This document contains websites and online resources for menu planning and food production in the U.S. Department of Agriculture’s (USDA) Child Nutrition Programs. The USDA’s Child Nutrition Programs include the National School Lunch Program (NSLP), School Breakfast Program (SBP), Afterschool Snack Program (ASP), Fresh Fruit and Vegetable Program (FFVP), Special Milk Program (SMP), Seamless Summer Option (SSO) of the NSLP, Child and Adult Care Food Program (CACFP), CACFP At-risk Afterschool Meals, and the Summer Food Service Program (SFSP). For more program-specific resources, see the CSDE’s resource lists below.

- Resources for the CACFP Meal Patterns
- Resources for the Preschool Patterns
- Resources for the School Meal Patterns
- Resources for the SFSP Meal Patterns

Resources are listed by main category. Many websites contain information on multiple content areas. The inclusion of commercial websites or products is for informational purposes only and does not constitute approval or endorsement by the Connecticut State Department of Education (CSDE).

Sponsors of the Child Nutrition Programs must ensure that local menus comply with the USDA meal patterns. When using recipes and menus that are not from the USDA, sponsors should check these resources for compliance with the USDA meal patterns, and adapt as needed.

For resources on menu planning for special diets, see the CSDE’s document, *Resource List for Special Diets in Child Nutrition Programs*. For resources on the requirements for Child Nutrition Programs, see the CSDE’s document, *Resource List for Child Nutrition Programs*. For additional resource lists related to nutrition and healthy school environments, visit the CSDE’s Resources for Child Nutrition Programs webpage.
## Contents

Creating and Promoting Healthy Meals .......................................................... 3  
Food Production .......................................................................................... 4  
Fruits Component and Vegetables Component .............................................. 6  
Grains Component ....................................................................................... 11  
Legumes (Dried Beans and Peas) .................................................................. 13  
Limiting Added Sugars ................................................................................. 14  
Limiting Fat ................................................................................................ 14  
Limiting Sodium .......................................................................................... 15  
Low-cost Healthy Eating .............................................................................. 15  
Low-fat Dairy ............................................................................................... 16  
Meal Patterns for Child Nutrition Programs ................................................. 17  
Meat/Meat Alternates Component ............................................................... 19  
Menu Planning for Child Nutrition Programs .............................................. 20  
Milk Component ........................................................................................... 22  
Nutrient Analysis ......................................................................................... 23  
Recipes ......................................................................................................... 24  
Sample CACFP Menus .................................................................................. 26  
Sample School Menus .................................................................................. 28  
Signage and Posters ..................................................................................... 29  
Vegetarian Meals .......................................................................................... 30  

Quick search tips: Click on the titles above to go directly to each section. Search for key words using the “Find” option in the PDF toolbar, or go to “Edit” then “Find.”
Creating and Promoting Healthy Meals

10 Tips: The School Day Just Got Healthier (USDA):
https://www.choosemyplate.gov/ten-tips-school-day-just-got-healthier

Communications & Marketing (School Nutrition Association):
https://schoolnutrition.org/learning-center/communications-marketing/

Cornell Center for Behavioral Economics in Child Nutrition Programs:
http://www.ben.cornell.edu/


Infographic: Healthier School Meals Matter (Robert Wood Johnson Foundation):

Marketing Your School Nutrition Program (ICN):
https://theicn.org/icn-resources-a-z/marketing-your-SNP

Menu Planning and Meal Pattern Toolkit (State of Washington Office of Superintendent of Public Instruction):

Online Training: Focus on the Customer for School Nutrition Managers (ICN):
https://theicn.docebosaas.com/learn/public/course/view/elearning/60/FocusontheCustomerforSchoolNutritionManagers

Online Training: Focus on the Customer for School Nutrition Staff (ICN):
https://theicn.docebosaas.com/learn/public/course/view/elearning/59/FocusontheCustomerforSchoolNutritionStaff

Online Training: Marketing Your School Nutrition Programs (ICN):
https://theicn.docebosaas.com/learn/public/course/view/elearning/68/MarketingYourSchoolNutritionPrograms

Planning Healthy Meals in CACFP Adult Day Care Centers (CSDE webpage):
https://portal.ct.gov/SDE/Nutrition/Planning-Healthy-Meals-CACFP-Adults

Planning Healthy Meals in CACFP Child Care Programs (CSDE webpage):
https://portal.ct.gov/SDE/Nutrition/Planning-Healthy-Meals-CACFP-Child-Care-Programs

Planning Healthy Menus: A Companion Booklet to the Florida Child Care Food Program Cookbook (Florida Department of Health Bureau of Child Nutrition Programs):

