

Resources for the Preschool Meal Patterns

This list includes resources and websites to assist school food authorities (SFAs) with meeting the U.S. Department of Agriculture's (USDA) meal pattern and crediting requirements for preschoolers in the National School Lunch Program (NSLP), School Breakfast Program (SBP), and Afterschool Snack Program (ASP) of the NSLP. The preschool meal patterns are the same as the meal patterns for the Child and Adult Care Food Program (CACFP). For links to information on federal and state requirements and guidance, visit the Connecticut State Department of Education's (CSDE) [Program Guidance for School Nutrition Programs](#) webpages. For additional guidance, please contact the CSDE's [school nutrition programs staff](#).

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Child Nutrition (CN) Labels

Authorized Manufacturers and Labels (USDA):

<https://www.fns.usda.gov/cnlabeling/usdausdc-authorized-labels-and-manufacturers>

Child Nutrition (CN) Labeling Program (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/CN_Labeling_Program.pdf

CN Labeling Program (USDA):

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

Food Manufacturers/Industry (USDA):

<https://www.fns.usda.gov/cnlabeling/food-manufacturersindustry>

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

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

USDA Memo SP 27-2015, CACFP 09-2015 and SFSP 12-2015: Administrative Review Process Regarding the Child Nutrition (CN) Label, Watermarked CN Label and Manufacturer's Product Formulation Statement:

<https://www.fns.usda.gov/cn/administrative-review-process-regarding-child-nutrition-cn-label>

Resources for the Preschool Patterns

Comparison Charts

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

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

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

https://portal.ct.gov/-/media/SDE/Nutrition/ASP/Comparison_Preschool_Grades_K-12_ASP.pdf

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

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/Comparison_Preschool_Grades_K-12_SNP.pdf

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

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Comparison_Grain_Crediting_SNP.pdf

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

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Comparison_Milk_Requirements_SNP.pdf

How Do They Compare? Child Nutrition Programs' Meal Pattern Requirements (USDA):

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

Crediting Documentation

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

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Accepting_Proccsed_Product_Documentation_SNP.pdf

Crediting Commercial Processed Products in Preschool Menus (“Related Resources” section of the CSDE’s Meal Patterns for Preschoolers in School Nutrition Programs webpage):

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

Crediting Foods in Preschool Menus (“Related Resources” section of the CSDE’s Meal Patterns for Preschoolers in School Nutrition Programs webpage):

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

Resources for the Preschool Patterns

Crediting Foods Made from Scratch in Preschool Menus (“Related Resources” section of the CSDE’s Meal Patterns for Preschoolers in School Nutrition Programs webpage):

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

Crediting Handbook for the Child and Adult Care Food Program (USDA):

<https://www.fns.usda.gov/tn/crediting-handbook-child-and-adult-care-food-program>

Crediting Summary Charts for the Preschool Meal Patterns of the School Nutrition Programs (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Crediting_Summary_Charts_SNP_Preschool.pdf

Exhibit A Grains Tool (USDA’s Food Buying Guide for Child Nutrition Programs):

<https://foodbuyingguide.fns.usda.gov/ExhibitATool/Index>

Food Buying Guide for Child Nutrition Programs (USDA):

<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>

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

<https://www.fns.usda.gov/tn/food-buying-guide-training-resources>

Recipe Analysis Workbook (USDA’s Food Buying Guide for Child Nutrition Programs):

<https://www.fns.usda.gov/tn/food-buying-guide-interactive-web-based-tool>

Standardized Recipe Form for School Nutrition Programs:

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Standardized_Recipe_Form_Schools.docx

Standardized Recipes (“Related Resources” section of the CSDE’s Meal Patterns for Preschoolers in School Nutrition Programs webpage):

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

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

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

Yield Study Data Form for Child Nutrition Programs (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Yield_Study_Form.pdf

Resources for the Preschool Patterns

Fruits Component

Crediting Juice for Preschoolers in the NSLP and SBP:

