabilities in School Nutrition Programs (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/SpecDiet/MilkSubstitutesSchools.pdf>

Calculation Methods for Grain Ounce Equivalents for Grades K-12 in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/GrainCalculationSNPgradesK-12.pdf>

Checklist for Evaluating Manufacturer Product Formulation Statements (Product Analysis) for Meat/Meat Alternate (M/MA) Products (USDA):

https://fns-prod.azureedge.net/sites/default/files/reviewer_checklist.pdf

Child Nutrition (CN) Labeling Program (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/CNlabel.pdf>

Child Nutrition (CN) Labels (CSDE’s Crediting Foods for Grades K-12 in School Nutrition Programs webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-School-Nutrition-Programs#CNlabels>

Comparison of Meal Pattern Requirements for Preschool and Grades K-12 in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/ComparisonPreschoolK12.pdf>

Comparison of Meal Pattern Requirements for the Grains Component in the School Nutrition Programs (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/ComparisonGrainCrediting.pdf>

Crediting Breakfast Cereals for Grades K-12 in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/CreditCerealsSNPgradesK-12.pdf>

Crediting Commercial Meat/Meat Alternate Products in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/CreditCommercialMMASNP.pdf>

Crediting Deli Meats in the NSLP and SBP: Crediting Deli Meats in the NSLP and SBP:

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/CreditDeliSNP.pdf>

Crediting Enriched Grains in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/CreditEnrichedGrainsSNP.pdf>

Crediting Foods for Grades K-12 in School Nutrition Programs (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-School-Nutrition-Programs>

Crediting Juice for Grades K-12 in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/CreditJuiceSNP.pdf>

Crediting Legumes in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/CreditLegumesSNP.pdf>

Crediting Nuts and Seeds in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/CreditNutsSNP.pdf>

Crediting Smoothies for Grades K-12 in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/CreditSmoothiesSNP.pdf>

Crediting Soups in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/CreditSoupSNP.pdf>

Crediting Tofu and Tofu Products in the NSLP and SBP:

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/CreditTofuSNP.pdf>

Crediting Updates for Child Nutrition Programs: Be in the Know! Webinar Series (USDA):

<https://www.fns.usda.gov/tn/crediting-updates-child-nutrition-programs-be-know-webinar-series>

Crediting Whole Grains in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/CreditWholeGrainsSNP.pdf>

Crediting Yogurt for Grades K-12 in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/CreditYogurtSNPgradesK-12.pdf>

Grain Ounce Equivalents for Grades K-12 in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/GrainOzEqSNPgradesK-12.pdf>

Meeting the Whole Grain-rich Requirement for the NSLP and SBP Meal Patterns for Grades K-12 (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/WGRRequirementSNPgradesK-12.pdf>

Menu Planning for Grades K-12 in the NSLP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/MealPattern/MenuPlanningNSLP.pdf>

Menu Planning for Grades K-12 in the SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/SBP/MenuPlanningSBP.pdf>

Product Formulation Statements (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/PFS.pdf>

Product Formulation Statements (CSDE's Crediting Foods for Grades K-12 in School Nutrition Programs webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-School-Nutrition-Programs#PFS>

Requirements for Alternate Protein Products in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/APPRrequirementsSNP.pdf>

Standardized Recipe Form for School Nutrition Programs (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/StdRecipeSchools.doc>

Tips for Evaluating a Manufacturer's Product Formulation Statement (USDA):

<https://fns-prod.azureedge.net/sites/default/files/resource-files/manufacturerPFStipsheet.pdf>

USDA Memo SP 11-2015 (v2), CACFP 10-2015 and SFSP 13-2015: CN Labels Copied with a Watermark:

