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
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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 or 860-807-2075.

The mention of trade names, commercial products, or organizations does not imply approval or endorsement by the CSDE or the USDA.
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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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

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<th>Abbreviation</th>
<th>Description</th>
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<td>APP</td>
<td>alternate protein product</td>
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<td>Administrative Review</td>
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<td>Afterschool Snack Program of the NSLP</td>
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<td>CFR</td>
<td>Code of Federal Regulations</td>
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<td>C.G.S.</td>
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<td>Food and Nutrition Service, U.S. Department of Agriculture</td>
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<td>HHFKA</td>
<td>Healthy, Hunger-Free Kids Act of 2010 (Public Law 111-296)</td>
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<td>ICN</td>
<td>Institute of Child Nutrition</td>
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<td>local educational agency</td>
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<td>National School Lunch Program</td>
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<td>offer versus serve</td>
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<td>product formulation statement</td>
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<td>residential child care institution</td>
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<td>School Breakfast Program</td>
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<td>SSO</td>
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<td>USDA</td>
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