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit_Juice_SNP_preschool.pdf

Crediting Smoothies for Preschoolers in the NSLP and SBP:

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit_Smoothies_SNP_preschool.pdf

Food Buying Guide Section 3: Overview of Crediting Requirements for the Fruits Component (USDA):

https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/USDA_FBG_Section3_Fruits.pdf

Food Buying Guide Section 3: Yield Table for Fruits (USDA):

https://foodbuyingguide.fns.usda.gov/files/Reports/USDA_FBG_Section3_FruitsYieldTable.pdf

Fruits Component for Preschoolers (“Related Resources” section of the CSDE’s Meal Patterns for Preschoolers in School Nutrition Programs webpage):

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

Product Formulation Statement for Documenting Vegetables and Fruits in School Meal Programs (USDA):

https://fns-prod.azureedge.us/sites/default/files/resource-files/PFS_Veg_Subgroups_Fruits_Fillable_508.pdf

Product Formulation Statement for Documenting Vegetables and Fruits in School Meal Programs: Completed Sample for Fruits (USDA):

<https://fns-prod.azureedge.us/sites/default/files/resource-files/PFSsamplefruits.pdf>

Product Formulation Statement for Documenting Vegetables and Fruits in the Child and Adult Care Food Program, Summer Food Service Program, and NSLP Afterschool Snacks (USDA):

https://www.fns.usda.gov/sites/default/files/resource-files/PFS_Total_Veg_Fruits_Fillable_508.pdf

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

<https://www.fns.usda.gov/cacfp/vegetable-and-fruit-requirements-cacfp-qas>

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>

Resources for the Preschool Patterns

Webinar: Crediting Vegetable Noodles and Coconut in the Child Nutrition Programs (USDA):
<https://www.fns.usda.gov/tn/crediting-vegetable-noodles-and-coconut-child-nutrition-programs>

Grains Component

Adding Whole Grains to Your CACFP Menu – Handouts, training slides, and webinars in English and Spanish (USDA):
<https://www.fns.usda.gov/tn/adding-whole-grains-your-cacfp-menu>

CACFP Grains Ounce Equivalents Resources – Handouts, training slides, and webinars in English and Spanish (USDA):
<https://www.fns.usda.gov/tn/grains-ounce-equivalents-resources-cacfp>

Calculating Sugar Limits for Breakfast Cereals in the CACFP – Handouts in English and Spanish (USDA):
<https://www.fns.usda.gov/tn/calculating-sugar-limits-breakfast-cereals-cacfp>

Calculation Methods for Grain Ounce Equivalents for Preschoolers in the NSLP and SBP (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Grain_Calculation_SNP_preschool.pdf

Child Care Worksheet 1: Crediting Commercial Grain in the CACFP (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CACFP_Child_Care_Worksheet1_Crediting_Commercial_Grains.xlsx

Child Care Worksheet 2: Crediting Ready-to-eat Breakfast Cereals in the CACFP (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CACFP_Child_Care_Worksheet2_Crediting_RTE_Breakfast_Cereals.xlsx

Child Care Worksheet 3: Crediting Cooked Breakfast Cereals in the CACFP (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CACFP_Child_Care_Worksheet3_Crediting_Cooked_Cereals.xlsx

Child Care Worksheet 4: Crediting Family-size Recipes for Grains in the CACFP (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CACFP_Child_Care_Worksheet4_Crediting_Grains_Family_Size_Recipes.xlsx

Child Care Worksheet 5: Crediting Quantity Recipes for Grains in the CACFP
https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CACFP_Child_Care_Worksheet5_Crediting_Grains_Quantity_Recipes.xlsx

Choose Breakfast Cereals that are Lower in Sugar – Handouts, training slides, and webinars in English and Spanish (USDA):
<https://www.fns.usda.gov/tn/choose-breakfast-cereals-are-lower-sugar>

Resources for the Preschool Patterns

Crediting Breakfast Cereals for Preschoolers in the NSLP and SBP (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit_Cereals_SNP_preschool.pdf