<https://www.fns.usda.gov/cn-labels-copied-watermark-acceptable-documentation>

- USDA Memo SP 19-2018: Clarification on the Milk and Water Requirements in the School Meal Programs:
<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Memos/OM2018/SP19-2018s.pdf>
- USDA Memo SP 21-2019, CACFP 08-2019 and SFSP 07-2019: Crediting Shelf-Stable, Dried and Semi-Dried Meat, Poultry, and Seafood Products in the Child Nutrition Programs:
<https://www.fns.usda.gov/school-meals/crediting-shelf-stable-dried-and-semi-dried-meat-poultry-and-seafood-products-child-nutrition>
- USDA Memo SP 23-2019, CACFP 10-2019 and SFSP 09-2019: Crediting Popcorn in the Child Nutrition Programs:
<https://www.fns.usda.gov/school-meals/crediting-popcorn-child-nutrition-programs>
- USDA Memo SP 24-2019, CACFP 11-2019 and SFSP 10-2019: Crediting Surimi Seafood in the Child Nutrition Programs:
<https://www.fns.usda.gov/school-meals/crediting-surimi-seafood-child-nutrition-programs>
- USDA Memo SP 25-2019, CACFP 12-2019 and SFSP 11-2019: Crediting Tempeh in the Child Nutrition Programs:
<http://https://www.fns.usda.gov/school-meals/crediting-tempeh-child-nutrition-programs>
- USDA Memo SP 26-2019, CACFP 13-2019 and SFSP 12-2019: Crediting Pasta Products Made of Vegetable Flour in the Child Nutrition Programs:
<https://www.fns.usda.gov/crediting-pasta-products-made-vegetable-flour-child-nutrition-programs>
- USDA Memo SP 30-2012: Grain Requirements for the National School Lunch Program and School Breakfast Program:
<https://www.fns.usda.gov/grain-requirements-national-school-lunch-program-and-school-breakfast-program>
- USDA Memo SP 34-2019, CACFP 15-2019 and SFSP 15-2019: Crediting Coconut, Hominy, Corn Masa, and Masa Harina in the Child Nutrition Programs:
<https://www.fns.usda.gov/cn/crediting-coconut-hominy-corn-masa-and-masa-harina-child-nutrition-programs>
- USDA Memo SP 35-2011 and CACFP 23-2011: Clarification on the Use of Offer versus Serve and Family Style Meal Service:
<https://www.fns.usda.gov/clarification-use-offer-vs-serve-and-family-style-meal-service>
- USDA Memo SP 40-2019, CACFP 17-2019 and SFSP 17-2019: Smoothies Offered in Child Nutrition Programs:
<https://www.fns.usda.gov/cn/smoothies-offered-child-nutrition-programs>

USDA Memo SP 53-2016 and CACFP 21-2016: Crediting Tofu and Soy Yogurt Products in the School Meal Programs and the CACFP:

<https://www.fns.usda.gov/crediting-tofu-and-soy-yogurt-products-school-meal-programs-and-cacfp>

USDA Memo TA 07-2010 (v.3): Guidance for Accepting Processed Product Documentation for Meal Pattern Requirements:

<https://fns-prod.azureedge.net/sites/default/files/cn/TA07-2010v3os.pdf>

Vegetable Subgroups in the NSLP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/VegSubgroup.pdf>

Yield Study Form for Child Nutrition Programs (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/YieldStudy.pdf>

CSDE Forms and Handouts

All meal pattern handouts are available in the “[Documents/Forms](#)” section of the CSDE’s Meal Patterns for Grades K-12 in School Nutrition Programs webpage. For additional forms, visit the CSDE’s [Forms for School Nutrition Programs](#) webpage.

Breakfast meal patterns for four-day week

These meal patterns are for schools that regularly operate on a four-day week.

Four-day Breakfast Meal Pattern for Grades K-5, 6-8, and 9-12

<https://portal.ct.gov/-/media/SDE/Nutrition/SBP/MealPattern/SBPmealpattern4day.pdf>

Four-day Breakfast Meal Pattern for Grades K-5:

https://portal.ct.gov/-/media/SDE/Nutrition/SBP/MealPattern/SBPmealpattern4day_gradesK-5.pdf

Four-day Breakfast Meal Pattern for Grades 6-8:

https://portal.ct.gov/-/media/SDE/Nutrition/SBP/MealPattern/SBPmealpattern4day_grades6-8.pdf

Four-day Breakfast Meal Pattern for Grades 9-12:

https://portal.ct.gov/-/media/SDE/Nutrition/SBP/MealPattern/SBPmealpattern4day_grades9-12.pdf

