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 2019-20 (July 1, 2019, through June 30, 2020)

September 2019

Connecticut State Department of Education
Bureau of Health, Nutrition, Family Services and Adult Education
Child Nutrition Programs
450 Columbus Boulevard, Suite 504
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Menu Planning Guide for School Meals for Grades K-12

Connecticut State Department of Education ● September 2019

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The Connecticut State Department of Education’s (CSDE) guide, *Menu Planning Guide for School Meals for Grades K-12*, contains information and guidance on planning menus to meet the U.S. Department of Agriculture’s (USDA) 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.

This guide applies only to meals served to grades K-12 in the NSLP, SBP, and SSO. The meal patterns for preschoolers (ages 1-4) have different requirements. For information on the preschool meal patterns, see the CSDE’s guide, *Menu Planning Guide for Preschoolers in the National School Lunch Program, School Breakfast Program, and Afterschool Snack Program*.

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

The contents of this guide are subject to change. The CSDE will update this guide as the USDA issues additional policies and guidance regarding school nutrition programs. 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.
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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<td>(includes Regions 8 and 19)</td>
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<tr>
<td>Windham County</td>
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<td>(includes Region 11)</td>
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Connecticut State Department of Education
Bureau of Health/Nutrition, Family Services and Adult Education
Child Nutrition Programs
450 Columbus Boulevard, Suite 504
Hartford, CT 06103-1841

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

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