Smarter Lunchrooms (Action for Healthy Kids):
https://www.actionforhealthykids.org/activity/smarter-lunchrooms/
Smarter Lunchrooms (Cornell Center for Behavioral Economics in Child Nutrition Programs):
http://www.ben.cornell.edu/smarter-lunchrooms.html


Support Healthier School Lunches (Center for Science in the Public Interest):
https://cspinet.org/protecting-our-health/healthy-school-lunches


**Food Production**

Food Buying Guide for Child Nutrition Programs (USDA):

Healthy Cuisine for Kids (ICN):
https://theicn.org/icn-resources-a-z/healthy-cuisine-for-kids-2/

Online Training: Basic Culinary Math: Conversions (ICN):
https://theicn.docebosaas.com/learn/course/external/view/elearning/112/BasicCulinaryMathConversions

Online Training: Basic Culinary Math: Measurement (ICN):

Online Training: Basic Culinary Math: Operation with Decimals (ICN):
https://theicn.docebosaas.com/learn/course/external/view/elearning/91/BasicCulinaryMathOperationwithDecimals

Online Training: Basic Culinary Math: Operation with Fractions (ICN):

Online Training: Basic Culinary Math: Operations with Whole Numbers (ICN):
https://theicn.docebosaas.com/learn/course/external/view/elearning/85/BasicCulinaryMathOperationwithWholeNumbers

Online Training: Basic Culinary Math: Scaling Recipes (ICN):
https://theicn.docebosaas.com/learn/course/external/view/elearning/110/BasicCulinaryMathScalingRecipes

Online Training: CARE Connection – Step-by-step Menu Planning in Child Care (ICN):
https://theicn.docebosaas.com/learn/public/course/view/elearning/54/CAREConnection%E2%80%90Step%E2%80%90by%E2%80%90StepMenuPlanninginChildCare
Online Training: Culinary Techniques 1: Introduction (ICN):
https://theicn.docebosaas.com/learn/public/course/view/elearning/7/CT1-Introduction


Online Training: Culinary Techniques 3: Preparing Entrée Items (ICN):
https://theicn.docebosaas.com/learn/public/course/view/elearning/9/CT3-PreparingEntréeItems

Online Training: Culinary Techniques 4: Preparing Soups, Eggs, Dairy & Sauces (ICN):
https://theicn.docebosaas.com/learn/public/course/view/elearning/10/CT4-PreparingSoupsEggsDairy&Sauces

Online Training: Culinary Techniques 5: Preparing Breads and Baked Goods (ICN):

Online Training: Culinary Techniques 6: Using Seasonings (ICN):
https://theicn.docebosaas.com/learn/public/course/view/elearning/12/CT6-UsingSeasonings

Online Training: Portion Control (ICN):
https://theicn.docebosaas.com/learn/public/course/view/elearning/16/PortionControl

Online Training: Recipe Adjustments (ICN):

Online Training: S.T.A.R. Strategies for Utilizing Standardized Recipes (ICN):

Online Training: Weights and Measures (ICN):
https://theicn.docebosaas.com/learn/course/external/view/elearning/19/WeightsandMeasures

Video: On the Road to Professional Food Preparation: Portion Control (ICN):
https://www.youtube.com/watch?v=07bpV_70c00

Video: On the Road to Professional Food Preparation: Recipe Adjustment (ICN):
https://www.youtube.com/watch?v=sfLX-vFV7iI

Video: On the Road to Professional Food Preparation: Weights and Measures (ICN):
https://www.youtube.com/watch?v=AOElrGW76b4
**Fruits Component and Vegetables Component**

10 Tips: Add More Vegetables to Your Day (USDA):
   https://www.choosemyplate.gov/ten-tips-add-more-vegetables-to-your-day

10 Tips: Focus on Fruits (USDA): https://www.choosemyplate.gov/focus-on-fruits

10 Tips: Healthy Eating for Vegetarians (USDA):
   https://www.choosemyplate.gov/ten-tips-healthy-eating-for-vegetarians

10 Tips: Kid-friendly Vegetables and Fruits (USDA):
   https://www.choosemyplate.gov/ten-tips-kid-friendly-veggies-and-fruits

10 Tips: Liven Up Your Meals with Vegetables and Fruits (USDA):
   https://www.choosemyplate.gov/ten-tips-liven-up-your-meals

10 Tips: Smart Shopping for Veggies and Fruits (USDA):
   https://www.choosemyplate.gov/ten-tips-smart-shopping

A Field Guide to Salad Bars in Schools (Minnesota Department of Health):
   https://www.health.state.mn.us/communities/healthyeating/docs/saladbars.pdf