Four-day Breakfast Meal Pattern: Grades K-8 Option:

https://portal.ct.gov/-/media/SDE/Nutrition/SBP/MealPattern/SBPmealpattern4day_gradesK-8option.pdf

Four-day Breakfast Meal Pattern: Grades K-12 Option:

https://portal.ct.gov/-/media/SDE/Nutrition/SBP/MealPattern/SBPmealpattern4day_gradesK-12option.pdf

Four-day Breakfast Meal Pattern: Grades 6-12 Option:

https://portal.ct.gov/-/media/SDE/Nutrition/SBP/MealPattern/SBPmealpattern_grades6-12option.pdf

Breakfast meal patterns for five-day week

Breakfast Meal Pattern for Grades K-5, 6-8, and 9-12:

<https://portal.ct.gov/-/media/SDE/Nutrition/SBP/MealPattern/SBPmealpattern.pdf>

Breakfast Meal Pattern for Grades K-5:

https://portal.ct.gov/-/media/SDE/Nutrition/SBP/MealPattern/SBPmealpattern_gradesK-5.pdf

Breakfast Meal Pattern for Grades 6-8:

https://portal.ct.gov/-/media/SDE/Nutrition/SBP/MealPattern/SBPmealpattern_grades6-8.pdf

Breakfast Meal Pattern for Grades 9-12:

https://portal.ct.gov/-/media/SDE/Nutrition/SBP/MealPattern/SBPmealpattern_grades9-12.pdf

Breakfast Meal Pattern: Grades K-8 Option:

https://portal.ct.gov/-/media/SDE/Nutrition/SBP/MealPattern/SBPmealpattern_gradesK-8option.pdf

Breakfast Meal Pattern: Grades K-12 Option:

https://portal.ct.gov/-/media/SDE/Nutrition/SBP/MealPattern/SBPmealpattern_gradesK-12option.pdf

Breakfast Meal Pattern: Grades 6-12 Option:

https://portal.ct.gov/-/media/SDE/Nutrition/SBP/MealPattern/SBPmealpattern_grades6-12option.pdf

Breakfast meal patterns for seven-day week

These meal patterns are for schools that regularly operate on a seven-day week.

Seven-day Breakfast Meal Pattern for Grades K-5, 6-8, and 9-12:

[http://portal.ct.gov/-
/media/SDE/Nutrition/SBP/MealPattern/SBPmealpattern7day.pdf](http://portal.ct.gov/-/media/SDE/Nutrition/SBP/MealPattern/SBPmealpattern7day.pdf)

Seven-day Breakfast Meal Pattern for Grades K-5:

[https://portal.ct.gov/-
/media/SDE/Nutrition/SBP/MealPattern/SBPmealpattern7day_gradesK-5.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/SBP/MealPattern/SBPmealpattern7day_gradesK-5.pdf)

Seven-day Breakfast Meal Pattern for Grades 6-8:

[http://portal.ct.gov/-
/media/SDE/Nutrition/SBP/MealPattern/SBPmealpattern7day_grades6-8.pdf](http://portal.ct.gov/-/media/SDE/Nutrition/SBP/MealPattern/SBPmealpattern7day_grades6-8.pdf)

Seven-day Breakfast Meal Pattern for Grades 9-12:

[http://portal.ct.gov/-
/media/SDE/Nutrition/SBP/MealPattern/SBPmealpattern7day_grades9-12.pdf](http://portal.ct.gov/-/media/SDE/Nutrition/SBP/MealPattern/SBPmealpattern7day_grades9-12.pdf)

Seven-day Breakfast Meal Pattern: Grades K-8 Option:

[http://portal.ct.gov/-
/media/SDE/Nutrition/SBP/MealPattern/SBPmealpattern7day_gradesK-8option.pdf](http://portal.ct.gov/-/media/SDE/Nutrition/SBP/MealPattern/SBPmealpattern7day_gradesK-8option.pdf)

Seven-day Breakfast Meal Pattern: Grades K-12 Option:

[http://portal.ct.gov/-
/media/SDE/Nutrition/SBP/MealPattern/SBPmealpattern7day_gradesK-12option.pdf](http://portal.ct.gov/-/media/SDE/Nutrition/SBP/MealPattern/SBPmealpattern7day_gradesK-12option.pdf)

Seven-day Breakfast Meal Pattern: Grades 6-12 Option:

[http://portal.ct.gov/-
/media/SDE/Nutrition/SBP/MealPattern/SBPmealpattern7day_grades6-12option.pdf](http://portal.ct.gov/-/media/SDE/Nutrition/SBP/MealPattern/SBPmealpattern7day_grades6-12option.pdf)

Lunch meal patterns for four-day week

These meal patterns are for schools that regularly operate on a four-day week.