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

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit_Enriched_Grains_SNP.pdf

Crediting Single-Serving Packages of Grains in the CACFP – Handouts in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/crediting-single-serving-packages-grains-cacfp>

Crediting Whole Grains in the NSLP and SBP:

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit_Whole_Grains_SNP.pdf

Exhibit A Grains Tool (USDA’s Food Buying Guide for Child Nutrition Programs):

<https://foodbuyingguide.fns.usda.gov/ExhibitATool/Index>

Exhibit A: Grain Requirements for Child Nutrition Programs (USDA):

<https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/ExhibitA.pdf>

Food Buying Guide Exhibit A Grains Tool (USDA):

<https://foodbuyingguide.fns.usda.gov/ExhibitATool/Index>

Food Buying Guide Section 4: Overview of Crediting Requirements for the Grains Component (USDA):

https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/USDA_FBG_Section4_Grains.pdf

Food Buying Guide Section 4: Yield Table for Grains (USDA):

https://foodbuyingguide.fns.usda.gov/files/Reports/USDA_FBG_Section4_GrainsYieldTable.pdf

Grain Ounce Equivalent for Preschoolers in the NSLP and SBP (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/Grain_Oz_Eq_SNP_preschool.pdf

Grain-based Desserts in the CACFP – Handouts and webinars in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/grain-based-desserts-cacfp>

Grains Component for Preschoolers (“Related Resources” section of the CSDE’s Meal Patterns for Preschoolers in School Nutrition Programs webpage):

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

How to Identify Creditable Grains for Preschoolers in the NSLP and SBP (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Identify_Creditable_Grains_SNP_preschool.pdf

Resources for the Preschool Patterns

How to Spot Whole Grain-Rich Foods for the CACFP – Handouts in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/how-spot-whole-grain-rich-foods-cacfp>

Identifying Whole Grain-rich Foods for the CACFP – Handouts and webinars in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/identifying-whole-grain-rich-foods-cacfp>

Is My Recipe Whole Grain-Rich in the CACFP? – Handouts in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/my-recipe-whole-grain-rich-cacfp>

Meeting the Whole Grain-rich Requirement for the CACFP (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/WGR_Requirement_CACFP.pdf

Product Formulation Statement for Documenting Grains in Child Nutrition Programs (USDA):

https://www.fns.usda.gov/sites/default/files/resource-files/PFS_Grains_Oz_Eq_Fillable_508.pdf

Product Formulation Statement for Documenting Grains in Child Nutrition Programs – Completed Sample (USDA):

https://www.fns.usda.gov/sites/default/files/resource-files/PFS_Example_Grains_Oz_Eq.pdf

Recipe Analysis Workbook (USDA’s Food Buying Guide for Child Nutrition Programs):

<https://www.fns.usda.gov/tn/food-buying-guide-interactive-web-based-tool>

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 09-2018: 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>

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 23-2019, CACFP 10-2019 and SFSP 09-2019: Crediting Popcorn in the Child Nutrition Programs:

<https://www.fns.usda.gov/cn/crediting-popcorn-child-nutrition-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>

Resources for the Preschool Patterns

Using Ounce Equivalents for Grains in the CACFP – Handouts in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/using-ounce-equivalents-grains-cacfp>

Using the WIC Food Lists to Identify Grains for the CACFP – Handouts in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/using-wic-food-lists-identify-grains-cacfp>

Webinar: Exhibit A Grains Tool to the Rescue (USDA):

<https://www.fns.usda.gov/tn/exhibit-grains-tool-rescue>

Webinar: How to Maximize the Exhibit A Grains Tool (USDA):

<https://www.fns.usda.gov/tn/how-maximize-exhibit-grains-tool>

Meal Modifications for Special Diets

Accommodating Special Diets in School Nutrition Programs (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/SpecDiet/Special_Diets_Guide_SNP.pdf

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

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/SpecDiet/Milk_Substitutes_SNP.pdf