All About the Fruit Group (USDA Choose MyPlate):
   https://www.choosemyplate.gov/eathealthy/fruits

All about the Vegetable Group (USDA Choose MyPlate):
   https://www.choosemyplate.gov/eathealthy/vegetables

Best Practices: Handling Fresh Produce in Schools (USDA):
   https://www.fns.usda.gov/best-practices-handling-fresh-produce-schools

Connecticut Ag in the Classroom (Connecticut Agricultural Education Foundation):
   http://ctaef.org/ag-in-the-classroom/

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

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

Fruit and Vegetable Factsheets (University of Nebraska–Lincoln):
https://lancaster.unl.edu/nep/fruitveggie.shtml

Fruit and Vegetable Safety (Centers for Disease Control and Prevention):
https://www.cdc.gov/foodsafety/communication/steps-healthy-fruits-veggies.html


Fruits & Veggies Nutrition, Storage, and Handling Information (Produce for Better Health Foundation):
https://fruitsandveggies.org/fruits-and-veggies/

Fruits and Vegetables (ICN Child Nutrition Sharing Site):
https://theicn.org/cnss/menu-planning/fruits-and-vegetables/

Fruits and Vegetables Menu Planning (USDA Healthy Meals Resource System):

Fruits Component for CACFP Adult Day Care Centers (CSDE):

Fruits Component for CACFP Child Care Programs (CSDE):

Fruits Component for Grades K-12 in School Nutrition Programs (CSDE):

Fruits Component for Preschoolers in School Nutrition Programs (CSDE):
https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-Preschoolers-in-School-Nutrition-Programs/Documents#fruits

Leafy Greens Safe Handling Posters (Iowa State University):
https://store.extension.iastate.edu/product/hs7

MyPlate for Kids: Make Half Your Plate Fruits and Vegetables Poster (USDA):

Connecticut State Department of Education ● Revised November 2020 ● Page 7 of 32
Resource List for Menu Planning and Food Production in Child Nutrition Programs


Promoting Fruits and Vegetables in Schools: Wellness Policy Opportunities (Produce for Better Health Foundation):

Requirements for the Vegetables Component and Fruits Component for Preschoolers in the ASP (CSDE):

Requirements for the Vegetables/Fruits Component for Grades K-12 in the ASP (CSDE):

Requirements for the Vegetables/Fruits Component of the SFSP Meal Patterns (CSDE):


Serving Vegetables in the CACFP (USDA):
https://www.fns.usda.gov/tn/serving-vegetables-cacfp

Standard Operating Procedure (SOP): Washing Fruits and Vegetables (ICN):

Tips: Focus on Whole Fruits (USDA):
https://www.choosemyplate.gov/eathealthy/fruits/fruits-tips

Tools for Schools: Offering Fruits and Vegetables (USDA):

Vegetable Subgroups in the CACFP (CSDE):

Vegetable Subgroups in the NSLP (CSDE):

Vegetables Component for CACFP Adult Day Care Centers (CSDE webpage):

Vegetables Component for CACFP Child Care Programs (CSDE webpage):
Resource List for Menu Planning and Food Production in Child Nutrition Programs

Vegetables Component for Grades K-12 in School Nutrition Programs CSDE webpage):  

Vegetables Component for Preschoolers in School Nutrition Programs (CSDE webpage):  
https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-Preschoolers-in-School-Nutrition-Programs/Documents#vegetables

Vegetables/Fruits Component for Grades K-12 in the Afterschool Snack Program (CSDE webpage):  

Vegetables/Fruits Component for the SFSP (CSDE webpage):  
https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program/Documents#VegetablesFruits

Video: Crediting Fruits and Vegetables in the National School Lunch Program (Maine Department of Education):  
https://www.youtube.com/watch?v=lK9fD9nNn7s

Video: Crediting Vegetables in Recipes (Maine Department of Education):  
https://www.youtube.com/watch?v=HegOY600fbk
Grains Component

10 Tips: Make Half Your Grains Whole Grains (USDA):
https://www.choosemyplate.gov/10-tips-make-half-your-grains-whole-grains

Adding Whole Grains to Your CACFP Menu (USDA):

All About the Grains Group (USDA Choose MyPlate):
https://www.choosemyplate.gov/eathealthy/grains

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

Cooking Whole Grains (Whole Grains Council):
https://wholegrainscouncil.org/recipes/cooking-whole-grains

Grains Component for CACFP Adult Day Care Centers (CSDE webpage):

Grains Component for CACFP Child Care Programs (CSDE webpage):

Grains Component for Grades K-12 in School Nutrition Programs (CSDE webpage):