Four-day Lunch Meal Pattern for Grades K-5, 6-8, and 9-12

[http://portal.ct.gov/-
/media/SDE/Nutrition/NSLP/MealPattern/NSLPmealpattern4day.pdf](http://portal.ct.gov/-/media/SDE/Nutrition/NSLP/MealPattern/NSLPmealpattern4day.pdf)

Four-day Lunch Meal Pattern for Grades K-5:

[http://portal.ct.gov/-
/media/SDE/Nutrition/NSLP/MealPattern/NSLPmealpattern4day_gradesK-5.pdf](http://portal.ct.gov/-/media/SDE/Nutrition/NSLP/MealPattern/NSLPmealpattern4day_gradesK-5.pdf)

Four-day Lunch Meal Pattern for Grades 6-8:

[http://portal.ct.gov/-
/media/SDE/Nutrition/NSLP/MealPattern/NSLPmealpattern4day_grades6-8.pdf](http://portal.ct.gov/-/media/SDE/Nutrition/NSLP/MealPattern/NSLPmealpattern4day_grades6-8.pdf)

Four-day Lunch Meal Pattern for Grades 9-12:

[http://portal.ct.gov/-
/media/SDE/Nutrition/NSLP/MealPattern/NSLPmealpattern4day_grades9-12.pdf](http://portal.ct.gov/-/media/SDE/Nutrition/NSLP/MealPattern/NSLPmealpattern4day_grades9-12.pdf)

Four-day Lunch Meal Pattern: Grades K-8 Option:

[http://portal.ct.gov/-
/media/SDE/Nutrition/NSLP/MealPattern/NSLPmealpattern4day_gradesK-
8option.pdf](http://portal.ct.gov/-/media/SDE/Nutrition/NSLP/MealPattern/NSLPmealpattern4day_gradesK-8option.pdf)

Lunch meal patterns for five-day week

Lunch Meal Pattern for Grades K-5, 6-8, and 9-12

<http://portal.ct.gov/-/media/SDE/Nutrition/NSLP/MealPattern/NSLPmealpattern.pdf>

Lunch Meal Pattern for Grades K-5

[http://portal.ct.gov/-
/media/SDE/Nutrition/NSLP/MealPattern/NSLPmealpattern_gradesK-5.pdf](http://portal.ct.gov/-/media/SDE/Nutrition/NSLP/MealPattern/NSLPmealpattern_gradesK-5.pdf)

Lunch Meal Pattern for Grades 6-8:

[http://portal.ct.gov/-
/media/SDE/Nutrition/NSLP/MealPattern/NSLPmealpattern_grades6-8.pdf](http://portal.ct.gov/-/media/SDE/Nutrition/NSLP/MealPattern/NSLPmealpattern_grades6-8.pdf)

Lunch Meal Pattern for Grades 9-12:

[http://portal.ct.gov/-
/media/SDE/Nutrition/NSLP/MealPattern/NSLPmealpattern_grades9-12.pdf](http://portal.ct.gov/-/media/SDE/Nutrition/NSLP/MealPattern/NSLPmealpattern_grades9-12.pdf)

Lunch Meal Pattern: Grades K-8 Option:

[http://portal.ct.gov/-
/media/SDE/Nutrition/NSLP/MealPattern/NSLPmealpattern_gradesK-8option.pdf](http://portal.ct.gov/-/media/SDE/Nutrition/NSLP/MealPattern/NSLPmealpattern_gradesK-8option.pdf)

Lunch meal patterns for seven-day week

These meal patterns are for schools that regularly operate on a seven-day week.