CSDE Operational Memo No. 13-17: Requirements for Meal Modifications in the School Nutrition Programs:

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Memos/OM2017/OM13-17.pdf>

CSDE Operational Memo No. 22-15: Statements Supporting Accommodations for Children with Disabilities in the Child Nutrition Programs:

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Memos/OM2015/OM22-15.pdf>

Guidance and Instructions: Medical Statement for Meal Modifications in School Nutrition Programs (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/SpecDiet/Medical_Statement_SNP_Instructions.pdf

Guidance and Instructions: Medical Statement for Meal Modifications in School Nutrition Programs (Spanish): Orientación e instrucciones: Declaración médica para la modificación de alimentos en los programas de nutrición escolar (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/SpecDiet/Medical_Statement_SNP_Instructions_Spanish.pdf

Managing Food Allergies in the Cafeteria: The Role of School Food Service Managers and Staff (CSDE Presentation):

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/SpecDiet/Managing_Food_Allergies_Cafeteria_SNP_Presentation.pdf

Resources for the Preschool Patterns

Meal Modifications in School Nutrition Programs (CSDE Presentation):

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/SpecDiet/Meal_Modifications_SNP_Presentation.pdf

Medical Statement for Meal Modifications in School Nutrition Programs (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/SpecDiet/Medical_Statement_SNP.pdf

Medical Statement for Meal Modifications in School Nutrition Programs (Spanish): Declaración médica para la modificación de alimentos en los programas de nutrición escolar (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/SpecDiet/Medical_Statement_SNP_Spanish.pdf

Resource List for Special Diets in Child Nutrition Programs (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/Resources/Resources_Special_Diets.pdf

Resources for Special Diets in Child Nutrition Programs (CSDE):

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

Self-assessment of Local Practices for Special Diets in School Nutrition Programs (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/SpecDiet/Assessment_Special_Diets_Schools.pdf

Special Diets in School Nutrition Programs (CSDE webpage):

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

Summary of Requirements for Accommodating Special Diets in School Nutrition Programs (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/SpecDiet/Special_Diets_Chart_SNP.pdf

Meal Patterns

CACFP Best Practices (USDA):

https://fns-prod.azureedge.us/sites/default/files/cacfp/CACFP_factBP.pdf

CACFP Meal Pattern Posters (USDA):

<https://www.fns.usda.gov/tn/meal-pattern-posters-cacfp>

CACFP Meal Pattern Training Slides (USDA):

<https://www.fns.usda.gov/tn/meal-pattern-training-slides-cacfp>

CACFP Meal Pattern Training Tools (USDA):

<https://www.fns.usda.gov/cacfp-training-tools>

CACFP Meal Pattern Training Worksheets (USDA):

<https://www.fns.usda.gov/tn/cacfp-meal-pattern-training-worksheets>

Resources for the Preschool Patterns

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 and SBP (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/Menu_Planning_Guide_Preschool.pdf

Noncreditable Foods for Preschoolers in the in the NSLP and SBP Meal Patterns (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Noncreditable_Foods_SNP_preschool.pdf

Nutrition Standards for CACFP Meals and Snacks (USDA):

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

USDA Final Rule (81 FR 24347): CACFP Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010:

<https://www.fns.usda.gov/cacfp/fr-042516>

USDA Final Rule Correction (81 FR 75671): CACFP Meal Pattern Revisions Related to the HHFKA of 2010:

<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>

USDA Memo CACFP 08-2017: Questions and Answers on the Updated Meal Pattern Requirements for the Child and Adult Care Food Program:

<https://www.fns.usda.gov/cacfp/questions-and-answers-updated-meal-pattern-requirements-child-and-adult-care-food-program>

Resources for the Preschool Patterns

Meal Service

Family Style Dining Guide: A Mealtime Approach for Early Care and Education Programs (Ohio Child Care Resource & Referral Association and The Nemours Foundation):

