

Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the National School Lunch Program (NSLP) and School Breakfast Program (SBP)

The U.S. Department of Agriculture's (USDA) meal patterns have different requirements for preschoolers (ages 1-4) and grades K-12 in the NSLP, SBP, and Seamless Summer Option (SSO) of the NSLP. The meal patterns for grades K-12 are defined by the regulations for the NSLP (7 CFR 210.10) and SBP (7 CFR 220.8). The requirements for preschoolers are defined by the USDA regulations below, which update the meal patterns for preschoolers in the NSLP, SBP, SSO, and ASP.

- Final Rule 81 FR 24347: *Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010* (April 25, 2016): <https://www.federalregister.gov/documents/2016/04/25/2016-09412/child-and-adult-care-food-program-meal-pattern-revisions-related-to-the-healthy-hunger-free-kids-act>
- Final Rule Corrections 81 FR 75671: *CACFP Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010* (November 1, 2016): <https://www.federalregister.gov/documents/2016/11/01/2016-26339/child-and-adult-care-food-program-meal-pattern-revisions-related-to-the-healthy-hunger-free-kids-act>
- Final Rule 84 FR 50287: *Delayed Implementation of Grains Ounce Equivalents in the Child and Adult Care Food Program* (September 25, 2019): <https://www.federalregister.gov/documents/2019/09/25/2019-20808/delayed-implementation-of-grains-ounce-equivalents-in-the-child-and-adult-care-food-program>

This document summarizes each program's meal pattern requirements for preschoolers and grades K-12, and provides applicable resources. School food authorities (SFAs) must ensure that all foods served in school meals meet the specific meal pattern requirements for each grade group. For information on the meal patterns for grades K-12, review the Connecticut State Department of Education's (CSDE) *Menu Planning Guide for School Meals for Grades K-12* and visit the CSDE's [Meal Patterns for Grades K-12 in School Nutrition Programs](#) webpage and [Crediting Foods in School Nutrition Programs](#) webpage. For information on the preschool meal patterns, review the CSDE's *Menu Planning Guide for School Meals for Grades K-12*, *Menu Planning Guide for Preschoolers in the National School Lunch Program (NSLP)*, *School Breakfast Program (SBP)*, and *Afterschool Snack Program (ASP)*, and visit the CSDE's [Meal Patterns for Preschoolers in School Nutrition Programs](#) webpage. For a comparison of the meal pattern requirements for preschoolers and grades K-12 in the Afterschool Snack Program (ASP) of the NSLP, see the CSDE's handout, *Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the ASP*.



Note: This information is subject to change as the USDA continues to issue policy guidance on the preschool meal patterns. The CSDE will notify NSLP and SBP sponsors when new guidance is available.

Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP

Serving the Same Foods to Preschoolers and Grades K-12 in the NSLP, SBP, and SSO

SFAs must consider the different meal pattern requirements when making menu planning and purchasing decisions for school meals. When SFAs serve the same foods to preschoolers and grades K-12, these foods must comply with whichever meal pattern requirements are stricter. The example below illustrate this requirement:

- The meal patterns for grades K-12 have stricter whole grain-rich (WGR) criteria than the meal patterns for preschoolers. Therefore, grain foods (excluding grain-based desserts) served to both groups must comply with the WGR criteria for grades K-12. For more information, see “Whole Grain-rich (WGR)” on page 19. **Note:** Grain-based desserts do not credit in the preschool meal patterns and cannot be served to preschoolers. For more information, see “Grain-based desserts” on page 22.
- The preschool meal patterns require a sugar limit for yogurt and breakfast cereals but the meal patterns for grades K-12 do not. Therefore, yogurt and breakfast cereals served to both groups must comply with the preschool sugar limits. For more information, see “Yogurt and Soy Yogurt” on page 10 and “Breakfast cereals: CREDITING” on page 23).

The only exceptions to these requirements are when SFAs choose to follow the K-5 meal pattern for preschoolers and grades K-5 who eat in the same service area at the same time; or the ASP K-12 meal pattern for preschoolers and grades K-12 who eat in the same service area at the same time.

Preschoolers and Grades K-5 Eating Together in the NSLP, SBP, and SSO

SFAs that serve meals to preschoolers and grades K-5 in the same service area at the same time may choose to follow the grade-appropriate meal patterns for each grade group (i.e., use the preschool meal patterns for ages 1-4 and the K-5 meal pattern for grades K-5) or serve the K-5 meal pattern to both grade groups. SFAs must follow the preschool meal patterns when meals are served to preschoolers in a different area or at a different time than K-5 students. The USDA only allows the option to serve the K-5 meal pattern to preschoolers when preschoolers are co-mingled with K-5 students during the meal service. The USDA strongly encourages schools to find ways to serve grade-appropriate meals to preschoolers and grades K-5 to best address their nutritional needs. For more information, see [USDA Memo SP 37-2017: Flexibility for Co-Mingled Preschool Meals: Questions and Answers](#).

Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP

Requirement	Preschool Meal Patterns (NSLP, SBP, and SSO)	Meal Patterns for Grades K-12 (NSLP, SBP, and SSO)
Meal pattern		
Implementation timeline	<ul style="list-style-type: none"> The new NSLP and SBP preschool meal patterns were effective October 1, 2017, except for grain ounce equivalents. The final rule indicated that grain ounce equivalents were effective on October 1, 2019. However, on July 1, 2019, the USDA issued proposed rule, <i>Delayed Implementation of Grains Ounce Equivalents in the Child and Adult Care Food Program</i> (84 FR 50287), which extends implementation to October 1, 2021. <p>Resources</p> <p>CSDE Operational Memorandum No. 13-16: Connecticut Procedures for Early Implementation of the New Meal Pattern Requirements for Preschoolers and Infants in the NSLP and SBP</p> <p>USDA Final Rule 81 FR 24347: CACFP Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010</p> <p>USDA Final Rule Corrections 81 FR 75671: CACFP Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010</p> <p>USDA Final Rule 84 FR 50287: Delayed Implementation of Grains Ounce Equivalents in the Child and Adult Care Food Program</p> <p>USDA Memo SP 30-2017 CACFP 13-2017: Transition Period for the Updated Child and Adult Care Food Program Meal Patterns and the Updated National School Lunch Program and School Breakfast Program Infant and Preschool Meal Patterns</p>	<ul style="list-style-type: none"> Not applicable. The current meal patterns for grades K-12 in the NSLP (7 CFR 210.10) and SBP (7 CFR 220.8) remain in effect. <p>Resources</p> <p>7 CFR 210.10: National School Lunch Program</p> <p>7 CFR 220.8: School Breakfast Program</p>
Age groups	<ul style="list-style-type: none"> Two age groups: ages 1-2 and ages 3-4 When a 5-year-old is in preschool or a 4-year-old is in kindergarten, the SFA may continue to serve the appropriate meal pattern for that grade. <p>Resources</p> <p>Breakfast Meal Pattern for Preschoolers (CSDE)</p> <p>Lunch Meal Pattern for Preschoolers (CSDE)</p> <p>USDA Memo SP 37-2017: Flexibility for Co-Mingled Preschool Meals: Questions and Answers</p>	<ul style="list-style-type: none"> Three grade groups: grades K-5; grades 6-8; and grades 9-12 <p>Resources</p> <p>Meal Patterns for Grades K-12 in School Nutrition Programs (CSDE webpage)</p> <p>Menu Planning Guide for School Meals for Grades K-12 (CSDE)</p>

Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP

Requirement	Preschool Meal Patterns (NSLP, SBP, and SSO)	Meal Patterns for Grades K-12 (NSLP, SBP, and SSO)
Milk component		
Milk	<ul style="list-style-type: none"> • Age 1: Must serve unflavored whole milk. • Ages 2-4: Must serve unflavored low-fat milk or unflavored fat-free milk. • Milk variety: Not required. SFAs may serve one type of allowable milk to all preschoolers. • State requirement: In addition to the USDA requirements, all milk served in public schools must meet the beverage requirements of Section 10-221q of the Connecticut General Statutes (C.G.S.). Milk cannot contain more than 4 grams of sugars per ounce. Products that meet federal and state requirements are included in list 16 on the CSDE’s List of Acceptable Foods and Beverages webpage. <p>Resources Beverage Requirements (CSDE webpage) List of Acceptable Foods and Beverages (CSDE webpage) Serving Milk in the CACFP (USDA) USDA Memo CACFP 17-2016: Nutrition Requirements for Fluid Milk and Fluid Milk Substitutions in the CACFP, Q&As</p>	<ul style="list-style-type: none"> • Allowable types of milk include low-fat milk (unflavored or flavored) and fat-free milk (unflavored or flavored). • Milk variety: Must serve a variety of milk (at least two different choices of fat content or flavor). At least once choice must be unflavored. • State requirement: In addition to USDA requirements, all milk served in public schools must meet the beverage requirements of the Connecticut General Statutes (C.G.S.) Section 10-221q. Milk cannot contain more than 4 grams of sugars per ounce. Products that meet federal and state requirements are included in list 16 on the CSDE’s List of Acceptable Foods and Beverages webpage. <p>Resources Beverage Requirements (CSDE webpage) CSDE Operational Memorandum No. 06-19: Summary of Federal and State Milk Requirements for the NSLP, SBP, SSO of the NSLP, ASP of the NSLP, and Special Milk Program (SMP) List of Acceptable Foods and Beverages (CSDE webpage) USDA Memo SP 18-2018 and CACFP 13-2018: Child Nutrition Programs’ Flexibilities for School Year 2018-2019</p>

Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP

Requirement	Preschool Meal Patterns (NSLP, SBP, and SSO)	Meal Patterns for Grades K-12 (NSLP, SBP, and SSO)
Milk component, <i>continued</i>		
<p>Nondairy milk substitutes for children without a disability</p>	<ul style="list-style-type: none"> • Nondairy beverages that are nutritionally equivalent to cow’s milk may be served to children with special dietary needs if requested in writing by a parent or guardian. The nutrition standards for fluid milk substitutes are defined by the regulations for the NSLP (7 CFR 210.10). • Breastmilk meets the milk component and may be served in place of fluid milk. A written request is not required. • SFAs cannot offer any other beverages (including water and juice) in place of milk for reimbursable meals in the NSLP and SBP. • State requirement: In addition to the USDA requirements, all nondairy milk substitutes served in public schools must meet the beverage requirements of C.G.S. Section 10-221q. Nondairy milk substitutes must contain no more than 4 grams of sugar per fluid ounce, no more than 35 percent of calories from fat, and no more than 10 percent of calories from saturated fat. Products that meet federal and state requirements are included in list 17 on the CSDE’s List of Acceptable Foods and Beverages webpage. <p>Resources</p> <p>Accommodating Special Diets in School Nutrition Programs (CSDE)</p> <p>Allowable Milk Substitutes for Children without Disabilities in the USDA School Nutrition Programs (CSDE)</p> <p>Beverage Requirements (CSDE webpage)</p> <p>List of Acceptable Foods and Beverages (CSDE webpage)</p> <p>USDA Memo CACFP 17-2016: Nutrition Requirements for Fluid Milk and Fluid Milk Substitutions in the CACFP, Q&As</p> <p>USDA Memo SP 07-2010, CACFP 04-2010 and SFSP 05-2010: Questions and Answers: Fluid Milk Substitutions</p>	<ul style="list-style-type: none"> • Nondairy beverages that are nutritionally equivalent to cow’s milk may be served to children with special dietary needs if requested in writing by a parent or guardian. The nutrition standards for fluid milk substitutes are defined by the regulations for the NSLP (7 CFR 210.10). • SFAs cannot offer any other beverages (including water and juice) in place of milk for reimbursable meals in the NSLP and SBP. • State requirement: In addition to the USDA requirements, all nondairy milk substitutes served in public schools must meet the beverage requirements of C.G.S. Section 10-221q. Nondairy milk substitutes must contain no more than 4 grams of sugar per fluid ounce, no more than 35 percent of calories from fat, and no more than 10 percent of calories from saturated fat. Products that meet federal and state requirements are included in list 17 on the CSDE’s List of Acceptable Foods and Beverages webpage. <p>Resources</p> <p>Accommodating Special Diets in School Nutrition Programs (CSDE)</p> <p>Allowable Milk Substitutes for Children without Disabilities in the USDA School Nutrition Programs (CSDE)</p> <p>Beverage Requirements (CSDE webpage)</p> <p>List of Acceptable Foods and Beverages (CSDE webpage)</p> <p>USDA Memo SP 07-2010, CACFP 04-2010 and SFSP 05-2010: Questions and Answers: Fluid Milk Substitutions</p>

Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP

Requirement	Preschool Meal Patterns (NSLP, SBP, and SSO)	Meal Patterns for Grades K-12 (NSLP, SBP, and SSO)
Meat/meat alternates component		
Serving size	<ul style="list-style-type: none"> ● The meal pattern lists the meat/meat alternates component in ounces. A 1-ounce serving of the meat/meat alternates component equals: <ul style="list-style-type: none"> ○ 1 ounce of lean meat, poultry, or fish; ○ 1 ounce of cheese (low-fat recommended); ○ 2 ounces of cottage or ricotta cheese, cheese food/spread, or cheese substitute (low-fat recommended); ○ ¼ cup of cooked beans and peas (legumes), e.g., kidney beans, chick peas (garbanzo beans), lentils, and split peas; ○ ½ large egg; ○ 2 tablespoons of nut or seed butters, e.g., peanut butter, almond butter, cashew butter, and sunflower seed butter; ○ 1 ounce of nuts or seeds, e.g., almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, pine nuts, pistachios, soy nuts, and walnuts; ○ ¼ cup (2.2 ounces) of commercial tofu containing at least 5 grams of protein; ○ 1 ounce of tempeh (Note: Ingredients must be limited to soybeans (or other legumes), water, tempeh culture, and for some varieties, vinegar, seasonings, and herbs. If a tempeh product contains other ingredients, SFAs must obtain a CN label or PFS to document crediting.); ○ 3 ounces of surimi; ○ ½ cup (volume) or 4 ounces (weight) of yogurt or soy yogurt containing no more than 3.83 grams of sugars per ounce; and ○ 1 ounce of alternate protein product (APP) that meets the USDA’s APP requirements. 	<ul style="list-style-type: none"> ● The meal pattern lists the meat/meat alternates component in ounce equivalents. A 1-ounce equivalent serving of the meat/meat alternates component equals: <ul style="list-style-type: none"> ○ 1 ounce of lean meat, poultry, or fish; ○ 1 ounce of cheese (low-fat recommended); ○ 2 ounces of cottage or ricotta cheese, cheese food/spread, or cheese substitute (low-fat recommended); ○ ¼ cup of cooked beans and peas (legumes), e.g., kidney beans, chick peas (garbanzo beans), lentils, and split peas; ○ ½ large egg; ○ 2 tablespoons of nut or seed butters, e.g., peanut butter, almond butter, cashew butter, and sunflower seed butter; ○ 1 ounce of nuts or seeds, e.g., almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, pine nuts, pistachios, soy nuts, and walnuts; ○ ¼ cup (2.2 ounces) of commercial tofu containing at least 5 grams of protein; ○ 1 ounce of tempeh (Note: Ingredients must be limited to soybeans (or other legumes), water, tempeh culture, and for some varieties, vinegar, seasonings, and herbs. If a tempeh product contains other ingredients, SFAs must obtain a CN label or PFS to document crediting.); ○ 3 ounces of surimi; ○ ½ cup (volume) or 4 ounces (weight) of yogurt or soy yogurt; and ○ 1 ounce of alternate protein product (APP) that meets the USDA’s APP requirements.

Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP

Requirement	Preschool Meal Patterns (NSLP, SBP, and SSO)	Meal Patterns for Grades K-12 (NSLP, SBP, and SSO)
Meat/meat alternates component, <i>continued</i>		
<p>Serving size, <i>continued</i></p>	<ul style="list-style-type: none"> • Note: The serving size of the meat/meat alternates component refers to the edible portion of cooked lean meat, poultry, or fish, e.g., cooked lean meat without bone, breading, binders, extenders, or other ingredients. A serving of the meat/meat alternates component is sometimes more than a measured ounce, depending on the food’s density and nutrition content. <p>Resources Preschool Lunch Meal Pattern (CSDE) USDA Memo SP 25-2019, CACFP 12-2019 and SFSP 11-2019: Crediting Tempeh in the Child Nutrition Programs USDA Memo SP 24-2019, CACFP 11-2019 and SFSP 10-2019, CACFP 11-2019 and SFSP 10-2019: Crediting Surimi Seafood in the Child Nutrition Programs USDA Webinar: Additional Meat/Meat Alternates Options for CNPs: Crediting Tempeh and Surimi</p>	<ul style="list-style-type: none"> • Note: The serving size of the meat/meat alternates component refers to the edible portion of cooked lean meat, poultry, or fish, e.g., cooked lean meat without bone, breading, binders, extenders, or other ingredients. A serving of the meat/meat alternates component is sometimes more than a measured ounce, depending on the food’s density and nutrition content. <p>Resources Meal Patterns for Grades K-12 in School Nutrition Programs (CSDE webpage) USDA Memo SP 25-2019, CACFP 12-2019 and SFSP 11-2019: Crediting Tempeh in the Child Nutrition Programs USDA Memo SP 24-2019, CACFP 11-2019 and SFSP 10-2019: Crediting Surimi Seafood in the Child Nutrition Programs USDA Webinar: Additional Meat/Meat Alternates Options for CNPs: Crediting Tempeh and Surimi</p>

Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP

Requirement	Preschool Meal Patterns (NSLP, SBP, and SSO)	Meal Patterns for Grades K-12 (NSLP, SBP, and SSO)
Meat/meat alternates component, <i>continued</i>		
<p>Weekly ranges for meat/meat alternates</p>	<ul style="list-style-type: none"> • No weekly minimums or maximums for the meat/meat alternates component. 	<ul style="list-style-type: none"> • Breakfast: No weekly minimums or maximums for the meat/meat alternates component. • Lunch: The lunch meal pattern has weekly ranges for meat/meat alternates. Menus are not required to comply with the maximums but must meet the minimums and stay within the weekly calorie range for each age group. The weekly maximum provides a guide for planning age-appropriate meals that meet the dietary specifications for calories, saturated fat, and sodium (see “Dietary Specifications” on page 27). <ul style="list-style-type: none"> ○ Five-day Lunch for Grades K-5: 8-10 servings per week ○ Five-day Lunch for Grades 6-8: 9-10 servings per week ○ Five-day Lunch for Grades 9-12: 10-12 servings per week ○ Seven-day Lunch for Grades K-5: 11-14 servings per week ○ Seven-day Lunch for Grades 6-8: 12.5-14 servings per week ○ Seven-day Lunch for Grades 9-12: 14-17 servings per week <p>Resources Meal Patterns for Grades K-12 in School Nutrition Programs (CSDE webpage) Menu Planning Guide for School Meals for Grades K-12 (CSDE)</p>

Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP

Requirement	Preschool Meal Patterns (NSLP, SBP, and SSO)	Meal Patterns for Grades K-12 (NSLP, SBP, and SSO)
Meat/meat alternates component, <i>continued</i>		
Meat/meat alternates at breakfast	<ul style="list-style-type: none"> • The SBP meal pattern does not require the meat/meat alternates component. • SFAs may substitute the meat/meat alternates component for the entire grains component at breakfast up to three times per week (regardless of the number of days in the week). • SFAs may serve meat/meat alternates as extra foods. <p>Resources Meal Patterns for Preschoolers in School Nutrition Programs (CSDE webpage) Menu Planning Guide for Preschoolers in the NSLP, SBP, and ASP (CSDE) Serving Meat and Meat Alternates at Breakfast (USDA)</p>	<ul style="list-style-type: none"> • The SBP meal pattern does not require the meat/meat alternates component. SFAs may substitute 1 ounce equivalent of the meat/meat alternates component for 1 ounce equivalent of the grains component at breakfast, after offering the minimum daily 1 ounce equivalent of grains. • Meat/meat alternates substituted for grains at breakfast count toward the weekly grain minimum for each age group (see “Weekly Ranges for Grains” on page 18). • SFAs may serve meat/meat alternates as extra foods within the dietary specifications for the weekly menu (see “Dietary Specifications” on page 27). <p>Resources Meal Patterns for Grades K-12 in School Nutrition Programs (CSDE webpage) Menu Planning Guide for School Meals for Grades K-12 (CSDE)</p>
Surimi	<ul style="list-style-type: none"> • A 3-ounce serving of surimi credits as 1 ounce of the meat/meat alternates component. To credit surimi seafood differently, SFAs must obtain a CN label or manufacturer’s PFS that documents how the crediting is determined. <p>Resources USDA Memo SP 24-2019, CACFP 11-2019 and SFSP 10-2019: Crediting Surimi Seafood in the Child Nutrition Programs.</p>	<ul style="list-style-type: none"> • A 3-ounce serving of surimi credits as 1 ounce equivalent of the meat/meat alternates component. To credit surimi seafood differently, SFAs must obtain a CN label or manufacturer’s PFS that documents how the crediting is determined. <p>Resources <ul style="list-style-type: none"> • USDA Memo SP 24-2019, CACFP 11-2019 and SFSP 10-2019: Crediting Surimi Seafood in the Child Nutrition Programs. </p>

Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP

Requirement	Preschool Meal Patterns (NSLP, SBP, and SSO)	Meal Patterns for Grades K-12 (NSLP, SBP, and SSO)
Tempeh	<ul style="list-style-type: none"> 1-ounce serving of tempeh credits as 1 ounce of the meat/meat alternates component. This method of crediting applies only to tempeh products whose ingredients are limited to soybeans (or other legumes), water, tempeh culture, and for some varieties, vinegar, seasonings, and herbs. If a tempeh product contains other ingredients, SFAs must obtain a CN label or PFS to document crediting. <p>Resources USDA Memo SP 25-2019, CACFP 12-2019 and SFSP 11-2019: Crediting Tempeh in the Child Nutrition Programs.</p>	<ul style="list-style-type: none"> 1-ounce serving of tempeh credits as 1 ounce equivalent of the meat/meat alternates component. This method of crediting applies only to tempeh products whose ingredients are limited to soybeans (or other legumes), water, tempeh culture, and for some varieties, vinegar, seasonings, and herbs. If a tempeh product contains other ingredients, SFAs must obtain a CN label or PFS to document crediting. <p>Resources USDA Memo SP 25-2019, CACFP 12-2019 and SFSP 11-2019: Crediting Tempeh in the Child Nutrition Programs.</p>
Tofu and tofu products	<ul style="list-style-type: none"> Tofu and tofu products credit as 1 ounce of the meat/meat alternates component if they contain 5 grams of protein in 2.2 ounces by weight (¼ cup). <p>Resources Crediting Tofu and Tofu Products in the NSLP and SBP (CSDE) USDA Memo SP 53-2016 and CACFP 21-2016: Crediting Tofu and Soy Yogurt Products in the School Meal Programs and the CACFP</p>	<ul style="list-style-type: none"> Tofu and tofu products credit as 1 ounce of the meat/meat alternates component if they contain 5 grams of protein in 2.2 ounces by weight (¼ cup). <p>Resources Crediting Tofu and Tofu Products in the NSLP and SBP (CSDE) USDA Memo SP 53-2016 and CACFP 21-2016: Crediting Tofu and Soy Yogurt Products in the School Meal Programs and the CACFP</p>
Yogurt and soy yogurt	<ul style="list-style-type: none"> Sugar limit: No more than 23 grams of total sugars per 6 ounces (≤3.83 grams per ounce). <p>Resources Calculating Sugar Limits for Yogurt in the CACFP (USDA) Choose Yogurts that are Lower in Added Sugars (USDA) Crediting Yogurt for Preschoolers in the NSLP, SBP, and ASP (CSDE)</p>	<ul style="list-style-type: none"> No sugar limit. Note: If SFAs serve the same yogurt or soy yogurt to preschoolers and grades K-12, these foods must comply with the preschool sugar limit for yogurt and soy yogurt. The exception is when SFAs choose to follow the K-5 meal pattern for preschoolers and grades K-5 who eat in the same service area at the same time (see “Preschoolers and grades K-5 eating together in the NSLP, SBP, and SSO” on page 2).

Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP

Requirement	Preschool Meal Patterns (NSLP, SBP, and SSO)	Meal Patterns for Grades K-12 (NSLP, SBP, and SSO)
Vegetables component and fruits component		
Components	<ul style="list-style-type: none"> ● Breakfast: Vegetables and fruits are one component at breakfast. Schools may serve vegetables, fruits, or both. ● Lunch: Vegetables and fruits are two separate components at lunch. <p>Resources USDA Memo CACFP 09-2017: Vegetable and Fruit Requirements in the Child and Adult Care Food Program; Questions and Answers</p>	<ul style="list-style-type: none"> ● Breakfast: The SBP meal pattern requires the fruits component. SFAs may substitute vegetables from the dark green, red/orange, legumes, and “other” subgroups for the fruits component at any breakfast. SFAs may offer starchy vegetables, such as hash-brown potatoes, only if the weekly menu includes at least 2 cups of nonstarchy vegetables. ● Lunch: Vegetables and fruits are two separate components at lunch.
Vegetable subgroups	<ul style="list-style-type: none"> ● Breakfast: No requirement. ● Lunch: No requirement. ● Note: The USDA’s <i>CACFP Best Practices</i> recommends at least one serving per week of dark green vegetables, red and orange vegetables, beans and peas (legumes), starchy vegetables, and other vegetables. For more information, see <i>Vegetable Subgroups in the CACFP</i>. <p>Resources CACFP Best Practices (USDA) Vegetable Subgroups in the CACFP (CSDE) USDA Memo CACFP 25-2016: Vegetable and Fruit Requirements in the Child and Adult Care Food Program; Questions and Answers</p>	<ul style="list-style-type: none"> ● Breakfast: No requirement. ● Lunch: SFAs must offer specific amounts of the five vegetable subgroups each week, including dark green vegetables, red/orange vegetables, beans and peas, starchy vegetables, and other vegetables. For more information, see the CSDE’s handout, <i>Vegetable Subgroups in the NSLP</i>. <p>Resources Meal Patterns for Grades K-12 in School Nutrition Programs (CSDE webpage) Vegetable Subgroups in the NSLP (CSDE)</p>
Crediting vegetables and fruits	<ul style="list-style-type: none"> ● Dried fruit credits as twice the amount served, e.g., ¼ cup of dried fruit equals ½ cup of the fruits component. ● Raw leafy greens credit as half the amount served, e.g., 1 cup of raw leafy greens equals ½ cup of the vegetables component. 	<ul style="list-style-type: none"> ● Dried fruit credits as twice the amount served, e.g., ¼ cup of dried fruit equals ½ cup of the fruits component. ● Raw leafy greens credit as half the amount served, e.g., 1 cup of raw leafy greens equals ½ cup of the vegetables component.

Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP

Requirement	Preschool Meal Patterns (NSLP, SBP, and SSO)	Meal Patterns for Grades K-12 (NSLP, SBP, and SSO)
Vegetables component and fruits component		
Coconut	<ul style="list-style-type: none"> • Fresh and frozen coconut credit as the fruits component based on the volume served. For example, 1/8 cup of fresh or frozen coconut credits as 1/8 cup of the fruits component. The minimum serving size is 1/8 cup. • Dried coconut credits the same as other dried fruit, i.e., as twice the volume served (see “Crediting vegetables and fruits” on page 11). • Menu planners should consider coconut’s high caloric and saturated fat content, which may limit its frequency in preschool menus. Coconut flour, coconut oil, and coconut milk do not credit. • Juices labeled as 100 percent juice, including coconut water, credit toward the fruits component based on the volume served. SFAs must count coconut water with all other juices toward the preschool juice limit. <p>Resources 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:</p>	<ul style="list-style-type: none"> • Fresh and frozen coconut credit as the fruits component based on the volume served. For example, 1/8 cup of fresh or frozen coconut credits as 1/8 cup of the fruits component. The minimum serving size is 1/8 cup. • Dried coconut credits the same as other dried fruit, i.e., as twice the volume served (see “Crediting vegetables and fruits” on page 11). • Menu planners should consider coconut’s high caloric and saturated fat content, which may limit its frequency in school menus due to the dietary specifications for calories and saturated fat. Coconut flour, coconut oil, and coconut milk do not credit. • Juices labeled as 100 percent juice, including coconut water, credit toward the fruits component based on the volume served. SFAs must count coconut water with all other juices toward the weekly juice limit. <p>Resources 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:</p>

Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP

Requirement	Preschool Meal Patterns (NSLP, SBP, and SSO)	Meal Patterns for Grades K-12 (NSLP, SBP, and SSO)
Vegetables component and fruits component, <i>continued</i>		
<p>Full-strength (100%) juice</p>	<ul style="list-style-type: none"> • Juice limit: Juice may count toward the entire vegetables component or fruits component at only one meal or snack per day, between all meals (NSLP and SBP) and snacks (ASP) served to preschoolers. • The juice limit includes all sources of 100 percent juice, including juice that is fresh, frozen, and made from concentrate, frozen pops made from 100 percent juice, pureed fruits and vegetables in smoothies, and juice from canned fruit in 100 percent juice. • The juice from canned fruit counts toward the weekly juice limit only if the SFA credits the juice toward the fruits component. Juice from canned fruit does not count toward the weekly juice limit if the SFA plans the juice as an extra food that does not credit toward the meal patterns. For example, the juice from canned fruit does not count toward the weekly juice limit if food service personnel portion ½ cup of canned fruit in a 5 ½-ounce container and add the juice <i>after</i> measuring the full ½-cup serving of fruit. Drained canned fruit and canned fruit in light syrup or water do not count toward the juice limit. <p>Resources Crediting Juice for Preschoolers in the NSLP, SBP, and ASP (CSDE) Crediting Smoothies for Preschoolers in the NSLP, SBP, and ASP (CSDE) USDA Memo SP 10-2014, CACFP 05-2014 and SFSP 10-2014 (v3): Crediting of Smoothies in Child Nutrition Programs</p>	<ul style="list-style-type: none"> • Fruit juice limit at lunch: Fruit juice cannot exceed half of the weekly amount (cups) of fruits offered at lunch. • Vegetable juice limit at lunch: Vegetable juice cannot exceed half of the weekly amount (cups) of vegetables offered at lunch • Juice limit at breakfast: Fruit juice together with vegetable juice (including fruit/vegetable juice blends) cannot exceed half of the total amount (cups) of fruits and vegetables offered at breakfast during the week • The juice limit includes all sources of 100 percent juice, including juice that is fresh, frozen, and made from concentrate, frozen pops made from 100 percent juice, pureed fruits and vegetables in smoothies, and juice from canned fruit in 100 percent juice. • The juice from canned fruit counts toward the weekly juice limit only if the SFA credits the juice toward the fruits component. Juice from canned fruit does not count toward the weekly juice limit if the SFA plans the juice as an extra food that does not credit toward the meal patterns. For example, the juice from canned fruit does not count toward the weekly juice limit if food service personnel portion ½ cup of canned fruit in a 5 ½-ounce container and add the juice <i>after</i> measuring the full ½-cup serving of fruit. Drained canned fruit and canned fruit in light syrup or water do not count toward the juice limit. <p>Resources Crediting Juice for Grades K-12 in the NSLP and SBP (CSDE) Crediting Smoothies for Grades K-12 in the NSLP and SBP (CSDE) USDA Memo SP 10-2014, CACFP 05-2014 and SFSP 10-2014 (v3): Crediting of Smoothies in Child Nutrition Programs</p>

Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP

Requirement	Preschool Meal Patterns (NSLP, SBP, and SSO)	Meal Patterns for Grades K-12 (NSLP, SBP, and SSO)
Grains component		
Creditable grains	<ul style="list-style-type: none"> • Creditable grains are whole grains, enriched grains, bran, and germ. For more information, see the CSDE’s handouts, <i>How to Identify Creditable Grains for Preschoolers in the NSLP, SBP, and ASP</i>, <i>Crediting Whole Grains in the NSLP and SBP</i>, <i>Whole Grain-rich Criteria for Preschoolers in the NSLP, SBP, and ASP</i>, and <i>Crediting Enriched Grains in the NSLP and SBP</i>. • Corn ingredients credit if they are whole grain, enriched, or treated with lime (nixtamalized). Nixtamalization is a process in which dried corn is soaked and cooked in an alkaline (slaked lime) solution. This process increases the bioavailability of certain nutrients and provides a nutritional profile similar to whole-grain corn. Ingredients labeled as hominy, corn masa, or masa harina are nixtamalized, and therefore credit as whole grains. However, cornmeal and corn flour do not credit unless they are whole grain, enriched, or nixtamalized. If the product’s ingredients statement does not provide sufficient information, SFAs must obtain a PFS from the manufacturer to document that cornmeal and corn flour ingredients meet one of these requirements. 	<ul style="list-style-type: none"> • Creditable grains are whole and enriched grains. Note: Bran and germ do not credit in the NSLP and SBP meal patterns for grades K-12. For more information, see the CSDE’s handouts, <i>Whole Grain-rich Criteria for Grades K-12 in the NSLP and SBP</i>, <i>Crediting Whole Grains in the NSLP and SBP</i> and <i>Crediting Enriched Grains in the NSLP and SBP</i>. • Corn ingredients credit if they are whole grain, enriched, or treated with lime (nixtamalized). Nixtamalization is a process in which dried corn is soaked and cooked in an alkaline (slaked lime) solution. This process increases the bioavailability of certain nutrients and provides a nutritional profile similar to whole-grain corn. Ingredients labeled as hominy, corn masa, or masa harina are nixtamalized, and therefore credit as whole grains. However, cornmeal and corn flour do not credit unless they are whole grain, enriched, or nixtamalized. If the product’s ingredients statement does not provide sufficient information, SFAs must obtain a PFS from the manufacturer to document that cornmeal and corn flour ingredients meet one of these requirements. If not, these ingredients count toward the limit for noncreditable grains under the WGR criteria (see “WGR Criteria” on page 19).

Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP

Requirement	Preschool Meal Patterns (NSLP, SBP, and SSO)	Meal Patterns for Grades K-12 (NSLP, SBP, and SSO)
Grains component, <i>continued</i>		
<p>Creditable grains, <i>continued</i></p>	<p>Resources</p> <p>Child Care Worksheet 1: Crediting Commercial Grains in the CACFP (CSDE)</p> <p>Child Care Worksheet 2: Crediting Ready-to-eat (RTE) Breakfast Cereals in the CACFP (CSDE)</p> <p>Child Care Worksheet 3: Crediting Cooked Breakfast Cereals in the CACFP (CSDE)</p> <p>Child Care Worksheet 4: Crediting Family-size Recipes for Grains in the CACFP (CSDE)</p> <p>Child Care Worksheet 5: Crediting Quantity Recipes for Grains in the CACFP (CSDE)</p> <p>Crediting Enriched Grains in the NSLP and SBP (CSDE)</p> <p>Crediting Whole Grains in the NSLP and SBP (CSDE)</p> <p>How to Identify Creditable Grains for Preschoolers in the NSLP, SBP, and ASP (CSDE)</p> <p>USDA Memo CACFP 09-2018: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers</p> <p>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</p>	<p>Resources</p> <p>Crediting Enriched Grains in the NSLP and SBP (CSDE)</p> <p>Crediting Whole Grains in the NSLP and SBP (CSDE)</p> <p>USDA Memo SP 10-2012 (v9): Q&As on Final Rule “Nutrition Standards in the National School Lunch and School Breakfast Programs”</p> <p>Whole Grain-rich Criteria for Grades K-12 in the NSLP and SBP (CSDE)</p> <p>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</p>

Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP

Requirement	Preschool Meal Patterns (NSLP, SBP, and SSO)	Meal Patterns for Grades K-12 (NSLP, SBP, and SSO)
Grains component, <i>continued</i>		
Serving sizes	<ul style="list-style-type: none"> • The meal pattern lists the grains component in servings through September 30, 2021, and changes to ounce equivalents effective October 1, 2021. An ounce equivalent is the amount of food that meets the USDA’s requirement for 1 ounce of the grains component in the NSLP and the SBP meal patterns. The USDA’s serving size and ounce equivalents charts provide minimum weights (groups A-E) and volumes (groups H-I) for nine groups of grain foods, based on the average grain content of similar products. Note: Groups F and G do not have minimum amounts because grain-based desserts do not credit in the preschool meal patterns. <ul style="list-style-type: none"> ○ Through September 30, 2021: The preschool meal patterns require ½ servings for ages 1-4. The minimum amount required for each grain food is based on the appropriate weight (groups A-E) or volume (groups H-I) in the USDA’s serving size chart for grains (see the CSDE’s handout, <i>Grain Servings for Preschoolers in the NSLP, SBP, and ASP</i>). ○ Effective October 1, 2021: The preschool meal patterns require ½ ounce equivalent for ages 1-4. The minimum amount required for each grain food is based on the appropriate weight (groups A-E) or volume (groups H-I) in the USDA’s ounce equivalents chart (see the CSDE’s handout, <i>Grain Ounce Equivalents for Preschoolers in the NSLP, SBP, and ASP</i>). 	<ul style="list-style-type: none"> • The meal pattern lists the grains component in ounce equivalents. An ounce equivalent is the amount of food that meets the USDA’s requirement for 1 ounce of grain in the NSLP and the SBP meal patterns. The USDA’s ounce equivalents chart provides minimum weights (groups A-G) and volumes (groups H-I) for nine groups of grain foods, based on the average grain content of similar products (see the CSDE’s handout, <i>Grain Ounce Equivalents for Grades K-12 in the NSLP and SBP</i>). • The amount of a grain food that provides 1 ounce equivalent varies because different types of foods contain different amounts of creditable grains. An ounce equivalent is less than a measured ounce for some grain foods (such as pretzels, bread sticks, and crackers), equal to a measured ounce for some grain foods (such as bagels, biscuits, bread, rolls, cereal grains, and RTE breakfast cereals), and more than a measured ounce for most grain foods (such as muffins, pancakes, and grain-based desserts, such as cookies, granola bars, cake, and pastries). • Weekly Grain Servings: The meal pattern requires minimum weekly servings of the grains component for each age group at breakfast and lunch (see “Weekly Ranges for Grains” on page 18).

Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP

Requirement	Preschool Meal Patterns (NSLP, SBP, and SSO)	Meal Patterns for Grades K-12 (NSLP, SBP, and SSO)
Grains component, <i>continued</i>		
<p>Serving sizes, <i>continued</i></p>	<ul style="list-style-type: none"> • The amount of a grain food that provides 1 serving varies because different types of foods contain different amounts of creditable grains. An ounce equivalent is less than a measured ounce for some grain foods (such as pretzels, bread sticks, and crackers), equal to a measured ounce for some grain foods (such as bagels, biscuits, bread, rolls, cereal grains, and RTE breakfast cereals), and more than a measured ounce for some grain foods (such as muffins, pancakes, and grain-based desserts, such as cookies, granola bars, cake, and pastries). <p>Resources</p> <p>Calculation Methods for Grain Servings for Preschoolers in the NSLP, SBP, and ASP (CSDE)</p> <p>Child Care Worksheet 1: Crediting Commercial Grains in the CACFP (CSDE)</p> <p>Child Care Worksheet 2: Crediting Ready-to-eat (RTE) Breakfast Cereals in the CACFP (CSDE)</p> <p>Child Care Worksheet 3: Crediting Cooked Breakfast Cereals in the CACFP (CSDE)</p> <p>Child Care Worksheet 4: Crediting Family-size Recipes for Grains in the CACFP (CSDE)</p> <p>Child Care Worksheet 5: Crediting Quantity Recipes for Grains in the CACFP (CSDE)</p> <p>Grain Ounce Equivalents for Preschoolers in the NSLP, SBP, and ASP (effective October 1, 2021)(CSDE)</p> <p>Grain Servings for Preschoolers in the NSLP, SBP, and ASP (through September 30, 2021) (CSDE)</p> <p>USDA Final Rule 84 FR 50287: Delayed Implementation of Grains Ounce Equivalents in the Child and Adult Care Food Program</p> <p>USDA Memo CACFP 09-2018: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers</p> <p>USDA Memo CACFP 16-2017: Grain-Based Desserts in the Child and Adult Care Food Program</p>	<p>Resources</p> <p>Calculation Methods for Grain Ounce Equivalent for Grades K-12 in the NSLP and SBP (CSDE)</p> <p>Meal Patterns for Grades K-12 in School Nutrition Programs (CSDE webpage)</p> <p>USDA Memo SP 30-2012: Grain Requirements for the National School Lunch Program and School Breakfast Program</p> <p>Whole Grain Resource for the National School Lunch and School Breakfast Programs (USDA)</p>

Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP

Requirement	Preschool Meal Patterns (NSLP, SBP, and SSO)	Meal Patterns for Grades K-12 (NSLP, SBP, and SSO)
Grains component, <i>continued</i>		
Weekly ranges for grains	<ul style="list-style-type: none"> • No weekly minimums or maximums for grains. 	<ul style="list-style-type: none"> • The meal patterns for breakfast and lunch have weekly ranges for grains. Menus are not required to comply with the maximums but must meet the minimums and stay within the weekly calorie range for each age group. The weekly maximum provides a guide for planning age-appropriate meals that meet the dietary specifications for calories, saturated fat, and sodium. For information on the dietary specifications, see the meal patterns for grades K-12 (available on the CSDE’s Meal Patterns for Grades K-12 in School Nutrition Programs webpage) and section 6 of the CSDE’s Menu Planning Guide for School Meals for Grades K-12. <p>Breakfast</p> <ul style="list-style-type: none"> ○ Five-day Breakfast for Grades K-5: 7-10 servings per week ○ Five-day Breakfast for Grades 6-8: 8-10 servings per week ○ Five-day Breakfast for Grades 9-12: 9-10 servings per week ○ Seven-day Breakfast for Grades K-5: 10-14 servings per week ○ Seven-day Breakfast for Grades 6-8: 11-14 servings per week ○ Seven-day Breakfast for Grades 9-12: 12.5-14 servings per week <p>Lunch</p> <ul style="list-style-type: none"> ○ Five-day Lunch for Grades K-5: 8-9 servings per week ○ Five-day Lunch for Grades 6-8: 8-10 servings per week ○ Five-day Lunch for Grades 9-12: 10-12 servings per week ○ Seven-day Lunch for Grades K-5: 11-12.5 servings per week ○ Seven-day Lunch for Grades 6-8: 11-14 servings per week ○ Seven-day Lunch for Grades 9-12: 14-17 servings per week <p>Resources</p> <p>Meal Patterns for Grades K-12 in School Nutrition Programs (CSDE webpage)</p> <p>Menu Planning Guide for School Meals for Grades K-12 (CSDE)</p>

Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP

Requirement	Preschool Meal Patterns (NSLP, SBP, and SSO)	Meal Patterns for Grades K-12 (NSLP, SBP, and SSO)
Grains component, <i>continued</i>		
Whole grain-rich (WGR)	<ul style="list-style-type: none"> • All grain foods must be whole grain, WGR, or enriched. For more information, see the CSDE’s handouts, Crediting Whole Grains in the NSLP and SBP, Whole Grain-rich Criteria for Preschoolers in the NSLP, SBP, and ASP, and Crediting Enriched Grains in the NSLP and SBP. • At least one serving per day must be WGR, between all meals and ASP snacks served to preschoolers. The USDA’s CACFP Best Practices recommends at least two servings of WGR grains per day. • If the SFA serves preschoolers a WGR grain at breakfast or lunch, a WGR grain at ASP snack is not required. If the SFA only serves preschool snack, any grains served at snack must be WGR. • A commercial food meets the preschool WGR criteria if a whole grain is listed as the first ingredient (or water is the first ingredient and a whole grain is the second ingredient), and the next two grain ingredients (if any) are whole, enriched, bran, or germ. A food made on site meets the preschool WGR criteria if a whole grain (or the combined weight of all whole grains) is the greatest ingredient by weight in the SFA’s standardized recipe. For more information, see the CSDE’s handout, Whole Grain-rich Criteria for Preschoolers in the NSLP, SBP, and ASP, and USDA Memo CACFP 01-2018: Grain Requirements in the CACFP: Questions and Answers. 	<ul style="list-style-type: none"> • Effective July 1, 2019, the USDA’s final rule, Child Nutrition Programs: Flexibilities for Milk, Whole Grains, and Sodium Requirements, requires that at least half of the weekly grains offered in the NSLP and SBP must be WGR. Grains that are not WGR must be enriched. For more information on enriched grains, see the CSDE’s handout, Crediting Enriched Grains in the NSLP and SBP. <p>Previously, the NSLP and SBP meal patterns for grades K-12 required that all grains were WGR. The CSDE strongly encourages SFAs to continue to serve only WGR grains, and offer 100 percent whole grains most often. This provides the best nutrition for children. For information on the WGR criteria, see the CSDE’s handout, Whole Grain-rich Criteria for Grades K-12 in the NSLP and SBP and the CSDE’s guide, Menu Planning Guide for School Meals for Grades K-12.</p> <p>SFAs that choose to offer enriched grains must document that at least half of the weekly grains offered at lunch and breakfast are WGR. SFAs must maintain this documentation on file for the Administrative Review of school nutrition programs. SFAs may calculate the menu’s percentage of WGR grains using the CSDE’s Excel worksheet, Calculating Weekly Percentage of Whole Grain-rich Menu Items in the NSLP and SBP. For more information, see CSDE Operational Memorandum No. 11-19: Weekly Whole Grain-rich (WGR) Requirement for the NSLP and SBP Meal Patterns for Grades K-12.</p> <ul style="list-style-type: none"> • Note: The USDA’s WGR definition for the meal patterns for grades K-12 in the NSLP, SBP, and SSO is different from the WGR definition for the preschool meal patterns. Grain foods (excluding grain-based desserts) that meet the WGR criteria for grades K-12 meet the WGR criteria for the preschool meal patterns. However, foods that meet the WGR criteria for the preschool meal patterns <i>may or may not</i> meet the WGR criteria for the NSLP and SBP meal patterns for grades K-12. If SFAs serve the same grain foods to preschoolers and grades K-12, these foods must comply with the WGR criteria for grades K-12.

Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP

Requirement	Preschool Meal Patterns (NSLP, SBP, and SSO)	Meal Patterns for Grades K-12 (NSLP, SBP, and SSO)
Grains component, <i>continued</i>		
<p>Whole grain-rich (WGR), <i>continued</i></p>	<ul style="list-style-type: none"> • Preschool menus must document when a grain is WGR. • Best practice: Serve only WGR grains and serve 100 percent whole grains most often. <p>Note: The USDA’s WGR definition for preschool meals in the NSLP, SBP, SSO, and ASP is different from the WGR definition for the meal patterns for grades K-12 in the NSLP, SBP, and SSO, because it does not require a specific limit for noncreditable grains. Grain foods (excluding grain-based desserts) that meet the WGR criteria for the preschool meal patterns <i>may or may not</i> meet the WGR criteria for the NSLP and SBP meal patterns for grades K-12. If SFAs serve the same grain foods to preschoolers and grades K-12, these foods must comply with the WGR criteria for grades K-12.</p> <p>Resources Adding Whole Grains to Your CACFP Menu (USDA) CACFP Best Practices (USDA) Child Care Worksheet 1: Crediting Commercial Grains in the CACFP (CSDE) Child Care Worksheet 2: Crediting Ready-to-eat (RTE) Breakfast Cereals in the CACFP (CSDE) Child Care Worksheet 3: Crediting Cooked Breakfast Cereals in the CACFP (CSDE) Child Care Worksheet 4: Crediting Family-size Recipes for Grains in the CACFP (CSDE) Child Care Worksheet 5: Crediting Quantity Recipes for Grains in the CACFP (CSDE) Crediting Enriched Grains in the NSLP and SBP (CSDE) Crediting Whole Grains in the NSLP and SBP (CSDE) Whole Grain-rich Criteria for Preschoolers in the NSLP, SBP, and ASP (CSDE) USDA Memo CACFP 09-2018: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers</p>	<p>Resources Calculating Weekly Percentage of Whole Grain-rich Menu Items in the NSLP and SBP (CSDE) Crediting Enriched Grains in the NSLP and SBP (CSDE) Crediting Whole Grains in the NSLP and SBP (CSDE) CSDE Operational Memorandum No. 11-19: Weekly Whole Grain-rich (WGR) Requirement for the NSLP and SBP Meal Patterns for Grades K-12 Tools for Schools: Serving WGR (USDA website) USDA Final Rule: Child Nutrition Programs: Flexibilities for Milk, Whole Grains, and Sodium Requirements (83 FR 63775) USDA Memo SP 30-2012: Grain Requirements for the National School Lunch Program and School Breakfast Program Whole Grain Resource for the National School Lunch and School Breakfast Programs (USDA) Whole Grain-rich Criteria for Grades K-12 in the NSLP and SBP (CSDE)</p>

Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP

Requirement	Preschool Meal Patterns (NSLP, SBP, and SSO)	Meal Patterns for Grades K-12 (NSLP, SBP, and SSO)
Grains component, <i>continued</i>		
<p>Products containing only enriched grains (without any whole grains), e.g., enriched white bread, enriched crackers, enriched white rice, enriched cream of wheat cereal, and enriched corn grits</p>	<ul style="list-style-type: none"> • Products that contain only enriched grains (without any whole grains) credit as the grains component if the SFA offers at least one WGR food per day, between all meals and snacks served to preschoolers. <p>Resources Crediting Enriched Grains in the NSLP and SBP (CSDE) How to Identify Creditable Grains for Preschoolers in the NSLP, SBP, and ASP (CSDE) USDA Memo CACFP 09-2018: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers Whole Grain-rich Criteria for Preschoolers in the NSLP, SBP, and ASP (CSDE)</p>	<ul style="list-style-type: none"> • Effective July 1, 2019, the USDA’s final rule, <i>Child Nutrition Programs: Flexibilities for Milk, Whole Grains, and Sodium Requirements</i>, allows products that contain only enriched grains, but requires that at least half of the weekly grains offered in the NSLP and SBP must be WGR. <p>Resources Crediting Enriched Grains in the NSLP and SBP (CSDE) USDA Memo SP 10-2012 (v9): Q&As on Final Rule “Nutrition Standards in the National School Lunch and School Breakfast Programs” Whole Grain-rich Criteria for Grades K-12 in the NSLP and SBP (CSDE)</p>

Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP

Requirement	Preschool Meal Patterns (NSLP, SBP, and SSO)	Meal Patterns for Grades K-12 (NSLP, SBP, and SSO)
Grains component, <i>continued</i>		
<p>Grain-based desserts</p>	<ul style="list-style-type: none"> ● Breakfast and lunch: Except for sweet crackers such as graham crackers and animal crackers, grain-based desserts cannot credit. As a best practice, the USDA encourages preschool menus to limit sweet crackers because of their higher sugar content. The CSDE recommends not serving sweet crackers more than twice per week between all preschool meals and snacks. ● Note: Examples of grain-based desserts include brownies, cookies, sweet pie crusts, doughnuts, cereal bars, granola bars, breakfast bars, sweet rolls, pastries, toaster pastries, sweet scones (e.g., blueberry, raisin, and orange cranberry) cake, brownies, rice pudding, and sweet bread pudding. Grain-based desserts do not include muffins, quick breads (such as banana bread and zucchini bread), cornbread, pancakes, waffles, French toast, and savory scones (such as cheese and herb). <p>Resources Grain Ounce Equivalents for Preschoolers in the NSLP, SBP, and ASP (effective October 1, 2021) (CSDE) Grain Servings for Preschoolers in the NSLP, SBP, and ASP (through September 30, 2021) (CSDE) Grain-Based Desserts in the CACFP (USDA) USDA Memo CACFP 16-2017: Grain-Based Desserts in the Child and Adult Care Food Program USDA Memo CACFP 09-2018: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers</p>	<ul style="list-style-type: none"> ● Breakfast: No restrictions. ● Lunch: SFAs may offer up to 2 ounce equivalents of grain-based desserts per week as part of the grains component at lunch. ● WGR grain-based desserts served as an extra menu item at lunch must count toward the minimum daily and weekly servings of the grains component, including the weekly limit of no more than 2 ounce equivalents of grain-based desserts, and must fit within the weekly dietary specifications (see “Dietary Specifications” on page 27). ● Note: Grain-based desserts are designated with the footnote 1 or 2 in the CSDE’s handout, Grain Ounce Equivalents for Grades K-12 in School Nutrition Programs. Examples of sweet snack foods include grain-based desserts such as cookies, sweet crackers (e.g., graham and animal crackers), sweet pie crusts, doughnuts, cereal bars, granola bars, breakfast bars, sweet rolls, pastries, toaster pastries, sweet scones (e.g., blueberry, raisin, and orange cranberry) cake, brownies, rice pudding, and sweet bread pudding. Grain-based desserts do not include muffins, quick breads (such as banana bread and zucchini bread), cornbread, pancakes, waffles, French toast, and savory scones (such as cheese and herb). <p>Resources Meal Patterns for Grades K-12 in School Nutrition Programs (CSDE webpage) USDA Memo SP 30-2012: Grain Requirements for the National School Lunch Program and School Breakfast Program Grain Ounce Equivalents for Grades K-12 in School Nutrition Programs (CSDE)</p>

Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP

Requirement	Preschool Meal Patterns (NSLP, SBP, and SSO)	Meal Patterns for Grades K-12 (NSLP, SBP, and SSO)
Grains component, <i>continued</i>		
<p>Breakfast cereals: CREDITING</p>	<ul style="list-style-type: none"> • Breakfast cereals must be WGR, enriched, or fortified. SFAs may serve WGR breakfast cereals to meet the daily WGR requirement (see “Whole grain-Rich (WGR)” on page 19). For more information, see the CSDE’s handout, Crediting Breakfast Cereals for Preschoolers in the NSLP, SBP, and ASP. • RTE breakfast cereals meet the preschool WGR criteria if the first ingredient is a whole grain and the cereal is fortified. • Cooked cereals (regular and instant) meet the preschool WGR criteria if the first ingredient (or second after water) is a whole grain, and the next two grain ingredients (if any) are whole grains, enriched grains, bran, or germ. • Note: The USDA’s WGR definition for the NSLP and SBP meal patterns for grades K-1 2 is different from the WGR definition for the preschool meal patterns. Cooked breakfast cereals that meet the WGR criteria for grades K-12 meet the WGR criteria for the preschool meal patterns. However, cooked breakfast cereals that meet the WGR criteria for the preschool meal patterns <i>may or may not</i> meet the WGR criteria for grades K-12. If SFAs serve the same cooked cereals to preschoolers and grades K-12, these foods must comply with the WGR criteria for grades K-12. • Sugar limit: Breakfast cereals (RTE and cooked) cannot contain more than 6 grams of sugar per dry ounce (≤ 21.2 grams of sucrose and other sugars per 100 grams of dry cereal). 	<ul style="list-style-type: none"> • Breakfast cereals must be WGR, enriched, or fortified. For more information, see the CSDE’s handout, Crediting Breakfast Cereals for Grades K-12 in the NSLP • RTE breakfast cereals meet the WGR criteria for grades K-12 if a whole grain is the first ingredient and the cereal is fortified. Fortification is not required for 100 whole grain cereals. The limit for noncreditable grains does not apply to fortified RTE breakfast cereals that contain a whole grain as the first ingredient • Cooked cereals meet the WGR criteria for grades K-12 if the first ingredient (or second after water) is a whole grain; any other grain ingredients are enriched; and the combined weight of any noncreditable grains does not exceed 6.99 grams. Examples of cereal grains in group H include amaranth, buckwheat, cornmeal, corn grits, farina, kasha, millet, oats, quinoa, wheat berries, and rolled wheat. • Note: The USDA’s WGR definition for the preschool meal patterns is different from the WGR definition for the NSLP and SBP meal patterns for grades K-12, because it does not require a specific limit for noncreditable grains. Cooked breakfast cereals that meet the WGR criteria for the preschool meal patterns <i>may or may not</i> meet the WGR criteria for grades K-12. If SFAs serve the same cooked breakfast cereals to preschoolers and grades K-12, these foods must comply with the WGR criteria for grades K-12. • Sugar limit: None.. However, if SFAs serve the same breakfast cereals to preschoolers and grades K-12, the breakfast cereals must comply with the preschool sugar limit. The exception is when SFAs choose to follow the K-5 meal pattern for preschoolers and grades K-5 who eat in the same service area at the same time (see “Preschoolers and Grades K-5 Eating Together in the NSLP, SBP, and SSO” on page 2).

Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP

Requirement	Preschool Meal Patterns (NSLP, SBP, and SSO)	Meal Patterns for Grades K-12 (NSLP, SBP, and SSO)
Grains component, <i>continued</i>		
<p>Breakfast cereals: CREDITING, <i>continued</i></p>	<p>Resources</p> <p>Calculating Sugar Limits for Breakfast Cereals in the CACFP (USDA)</p> <p>Child Care Worksheet 2: Crediting Ready-to-eat (RTE) Breakfast Cereals in the CACFP (CSDE)</p> <p>Child Care Worksheet 3: Crediting Cooked Breakfast Cereals in the CACFP (CSDE)</p> <p>Choose Breakfast Cereals that are Lower in Added Sugars (USDA)</p> <p>Crediting Breakfast Cereals for Preschoolers in the NSLP, SBP, and ASP (CSDE)</p> <p>Grain Ounce Equivalents for Preschoolers in the NSLP, SBP, and ASP (effective October 1, 2021) (CSDE)</p> <p>Grain Servings for Preschoolers in the NSLP, SBP, and ASP (through September 30, 2021) (CSDE)</p> <p>How to Identify Creditable Grains for Preschoolers in the NSLP, SBP, and ASP (CSDE)</p> <p>USDA Memo CACFP 09-2018: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers</p>	<ul style="list-style-type: none"> • No sugar limit. However, if SFAs serve the same breakfast cereals to preschoolers and grades K-12, the breakfast cereals must comply with the preschool sugar limit. The exception is when SFAs choose to follow the K-5 meal pattern for preschoolers and grades K-5 who eat in the same service area at the same time (see “Preschoolers and Grades K-5 Eating Together in the NSLP, SBP, and SSO” on page 2). <p>Resources</p> <p>Crediting Breakfast Cereals for Grades K-12 in the NSLP (CSDE)</p> <p>Meal Patterns for School Nutrition Programs (CSDE webpage)</p> <p>USDA Final Rule 83 FR 63775: Child Nutrition Programs: Flexibilities for Milk, Whole Grains, and Sodium Requirements</p> <p>USDA Memo SP 10-2012 (v9): Q&As on Final Rule “Nutrition Standards in the National School Lunch and School Breakfast Programs”</p> <p>Whole Grain-rich Criteria for Grades K-12 in the NSLP and SBP (CSDE)</p>

Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP

Requirement	Preschool Meal Patterns (NSLP, SBP, and SSO)	Meal Patterns for Grades K-12 (NSLP, SBP, and SSO)
Grains component, <i>continued</i>		
<p>Breakfast cereals: SERVING SIZE</p>	<ul style="list-style-type: none"> ● Through September 30, 2021: Serving sizes are based on the USDA’s serving size chart for grains (see the CSDE’s handout, Grain Servings for Preschoolers in the NSLP, SBP, and ASP). <ul style="list-style-type: none"> ○ RTE breakfast cereals (group I): ¼ cup or ⅓ ounce for ages 1-2 (whichever is less) and ⅓ cup or ½ ounce for ages 3-4 (whichever is less). ○ Cooked breakfast cereals (group H): ½ serving for ages 1-4, which equals ¼ cup cooked or 13 grams dry. ● Effective October 1, 2021: Serving sizes are based on the ounce equivalents for groups H-I in the USDA’s ounce equivalents chart for grains (see the CSDE’s handout, Grain Ounce Equivalents for Preschoolers in the NSLP, SBP, and ASP). The preschool meal patterns require ½ ounce equivalent for ages 1-4. <ul style="list-style-type: none"> ○ RTE breakfast cereals: ½ ounce equivalent equals ½ cup of flaked or round cereal, ¾ cup of puffed cereal, and ⅛ cup of granola. ○ Cooked breakfast cereals: ½ ounce equivalent equals ¼ cup cooked or 14 grams dry. <p>Resources Child Care Worksheet 2: Crediting Ready-to-eat (RTE) Breakfast Cereals in the CACFP (CSDE) Child Care Worksheet 3: Crediting Cooked Breakfast Cereals in the CACFP (CSDE) Choose Breakfast Cereals that are Lower in Added Sugars (USDA) Crediting Breakfast Cereals for Preschoolers in the NSLP, SBP, and ASP (CSDE) Grain Ounce Equivalents for Preschoolers in the NSLP, SBP, and ASP (effective October 1,2021)(CSDE) Grain Servings for Preschoolers in the NSLP, SBP, and ASP (through September 30, 2021) (CSDE) USDA Final Rule 84 FR 50287: Delayed Implementation of Grains Ounce Equivalents in the Child and Adult Care Food Program USDA Memo CACFP 09-2018: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers</p>	<ul style="list-style-type: none"> ● Serving sizes are based on the ounce equivalents for groups H-I in the USDA’s Ounce equivalents chart for grains (see the CSDE’s handout, Grain Ounce Equivalents for Grades K-12 in the NSLP and SBP). <ul style="list-style-type: none"> ○ RTE breakfast cereals: 1 ounce equivalent equals 1 cup of flaked or round cereal, 1 ¼ cup of puffed cereal, and ¼ cup of granola. ○ Cooked breakfast cereals: 1 ounce equivalent equals ½ cup cooked or 28 grams dry. <p>Resources Crediting Breakfast Cereals for Grades K-12 in the NSLP (CSDE) Meal Patterns for School Nutrition Programs (CSDE webpage) USDA Memo SP 10-2012 (v9): Q&As on Final Rule “Nutrition Standards in the National School Lunch and School Breakfast Programs” Grain Ounce Equivalents for School Nutrition Programs (CSDE)</p>

Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP

Requirement	Preschool Meal Patterns (NSLP, SBP, and SSO)	Meal Patterns for Grades K-12 (NSLP, SBP, and SSO)
Noncreditable foods		
Noncreditable foods	<ul style="list-style-type: none"> ● Noncreditable foods cannot credit in the NSLP, SBP, SSO meal patterns. Examples include condiments, popcorn, potato chips, pudding, ice cream, gelatin, cream cheese, bacon, and fruit roll-ups. ● Some noncreditable foods can be served in addition to the snack components to add variety, help improve acceptability, and satisfy appetites. Examples include maple syrup on pancakes, salad dressing on tossed greens, and condiments such as ketchup or mustard on sandwiches. <p>Resources Noncreditable Foods for Preschoolers in the NSLP, SBP, and ASP (CSDE)</p>	<ul style="list-style-type: none"> ● Noncreditable foods cannot credit in the NSLP, SBP, SSO meal patterns. Examples include condiments, popcorn, potato chips, pudding, ice cream, gelatin, cream cheese, bacon, and fruit roll-ups. ● Some noncreditable foods can be served in addition to the snack components to add variety, help improve acceptability, and satisfy appetites. Examples include maple syrup on pancakes, salad dressing on tossed greens, and condiments such as ketchup or mustard on sandwiches. ● All noncreditable foods offered as part of reimbursable meals must count toward the weekly dietary specifications (nutrition standards) for school meals. They must contain zero trans fat and their inclusion cannot cause the menu to exceed the average weekly limits for calories, saturated fat, and sodium. <p>Resources Noncreditable Foods for Grades K-12 in the NSLP and SBP (CSDE)</p>
Water		
Water	<ul style="list-style-type: none"> ● Water does not credit as a meal pattern component. It can be offered in addition to, but not in place of, the required meal components. ● The Healthy Hunger-Free Kids Act requires that schools must make drinking water available to children at no charge where meals are served during the meal service (including the ASP). <p>Resources USDA Memo SP 49-2016 and CACFP 18-2016: Resources for Making Potable Water Available in Schools and Child Care Facilities</p>	<ul style="list-style-type: none"> ● Water does not credit as a meal pattern component. It can be offered in addition to, but not in place of, the required meal components. SFAs cannot promote or offer water or any other beverage as an alternative selection to fluid milk throughout the food service area. ● The Healthy Hunger-Free Kids Act requires that schools must make drinking water available to children at no charge where meals are served during the meal service (including the Afterschool Snack Program). <p>Resources USDA Memo SP 19-2018: Clarification on the Milk and Water Requirements in the School Meal Programs USDA Memo SP 49-2016 and CACFP 18-2016: Resources for Making Potable Water Available in Schools and Child Care Facilities</p>

Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP

Requirement	Preschool Meal Patterns (NSLP, SBP, and SSO)	Meal Patterns for Grades K-12 (NSLP, SBP, and SSO)
Dietary specifications (nutrition standards)		
Dietary specifications	<ul style="list-style-type: none"> Sugar limits for yogurt and breakfast cereals (see “Yogurt and Soy Yogurt” on page 10 and “Breakfast Cereals: Crediting” on page 23). No other dietary specifications. 	<ul style="list-style-type: none"> School meals must, on average, meet the dietary specifications, which include weekly limits for calories, saturated fat, and sodium; and require food products served in school meals to contain zero grams of trans fat. For information on the dietary specifications, see the meal patterns for grades K-12 (available on the CSDE’s Meal Patterns for Grades K-12 in School Nutrition Programs webpage) and section 6 of the CSDE’s <i>Menu Planning Guide for School Meals for Grades K-12</i>. <p>Resources Meal Patterns for Grades K-12 in School Nutrition Programs (CSDE webpage) Menu Planning Guide for School Meals for Grades K-12 (CSDE)</p>
Offer versus serve		
Offer versus serve (OVS)	<ul style="list-style-type: none"> Not allowed. 	<ul style="list-style-type: none"> Lunch: Required in high schools. Optional for middle and elementary schools Breakfast: Optional for all grades. <p>Resources OVS for School Nutrition Programs (CSDE webpage) OVS in the School Breakfast Program (CSDE) OVS in the National School Lunch Program (CSDE)</p>

Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP

Regulations and Policy

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

<https://www.ecfr.gov/cgi-bin/text-idx?SID=4c211a738d6109939c6054a6286ac109&mc=true&node=pt7.4.210&rgn=div5>

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

<https://www.ecfr.gov/cgi-bin/retrieveECFR?gp=1&SID=1efda750af767569cda912c147528a21&ty=HTML&h=L&mc=true&r=PART&n=pt7.4.220>

Healthy, Hunger-Free Kids Act of 2010:

<https://www.fns.usda.gov/healthy-hunger-free-kids-act-2010>

School Meals Legislation and Regulations:

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

USDA Final Rule 81 FR 24348: Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010:

<https://www.gpo.gov/fdsys/pkg/FR-2016-04-25/pdf/2016-09412.pdf>

USDA Final Rule Corrections 81 FR 75671: Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010:

<https://www.fns.usda.gov/es/cacfp/fr-110116>

USDA Final Rule 83 FR 63775: Child Nutrition Programs: Flexibilities for Milk, Whole Grains, and Sodium Requirements:

<https://www.govinfo.gov/content/pkg/FR-2018-12-12/pdf/2018-26762.pdf>

USDA Final Rule 84 FR 50287: Delayed Implementation of Grains Ounce Equivalents in the Child and Adult Care Food Program:

<https://www.federalregister.gov/documents/2019/09/25/2019-20808/delayed-implementation-of-grains-ounce-equivalents-in-the-child-and-adult-care-food-program>

USDA Memo CACFP 09-2017: Vegetable and Fruit Requirements in the Child and Adult Care Food Program; Questions and Answer:

<https://fns-prod.azureedge.net/sites/default/files/cacfp/CACFP09-2017os2.pdf>

USDA Memo CACFP 09-2018: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers:

<https://www.fns.usda.gov/cacfp/grain-requirements-cacfp-questions-and-answers>

Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP

USDA Memo CACFP 16-2017: Grain-Based Desserts in the Child and Adult Care Food Program:

<https://www.fns.usda.gov/cacfp/grain-based-desserts-child-and-adult-care-food-program>

USDA Memo SP 10-2012 (v9): Q&As on Final Rule “Nutrition Standards in the National School Lunch and School Breakfast Programs”:

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

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 37-2017: Flexibility for Co-Mingled Preschool Meals: Questions and Answers:

<https://www.fns.usda.gov/school-meals/flexibility-co-mingled-preschool-meals-questions-and-answers>

Resources and Websites

Afterschool Snack Program (CSDE webpage):

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

Afterschool Snack Program Handbook (CSDE):

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

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

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

Laws and Regulations (CSDE webpage):

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

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

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

Meal Patterns for Preschoolers in School Nutrition Programs (CSDE webpage):

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

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

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

Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP

Menu Planning Guide for School Meals for Grades K-12 (CSDE webpage):

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

Nutrition Standards for CACFP Meals and Snacks (USDA webpage):

<https://www.fns.usda.gov/cacfp/meals-and-snacks>

Operational Memoranda for School Nutrition Programs (CSDE webpage):

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

Policy Memos for School Meals (USDA):

<https://www.fns.usda.gov/school-meals/policy>

Program Guidance for School Nutrition Programs (CSDE webpage):

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

Special Diets in School Nutrition Programs (CSDE webpage):

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

Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP



For more information, review the Connecticut State Department of Education's (CSDE) *Menu Planning Guide for Preschoolers in the NSLP, SBP, and ASP* and *Menu Planning Guide for School Meals for Grades K-12*, and visit the CSDE's [Meal Patterns for Preschoolers in School Nutrition Programs](#) and [Meal Patterns for Grades K-12 in School Nutrition Programs](#) webpages, or contact the [school nutrition programs staff](#) in the CSDE's Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at <https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/ComparisonPreschoolK12.pdf>.

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