Meal Pattern Exception Request Form fir Residential Child Care Institutions:

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Forms/Waivers/RCCIWaiver.doc>

Seven-day Lunch Meal Pattern for Grades K-5, 6-8, and 9-12

[http://portal.ct.gov/-
/media/SDE/Nutrition/NSLP/MealPattern/NSLPmealpattern7day.pdf](http://portal.ct.gov/-/media/SDE/Nutrition/NSLP/MealPattern/NSLPmealpattern7day.pdf)

Seven-day Lunch Meal Pattern for Grades K-5:

[http://portal.ct.gov/-
/media/SDE/Nutrition/NSLP/MealPattern/NSLPmealpattern7day_gradesK-5.pdf](http://portal.ct.gov/-/media/SDE/Nutrition/NSLP/MealPattern/NSLPmealpattern7day_gradesK-5.pdf)

Seven-day Lunch Meal Pattern for Grades 6-8:

[http://portal.ct.gov/-
/media/SDE/Nutrition/NSLP/MealPattern/NSLPmealpattern7day_grades6-8.pdf](http://portal.ct.gov/-/media/SDE/Nutrition/NSLP/MealPattern/NSLPmealpattern7day_grades6-8.pdf)

Seven-day Lunch Meal Pattern for Grades 9-12:

[http://portal.ct.gov/-
/media/SDE/Nutrition/NSLP/MealPattern/NSLPmealpattern7day_grades9-12.pdf](http://portal.ct.gov/-/media/SDE/Nutrition/NSLP/MealPattern/NSLPmealpattern7day_grades9-12.pdf)

Seven-day Lunch Meal Pattern: Grades K-8 Option:

[http://portal.ct.gov/-
/media/SDE/Nutrition/NSLP/MealPattern/NSLPmealpattern7day_gradesK-
8option.pdf](http://portal.ct.gov/-/media/SDE/Nutrition/NSLP/MealPattern/NSLPmealpattern7day_gradesK-8option.pdf)

Menu planning checklists

Five-day Lunch Menu Planning Checklist for Grades K-5:

[https://portal.ct.gov/-
/media/SDE/Nutrition/NSLP/Forms/MPCheck/MPChecklist_gradesK-5.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Forms/MPCheck/MPChecklist_gradesK-5.pdf)

Five-day Lunch Menu Planning Checklist for Grades 6-8:

[https://portal.ct.gov/-
/media/SDE/Nutrition/NSLP/Forms/MPCheck/MPChecklist_grades6-8.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Forms/MPCheck/MPChecklist_grades6-8.pdf)

Five-day Lunch Menu Planning Checklist for Grades 9-12:

[https://portal.ct.gov/-
/media/SDE/Nutrition/NSLP/Forms/MPCheck/MPChecklist_grades9-12.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Forms/MPCheck/MPChecklist_grades9-12.pdf)

Five-day Lunch Menu Planning Checklist for Grades K-8 Option:

[https://portal.ct.gov/-
/media/SDE/Nutrition/NSLP/Forms/MPCheck/MPChecklist_gradesK-8option.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Forms/MPCheck/MPChecklist_gradesK-8option.pdf)

Seven-day Lunch Menu Planning Checklist for Grades K-5:

[https://portal.ct.gov/-
/media/SDE/Nutrition/NSLP/Forms/MPCheck/MPChecklist7day_gradesK-5.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Forms/MPCheck/MPChecklist7day_gradesK-5.pdf)

Seven-day Lunch Menu Planning Checklist for Grades 6-8:

[https://portal.ct.gov/-
/media/SDE/Nutrition/NSLP/Forms/MPCheck/MPChecklist7day_grades6-8.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Forms/MPCheck/MPChecklist7day_grades6-8.pdf)

Seven-day Lunch Menu Planning Checklist for Grades 9-12:

[https://portal.ct.gov/-
/media/SDE/Nutrition/NSLP/Forms/MPCheck/MPChecklist7day_grades9-12.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Forms/MPCheck/MPChecklist7day_grades9-12.pdf)

Seven-day Lunch Menu Planning Checklist for Grades K-8 Option:

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Forms/MPCheck/MPChecklist7day_gradesK-8option.pdf

CSDE Guides

For more guides, visit the CSDE's [Manuals and Guides for Child Nutrition Programs](#) webpage.