<https://occrra.org/wp-content/occrra/spec/spec-fsd.pdf>

Meal Service for Preschoolers in School Nutrition Programs (“Related Resources” section of the CSDE’s Meal Patterns for Preschoolers in School Nutrition Programs webpage):

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

Mealtimes with Toddlers in the CACFP – Booklet and webinar in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/mealtimes-toddlers-cacfp>

Mealtimes with Toddlers in the CACFP – Family Handout in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/mealtimes-toddlers-family-handout>

Support Family Style Meals (Supplement E from Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program) (USDA):

https://fns-prod.azureedge.us/sites/default/files/tn/Supplement_E.PDF

The Basic Guide to Family Style Dining – Part 1 (ICN):

<https://theicn.org/resources/382/2013-mealtime-memos/106229/august-2013-the-basic-guide-to-family-style-dining-part-1.pdf>

Water Availability (“Related Resources” section of the CSDE’s Meal Patterns for Preschoolers in School Nutrition Programs webpage):

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

Resources for the Preschool Patterns

Meat/Meat Alternates Component

Calculating Sugar Limits for Yogurt in the CACFP – Handouts in English and Spanish (USDA):
<https://www.fns.usda.gov/tn/calculating-sugar-limits-yogurt-cacfp>

Choose Yogurts that are Lower in Sugar – Handouts, training slides, and webinars in English and Spanish (USDA):
<https://www.fns.usda.gov/tn/choose-yogurts-are-lower-sugar>

Crediting Commercial Meat/Meat Alternate Products in the NSLP and SBP:
https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit_Commercial_MMA_SNP.pdf

Crediting Deli Meats in the NSLP and SBP (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit_Deli_SNP.pdf

Crediting Legumes in the NSLP and SBP (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit_Legumes_SNP.pdf

Crediting Nuts and Seeds in the NSLP and SBP (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit_Nuts_Seeds_SNP.pdf

Crediting Tofu and Tofu Products in the NSLP and SBP (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit_Tofu_SNP.pdf

Crediting Yogurt for Preschoolers in the NSLP and SBP (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit_Yogurt_SNP_preschool.pdf

Food Buying Guide Section 1: Overview of Crediting Requirements for the Meat/Meat Alternates Component (USDA):
https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/USDA_FBG_Section1_MeatsAndMeatAlternates.pdf

Food Buying Guide Section 1: Yield Table for Meat/Meat Alternates (USDA):
https://foodbuyingguide.fns.usda.gov/files/Reports/USDA_FBG_Section1_MeatsAndMeatAlternatesYieldTable.pdf

Meat/Meat Alternates Component for Preschoolers (“Related Resources” section of the CSDE’s Meal Patterns for Preschoolers in School Nutrition Programs webpage):
<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-Preschoolers-in-School-Nutrition-Programs/Related-Resources#MMA>

Product Formulation Statement for Documenting Meats/Meat Alternates (M/MA) in Child Nutrition Programs (USDA):
https://www.fns.usda.gov/sites/default/files/resource-files/PFS_Meats-Meat_Alternates_Fillable_508.pdf

Resources for the Preschool Patterns

Questions and Answers on Alternate Protein Products (APP) (USDA):

<https://www.fns.usda.gov/questions-and-answers-alternate-protein-products-app>

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

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/APP_Requirements_SNP.pdf

Reviewer's Checklist for Evaluating Manufacturer Product Formulation Statements for Meat/Meat Alternates (USDA):

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

Serving Meat and Meat Alternates at Breakfast – Handouts, training slides, and webinars in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/serving-meats-and-meat-alternates-breakfast>

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

<https://www.fns.usda.gov/sites/default/files/resource-files/manufacturerPFStipsheet.pdf>

Serving Meats and Meat Alternates at Lunch and Supper in the USDA CACFP – Handouts in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/serving-meats-meat-alternates-lunch-supper-cacfp>

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/crediting-shelf-stable-dried-and-semi-dried-meat-poultry-and-seafood-products-child-nutrition>

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/cn/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:

