

# Menu Planning Guide for School Meals for Grades K-12

Meeting the U.S. Department of Agriculture's meal pattern requirements  
for the National School Lunch Program and School Breakfast Program

School Year 2020-21 (July 1, 2020, through June 30, 2021)



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Connecticut State Department of Education  
Bureau of Health, Nutrition, Family Services and Adult Education  
Child Nutrition Programs  
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# Menu Planning Guide for School Meals for Grades K-12

Connecticut State Department of Education

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## About this Guide


The information in this guide reflects the meal pattern requirements of the U.S. Department of Agriculture’s (USDA) regulations for the National School Lunch Program (NSLP) and School Breakfast Program (SBP). Pursuant to the [COVID-19 Child Nutrition Response Act \(H.R. 6201, Title II\)](#), and the exceptional circumstances of the COVID-19 public health emergency, the USDA Food and Nutrition Service (FNS) has established nationwide waivers to support access to nutritious meals, while enforcing recommendations from public health experts with regard to social distancing measures.

If a school food authority (SFA) has received approval from the Connecticut State Department of Education (CSDE) to implement any of the national waiver provisions, these approvals supersede the applicable requirements in this guide. For more information, visit the [“USDA Nationwide COVID-19 Waivers for School Year 2020-21”](#) section of the CSDE’s [Operation of Child Nutrition Programs during Coronavirus \(COVID-19\) Outbreaks](#) webpage.



The CSDE’s guide, *Menu Planning Guide for School Meals for Grades K-12*, contains information and guidance on planning menus to meet USDA’s meal patterns for grades K-12 in the National School Lunch Program (NSLP), School Breakfast Program (SBP), and Seamless Summer Option (SSO) of the NSLP, based on USDA regulations and policy and Connecticut statutes and regulations. The SSO follows the NSLP and SBP meal patterns.

The meal patterns for grades K-12 are defined by the final rule, *Nutrition Standards for the National School Lunch and School Breakfast Programs* (77 FR 4088), as required by the [Healthy, Hunger-Free Kids Act of 2010](#) (Public Law 111-296). The USDA provides additional guidance on the meal pattern requirements through the policy memos on the USDA’s [FNS Documents & Resources](#) webpage. Links to the USDA’s regulations and final rules for the NSLP and SBP meal patterns are available in the [“Meal Patterns for School Nutrition Programs”](#) section of the CSDE’s [Laws and Regulations for Child Nutrition Programs](#) webpage.



Each section of this guide contains links to other sections when appropriate, and to websites with relevant information and resources. These can be accessed by clicking on the blue text throughout the guide.

The contents of this guide are subject to change. The CSDE will update this guide as the USDA issues additional policies and guidance regarding the preschool meal patterns. Please check the CSDE’s [Menu Planning Guide for School Meals for Grades K-12](#) webpage for the most current version. For more information, contact Susan S. Fiore, M.S., R.D., Nutrition Education Coordinator, at [susan.fiore@ct.gov](mailto:susan.fiore@ct.gov) or 860-807-2075.

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# CSDE Contact Information

For questions regarding the NSLP, SBP, and SSO, please contact the school nutrition programs staff in the CSDE’s Bureau of Health/Nutrition, Family Services and Adult Education.

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<b>New Haven County</b> (includes Regions 5, 15, and 16) <b>New London County</b> <b>Tolland County</b> (includes Regions 8 and 19) <b>Windham County</b> (includes Region 11)	Susan Alston <a href="mailto:susan.alston@ct.gov">susan.alston@ct.gov</a> 860-807-2081
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For information on the Afterschool Snack Program (ASP), Special Milk Program (SMP), Child and Adult Care Food Program (CACFP), Fresh Fruit and Vegetable Program (FFVP), and Summer Food Service Program (SFSP), visit the CSDE’s [Child Nutrition Programs](#) webpage.

# Abbreviations and Acronyms

APP	alternate protein product
AR	Administrative Review
ASP	Afterschool Snack Program of the NSLP
CFR	Code of Federal Regulations
C.G.S.	Connecticut General Statutes
CN	Child Nutrition
CNP	Child Nutrition Programs
CSDE	Connecticut State Department of Education
FBG	<i>Food Buying Guide for Child Nutrition Programs</i> (USDA)
FDP	Food Distribution Program
FDA	Food and Drug Administration
FNS	Food and Nutrition Service, U.S. Department of Agriculture
HHFKA	Healthy, Hunger-Free Kids Act of 2010 (Public Law 111-296)
ICN	Institute of Child Nutrition
LEA	local educational agency
NSLP	National School Lunch Program
OVS	offer versus serve
PFS	product formulation statement
POS	point of service
RCCI	residential child care institution
SBP	School Breakfast Program
SFA	school food authority
SSO	Seamless Summer Option of the NSLP
USDA	U.S. Department of Agriculture
WGR	whole grain-rich