Accommodating Special Diets in School Nutrition Programs:

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/SpecDiet/SpecialDietsGuide.pdf>

Action Guide for Child Care Nutrition and Physical Activity Policies:

https://portal.ct.gov/-/media/SDE/Nutrition/SWP/Action_Guide.pdf

Afterschool Snack Program Handbook:

<https://portal.ct.gov/-/media/SDE/Nutrition/ASP/ASPHandbook.pdf>

Guide to Competitive Foods in HFC Public Schools:

<https://portal.ct.gov/-/media/SDE/Nutrition/CompFoods/CompetitiveFoodsGuideHFC.pdf>

Guide to Competitive Foods in Non-HFC Public Schools:

<https://portal.ct.gov/-/media/SDE/Nutrition/CompFoods/CompetitiveFoodsGuideNonHFC.pdf>

Guide to Competitive Foods in Private Schools and Residential Child Care Institutions:

<https://portal.ct.gov/-/media/SDE/Nutrition/CompFoods/CompetitiveFoodsPrivateRCCI.pdf>

Menu Planning Guide for Preschoolers in the NSLP, SBP, and ASP:

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/mpgpreschool.pdf>

Menu Planning Guide for School Meals for Grades K-12 in the NSLP and SBP:

<https://portal.ct.gov/SDE/Nutrition/Menu-Planning-Guide-for-School-Meals>

Offer versus Serve Guide for School Meals:

<https://portal.ct.gov/SDE/Nutrition/-/media/SDE/Nutrition/NSLP/OVS/OVSguide.pdf>

Smarter Lunchrooms Action Guide:

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/SmarterLunch/SLAG.pdf>

CSDE Resource Lists

The CSDE resource lists are available on the CSDE's [Resources for Child Nutrition Programs](#) webpage.

Child Nutrition Programs Resource List:

<https://portal.ct.gov/-/media/SDE/Nutrition/Resources/ResourcesChildNutritionPrograms.pdf>

Competitive Foods Resource List:

<https://portal.ct.gov/-/media/SDE/Nutrition/Resources/ResourcesCompetitiveFoods.pdf>

Dietary Guidelines and Nutrition Information Resource List:

<https://portal.ct.gov/-/media/SDE/Nutrition/Resources/ResourcesDietaryGuidelines.pdf>

Food Safety Resource List:

<https://portal.ct.gov/-/media/SDE/Nutrition/Resources/ResourcesFoodSafety.pdf>

Health and Achievement Resource List:

<https://portal.ct.gov/-/media/SDE/Nutrition/Resources/ResourcesAchievement.pdf>

Menu Planning and Food Production Resource List:

<https://portal.ct.gov/-/media/SDE/Nutrition/Resources/ResourcesMenuPlanning.pdf>

Nutrition Education Resource List:

<https://portal.ct.gov/-/media/SDE/Nutrition/Resources/ResourcesNutritionEducation.pdf>

Physical Activity and Physical Education Resource List:

<https://portal.ct.gov/-/media/SDE/Nutrition/Resources/ResourcesPhysicalActivity.pdf>

Promoting Healthy Weight Resource List:

<https://portal.ct.gov/-/media/SDE/Nutrition/Resources/ResourcesHealthyWeight.pdf>

Special Diets Resource List:

<https://portal.ct.gov/-/media/SDE/Nutrition/Resources/ResourcesSpecialDiets.pdf>

Wellness Policies for Schools and Child Care Resource List:

<https://portal.ct.gov/-/media/SDE/Nutrition/Resources/ResourcesWellnessPolicy.pdf>

Regulations and Policy

For more resources, visit the CSDE's [Laws and Regulations for Child Nutrition Programs](#) webpage.