<https://www.fns.usda.gov/cn/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 40-2019, CACFP 17-2019 and SFSP 17-2019: Smoothies Offered in the 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:

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

Resources for the Preschool Patterns

Webinar: Additional Meat/Meat Alternates Options for CNPs: Crediting Tempeh and Surimi (USDA):

<https://www.fns.usda.gov/tn/additional-meat-meat-alternate-tempeh-and-surimi>

Webinar: Moving Forward: Update on Food Crediting in Child Nutrition Programs with Guidance for Dried Meat Products (USDA):

<https://www.fns.usda.gov/tn/moving-forward-update-food-crediting-dried-meat-products>

Menu Planning

ASP Menu Form for Ages 1-2:

https://portal.ct.gov/-/media/SDE/Nutrition/ASP/Forms/Menu_Form_ASP_ages_1-2.docx

ASP Menu Form for Ages 3-4:

https://portal.ct.gov/-/media/SDE/Nutrition/ASP/Forms/Menu_Form_ASP_ages_3-4.docx

Choking Prevention (CSDE's Food Safety for Child Nutrition Programs webpage):

<https://portal.ct.gov/SDE/Nutrition/Food-Safety-for-Child-Nutrition-Programs/Documents#ChokingPrevention>

Five-day Breakfast Menu Planning Form for Ages 1-2:

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/Forms/Menu_Form_Breakfast_5day_Ages_1-2.docx

Five-day Breakfast Menu Planning Form for Ages 3-4:

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/Forms/Menu_Form_Breakfast_5day_Ages_3-4.docx

Five-day Lunch Planning Form for Ages 1-2:

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/Forms/Menu_Form_Lunch_5day_Ages_1-2.docx

Five-day Lunch Planning Form for Ages 3-4:

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/Forms/Menu_Form_Lunch_5day_Ages3-4.docx

Four-day Breakfast Menu Planning Form for Ages 1-2:

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/Forms/Menu_Form_Breakfast_4day_Ages_1-2.docx

Four-day Breakfast Menu Planning Form for Ages 3-4:

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/Forms/Menu_Form_Breakfast_4day_Ages_3-4.docx

Four-day Lunch Planning Form for Ages 1-2:

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/Forms/Menu_Form_Lunch_4day_Ages_1-2.docx

Resources for the Preschool Patterns

Four-day Lunch Planning Form for Ages 3-4:

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/Forms/Menu_Form_Lunch_4day_Ages_3-4.docx

Menu Forms for Preschoolers (“Documents/Forms” section of the CSDE’s Meal Patterns for Preschoolers in School Nutrition Programs webpage):

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

Menu Planning for Child Nutrition Programs (CSDE):

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

Menu Planning for Preschoolers (CSDE’s Meal Patterns for Preschoolers in School Nutrition Programs webpage):

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

Methods for Healthy Cooking – Handouts, training slides, and webinars in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/methods-healthy-cooking>

Reducing the Risk of Choking in Young Children at Mealtimes (USDA):

<https://www.fns.usda.gov/tn/reducing-risk-choking-young-children-mealtimes>

Resource List for Menu Planning and Food Production in Child Nutrition Programs (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/Resources/Resources_Menu_Planning.pdf

Sample ASP Menu for Ages 3-4:

https://portal.ct.gov/-/media/SDE/Nutrition/ASP/Sample_Menu_ASP_ages_3-4.pdf

Sample Menus for CACFP Child Care Programs (“Documents/Forms” section of the CSDE’s Meal Patterns for CACFP Child Care Programs webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs/Documents#SampleMenus>

Serving Snacks in the CACFP – Handouts in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/serving-snacks-cacfp>

Seven-day Breakfast Menu Planning Form for Ages 1-2:

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/Forms/Menu_Form_Breakfast_7day_Ages_1-2.docx

Seven-day Breakfast Menu Planning Form for Ages 3-4:

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/Forms/Menu_Form_Breakfast_7day_Ages_3-4.docx