C.G.S. Section 10-221o. Lunch Periods and Recess:

https://www.cga.ct.gov/current/pub/chap_170.htm#sec_10-221o

C.G.S. Section 10-221q. Sale of beverages:

https://www.cga.ct.gov/current/pub/chap_170.htm#sec_10-221q

Child Nutrition Programs Legislation & Regulations (USDA):

<https://www.fns.usda.gov/cn/program-legislation-regulations>

Code of Federal Regulations (CFR) for the National School Lunch Program (7 CFR 210) (USDA):

<https://www.fns.usda.gov/part-210—national-school-lunch-program>

Code of Federal Regulations (CFR) for the School Breakfast Program (7 CFR 220) (USDA):

<https://www.fns.usda.gov/part-220—school-breakfast-program>

Code of Federal Regulations (CFR) for the Special Milk Program (7 CFR 215) (USDA):

<https://www.fns.usda.gov/part-215—special-milk-program-children>

Comparison of Meal Pattern Requirements for Child Nutrition Programs (USDA)

<https://portal.ct.gov/-/media/SDE/Nutrition/CNPMMealPatternComparison.pdf>

Comparison of Programs: SFSP/NSLP/Seamless Summer Option (USDA):

<https://www.fns.usda.gov/comparison-programs-sfspnslpseamless-option>

CSDE Circular Letter C-9: Federal and State Requirements for Provision and Timeframe of Daily Lunch Period for Students:

<https://portal.ct.gov/-/media/SDE/Circular-Letters/circ07-08/C9.pdf>

CSDE Operational Memorandum No. 10-19: Requirements for Lunch Periods in the National School Lunch Program (NSLP):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Memos/OM2019/OM10-19.pdf>

CSDE Operational Memorandum No. 31-11: Child Nutrition Reauthorization 2010: Water Availability during National School Lunch Program Meal Service:

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Memos/OMEarlierYears/OM31-11.pdf>

Healthy, Hunger-Free Kids Act of 2010 (Public Law 111-296):

<https://www.fns.usda.gov/cn/healthy-hunger-free-kids-act>

Questions and Answers on Connecticut Statutes for School Foods and Beverages (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/HFC/CTStatutesQA.pdf>

Regulations for the NSLP (7 CFR 210):

<https://www.fns.usda.gov/part-210%E2%80%94national-school-lunch-program>

Regulations for the SBP (7 CFR 220):

<https://www.fns.usda.gov/part-220%E2%80%94school-breakfast-program>

USDA Final Rule (77 FR 4088): Nutrition Standards for the National School Lunch and Breakfast Programs:

<https://www.gpo.gov/fdsys/pkg/FR-2012-01-26/pdf/2012-1010.pdf>

USDA FNS Instruction 786-8: Reimbursement for Off-Site Meal Consumption:

<https://portal.ct.gov/-/media/SDE/Nutrition/FNSInstruction/786-8.pdf>

USDA Memo (April 3, 2002): Granting Exemptions to the Lunch Period:

<https://fns-prod.azureedge.net/sites/default/files/2002-04-03a.pdf>

USDA Memo SP 17-2012: Procurement Questions and Answers to Assist in the Implementation of the final rule titled Nutrition Standards in the National School Lunch and School Breakfast Program.

<https://www.fns.usda.gov/procurement-qas-assist-implementation-final-rule-titled-nutrition-standards-nslp-and-sbp>

USDA Memo SP 38-2019: Meal Requirements under the National School Lunch Program and School Breakfast Program: Questions and Answers for Program Operators:

<https://www.fns.usda.gov/qas-final-rule-nutrition-standards-national-school-lunch-and-school-breakfast-programs>

Websites

For more links to websites related to school nutrition programs, visit the CSDE's [Program Guidance for School Nutrition Programs](#) webpages.

Afterschool Snack Program (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Afterschool-Snack-Program>

Afterschool Snack Program (USDA):

<https://www.fns.usda.gov/cn/afterschool-snacks>

An Opportunity for Schools: Seamless Summer Option of the NSLP (USDA):

<https://www.fns.usda.gov/cn/opportunity-schools>

Beverage Requirements (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Beverage-Requirements>

Child Nutrition (CN) Labeling (USDA):

<https://www.fns.usda.gov/cn/labeling-program>

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Child Nutrition Programs (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Child-Nutrition-Programs>

Child Nutrition Sharing Site (ICN):

<https://theicn.org/cnss/>

Choose MyPlate (USDA):

<https://www.choosemyplate.gov/>

Competitive Foods in Schools (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Competitive-Foods>