Resources for the Preschool Patterns

Seven-day Lunch Planning Form for Ages 3-4:

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/Forms/Menu_Form_Lunch_7day_Ages_3-4.docx

Using the Nutrition Facts Label in the CACFP – Handouts in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/using-nutrition-facts-label-cacfp>

Milk Component

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

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/SpecDiet/Milk_Substitutes_SNP.pdf

Crediting Fluid Milk in the Child Nutrition Programs Tip Sheet (USDA):

https://fns-prod.azureedge.us/sites/default/files/resource-files/Milk_TipSheet.pdf

Food Buying Guide Section 5: Overview of Crediting Requirements for the Milk Component (USDA):

https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/USDA_FBG_Section5_Milk.pdf

Food Buying Guide Section 5: Yield Table for Milk (USDA):

https://foodbuyingguide.fns.usda.gov/files/Reports/USDA_FBG_Section5_MilkYieldTable.pdf

Milk Component for Preschoolers (“Related Resources” section of the CSDE’s Meal Patterns for Preschoolers in School Nutrition Programs webpage):

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

Serving Milk in the CACFP – Handouts, training slides, and webinars in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/serving-milk-cacfp>

USDA Memo SP 07-2010, CACFP 04-2010 and SFSP 05-2010: Questions and Answers: Fluid Milk Substitutions:

<https://www.fns.usda.gov/qas-milk-substitution-children-medical-or-special-dietary-needs-non-disability>

Resources for the Preschool Patterns

Product Formulation Statements

Product Formulation Statement for Documenting Grains in Child Nutrition Programs

(USDA):

https://www.fns.usda.gov/sites/default/files/resource-files/PFS_Grains_Oz_Eq_Fillable_508.pdf

Product Formulation Statement for Documenting Grains in Child Nutrition Programs

– Completed Sample (USDA):

https://www.fns.usda.gov/sites/default/files/resource-files/PFS_Example_Grains_Oz_Eq.pdf

Product Formulation Statement (Product Analysis) for Meat/Meat Alternate (M/MA) Products in Child Nutrition Programs (USDA):

https://fns-prod.azureedge.us/sites/default/files/resource-files/PFS_Meats-Meat_Alternates_Fillable_508.pdf

Product Formulation Statement for Documenting Vegetables and Fruits in the Child and Adult Care Food Program, Summer Food Service Program, and NSLP Afterschool Snacks (USDA):

https://www.fns.usda.gov/sites/default/files/resource-files/PFS_Total_Veg_Fruits_Fillable_508.pdf

Product Formulation Statements (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Product_Formulation_Statements.pdf

Reviewer's Checklist for Evaluating Manufacturer Product Formulation Statements for Meat/Meat Alternates (USDA):

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

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

<https://www.fns.usda.gov/sites/default/files/resource-files/manufacturerPFStipsheet.pdf>

Resources for the Preschool Patterns

Production Records

ASP Production Record for Ages 1-2 (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/ASP/Forms/Production_Record_ASP_ages_1-2.docx

ASP Production Record for Ages 3-4 – Completed Sample (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/ASP/Forms/Production_Record_ASP_ages_3-4_sample.pdf

ASP Production Record for Ages 3-4 (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/ASP/Forms/Production_Record_ASP_ages_3-4.docx

Production Record for Ages 1-4 (Preschool) in the NSLP (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Forms/ProdRecord/Production_Record_Components_NSLP_ages_1-4.docx

Production Record for Ages 1-4 (Preschool) in the NSLP or SBP (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Forms/ProdRecord/Production_Record_NSLP_SBP_ages_1-4.docx

Production Record for Ages 1-4 (Preschool) in the SBP (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Forms/ProdRecord/Production_Record_Components_SBP_ages_1-4.docx

Production Record for Ages 3-4 (Preschool) in the NSLP (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Forms/ProdRecord/Production_Record_Components_NSLP_ages_3-4.docx

Production Record for Ages 3-4 (Preschool) in the NSLP or SBP (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Forms/ProdRecord/Production_Record__NSLP_SBP_ages_3-4.docx