Connecticut Child Nutrition Programs (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Child-Nutrition-Programs>

Connecticut General Statutes for School Foods and Beverages (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Requirements-for-School-Foods-and-Beverages/Regulations>

Dietary Guidelines for Americans (USDA):

<https://health.gov/dietaryguidelines/>

Farm to School (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Farm-to-School>

Food and Nutrition Service (FNS) Documents & Resources (USDA webpage):

<https://www.fns.usda.gov/resources>

Food and Nutrition Service (FNS) Instructions (CSDE):

<https://portal.ct.gov/SDE/Nutrition/FNS-Instructions-for-Child-Nutrition-Programs>

Food Buying Guide for Guide for Child Nutrition Programs (USDA):

<https://portal.ct.gov/SDE/Nutrition/FNS-Instructions-for-Child-Nutrition-Programs>

Food Labeling & Nutrition (FDA):

<https://www.fda.gov/food/food-labeling-nutrition>

Fresh Fruit and Vegetable Program (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Fresh-Fruit-and-Vegetable-Program>

Guidance for Industry: Food Labeling Guide (FDA):

<https://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm2006828.htm>

Healthier School Day (USDA):

<https://www.fns.usda.gov/cn/healthierschoolday>

Healthy Food Certification (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Healthy-Food-Certification>

List of Acceptable Foods and Beverages (CSDE):

<https://portal.ct.gov/SDE/Nutrition/List-of-Acceptable-Foods-and-Beverages>

Manuals and Guides for Child Nutrition Programs (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Manuals-and-Guides-for-Child-Nutrition-Programs>

Meal Pattern Training Materials for School Nutrition Programs (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Meal-Pattern-Training-Materials>

Meal Patterns for Grades K-12 in School Nutrition Programs (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-School-Nutrition-Programs>

Menu Planning for Child Nutrition Programs (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Menu-Planning>

National School Lunch Program (CSDE):

<https://portal.ct.gov/SDE/Nutrition/National-School-Lunch-Program>

National School Lunch Program (USDA):

<https://www.fns.usda.gov/nslp>

Nutrition Education (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Nutrition-Education>

Nutrition Standards for School Meals (USDA):

<http://www.fns.usda.gov/cnd/governance/legislation/nutritionstandards.htm>

Offer versus Serve for Grades K-12 in School Nutrition Programs (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Offer-versus-Serve-for-School-Nutrition-Programs>

Operational Memoranda for School Nutrition Programs (CSDE):

<https://portal.ct.gov/SDE/Lists/Operational-Memoranda-for-School-Nutrition-Programs>

Procurement for School Nutrition Programs (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Procurement-for-School-Nutrition-Programs>

Production Records for School Nutrition Programs (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Production-Records-for-School-Nutrition-Programs>

Program Guidance for School Nutrition Programs (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Program-Guidance-School-Nutrition-Programs>

Put Local on Your Tray (University of Connecticut):

<https://putlocalonyourtray.uconn.edu/>

Resources for Child Nutrition Programs (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Resources-for-Child-Nutrition-Programs>

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School Breakfast Program (CSDE):

<https://portal.ct.gov/SDE/Nutrition/School-Breakfast-Program>

School Breakfast Program (USDA):

<https://www.fns.usda.gov/sbp/school-breakfast-program-sbp>

School Wellness Policies (CSDE):

<https://portal.ct.gov/SDE/Nutrition/School-Wellness-Policies>

Seamless Summer Option of the NSLP (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Seamless-Summer-Option-SSO-of-the-NSLP>

Smarter Lunchrooms (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Smarter-Lunchrooms>

Special Diets in School Nutrition Programs (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Special-Diets-in-School-Nutrition-Programs>

Special Milk Program (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Special-Milk-Program>

Special Milk Program (USDA):

<https://www.fns.usda.gov/smp/special-milk-program>

Team Nutrition (USDA):

<https://www.fns.usda.gov/tn>

Training for Child Nutrition Programs (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Training-for-Child-Nutrition-Programs>

Water Availability (CSDE's Program Guidance for School Nutrition Programs webpage):

<https://portal.ct.gov/SDE/Nutrition/Program-Guidance-School-Nutrition-Programs#WaterAvailability>