Production Record for Ages 3-4 (Preschool) in the SBP (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Forms/ProdRecord/Production_Record_Components_SBP_ages_3-4.docx

Production Records for Preschoolers (CSDE):

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

Requirements for Production Records in School Nutrition Programs (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Forms/ProdRecord/Requirements_Production_Records_NSLP_SBP.pdf

Resources for the Preschool Patterns

Vegetables Component

Crediting Juice in the NSLP and SBP Preschool Meal Patterns (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit_Juice_SNP_preschool.pdf

Crediting Legumes in the NSLP and SBP (CSDE):

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

Crediting Smoothies for Preschoolers in the NSLP and SBP (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit_Smoothies_Preschool.pdf

Crediting Soups in the NSLP and SBP (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit_Soups_SNP.pdf

Food Buying Guide Section 2: Overview of Crediting Requirements for the Vegetables Component (USDA):

https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/USDA_FBG_Section2_Vegetables.pdf

Food Buying Guide Section 2: Yield Table for Vegetables (USDA):

https://foodbuyingguide.fns.usda.gov/files/Reports/USDA_FBG_Section2_VegetablesYieldTable.pdf

Product Formulation Statement for Documenting Vegetables and Fruits in School Meal Programs (USDA):

https://fns-prod.azureedge.us/sites/default/files/resource-files/PFS_Veg_Subgroups_Fruits_Fillable_508.pdf

Product Formulation Statement for Documenting Vegetables and Fruits in School Meal Programs: Completed Sample for Vegetables (USDA):

<https://www.fns.usda.gov/sites/default/files/resource-files/PFSsamplevegetables.pdf>

Product Formulation Statement for Documenting Vegetables and Fruits in the Child and Adult Care Food Program, Summer Food Service Program, and NSLP Afterschool Snacks (USDA):

https://www.fns.usda.gov/sites/default/files/resource-files/PFS_Total_Veg_Fruits_Fillable_508.pdf

Serving Vegetables in the CACFP – Handouts in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/serving-vegetables-cacfp>

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

<https://www.fns.usda.gov/cacfp/vegetable-and-fruit-requirements-cacfp-qas>

Resources for the Preschool Patterns

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/cn/crediting-pasta-products-made-vegetable-flour-child-nutrition-programs>

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>

Vegetable Subgroups in the CACFP (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Vegetable_Subgroups_CACFP.pdf

Vegetables Component for Preschoolers (“Related Resources” section of the CSDE’s Meal Patterns for Preschoolers in School Nutrition Programs webpage):

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

Webinar: Crediting Vegetable Noodles and Coconut in the Child Nutrition Programs (USDA):

<https://www.fns.usda.gov/tn/crediting-vegetable-noodles-and-coconut-child-nutrition-programs>

Water Availability

Grab and Go Lesson: Offering and Making Water Available in Child Care (ICN):

<https://theicn.org/resources/1538/nutrition-and-meal-management/117771/offering-and-making-water-available-in-child-care.pdf>

Offering Water in the USDA Child and Adult Care Food Program (USDA):

<https://www.fns.usda.gov/tn/offering-water-cacfp>

USDA Memo CACFP 18-2016: Water Availability in the Child and Adult Care Food Program:

<https://www.fns.usda.gov/cacfp/water-availability-child-and-adult-care-food-program>

USDA Memo CACFP 20-2016: Resources for Making Potable Water Available in Schools and Child Care Facilities:

<https://www.fns.usda.gov/cn/resources-making-potable-water-available-schools-and-child-care-facilities-0>

Resources for the Preschool Patterns



For more information, refer to the CSDE's *Menu Planning Guide for Preschoolers in the NSLP and SBP* and visit the CSDE's *Meal Patterns for Preschoolers in School Nutrition Programs* webpage, or contact the *school nutrition programs staff* at the Connecticut State Department of Education, School Health, Nutrition and Family Services, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

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

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