Grains Component for Preschoolers in School Nutrition Programs (CSDE webpage):
https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-Preschoolers-in-School-Nutrition-Programs/Related-Resources#Grains

Grains/Breads Component for Grades K-12 in the Afterschool Snack Program (CSDE):
https://portal.ct.gov/SDE/Nutrition/Afterschool-Snack-Program/Documents#GrainsBreadsK12ASP

Grains/Breads Component for the SFSP (CSDE webpage):
https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program/Documents#GrainsBreads

Identifying Whole Grain Products (Whole Grains Council):
https://wholegrainscouncil.org/whole-grains-101/identifying-whole-grain-products


Video: Crediting Grains in Recipes (Maine Department of Education): https://www.youtube.com/watch?v=moemZbsbn0

Video: Crediting Grains in the National School Lunch Program (Maine Department of Education): https://www.youtube.com/watch?v=9sBqNBt5ALg

Wheat Foods Council: https://www.wheatfoods.org/

Whole Grain Resource for the National School Lunch and School Breakfast Programs (USDA): https://www.fns.usda.gov/tn/whole-grain-resource

Whole Grain-Rich and Schools (Whole Grains Council): https://wholegrainscouncil.org/resources/whole-grain-rich-and-schools

Whole Grains Council: https://wholegrainscouncil.org/

Whole-Grain Rich Foodservice Recipes (Whole Grains Council): https://wholegrainscouncil.org/blog/2012/06/new-whole-grain-rich-foodservice-recipes
Legumes (Dried Beans and Peas)

Beans (ICN Child Nutrition Sharing Site):
https://theicn.org/cnss/menu-planning/beans/

Beans and Peas are Unique Foods (USDA):
https://www.choosemyplate.gov/eathealthy/vegetables/vegetables-beans-and-peas

California Dry Bean Advisory Board:
https://calbeans.org/

Cooking Dry Beans from Scratch Can Be Quick (University of Nebraska-Lincoln Extension):
https://food.unl.edu/cooking-dry-beans-scratch-can-be-quick

Crediting Legumes in the CACFP (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CreditLegumesCACFP.pdf

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

Crediting Legumes in the SFSP (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/CreditLegumesSFSP.pdf

Idaho Bean Commission:
https://bean.idaho.gov/

Legume Love in School Meals (School Nutrition Association):

Pulses in Schools (USDA Pulses):
https://www.usapulses.org/schools/school-nutrition

Pulses: Dry Peas, Beans, Lentils & Chickpeas (USA Pulses)
https://pulses.org/us/

The Bean Institute (Northarvest Bean Growers Association):
https://beaninstitute.com/

Vegetable Subgroups in the National School Lunch Program (CSDE):
Limiting Added Sugars

10 Tips: Cut Back on Your Kid’s Sweet Treats (USDA):
https://www.choosemyplate.gov/ten-tips-cut-back-on-sweet-treats

Added Sugar in the Diet (Harvard School of Public Health):


Cut Out Added Sugars Infographic (American Heart Association):

Know Your Limit for Added Sugars (Centers for Disease Control and Prevention):
https://www.cdc.gov/nutrition/data-statistics/know-your-limit-for-added-sugars.html

Limit Fat and Sugar (NIH National Heart, Lung, and Blood Institute):

Sugar 101 (American Heart Association):

Limiting Fat

All About Oils (USDA Choose MyPlate): https://www.choosemyplate.gov/eathealthy/oils

Limit Fat and Sugar (We Can!, NIH National Heart, Lung, and Blood Institute):


Saturated, Unsaturated, and Tran Fats (USDA Choose MyPlate):
https://https://www.choosemyplate.gov/node/5664


What are Solid Fats (USDA Choose MyPlate): https://www.choosemyplate.gov/what-are-solid-fats
Limiting Sodium


Reduce Sodium in School Meals (Indiana Department of Education): www.doe.in.gov/sites/default/files/nutrition/sodium-fact-sheet-revised-idoe.pdf

Sodium (USDA Choose MyPlate): https://www.choosemyplate.gov/eathealthy/sodium

Sodium and Food Sources (CDC): https://www.cdc.gov/salt/food.htm

Sodium in Your Diet: Use the Nutrition Facts Label and Reduce Your Intake (FDA): https://www.fda.gov/food/nutrition-education-resources-materials/sodium-your-diet


Low-cost Healthy Eating

10 Tips: Smart Shopping for Veggies and Fruits (USDA): https://www.choosemyplate.gov/ten-tips-smart-shopping

10 Tips: Eating Better on a Budget: (USDA): https://www.choosemyplate.gov/ten-tips-eating-better-on-a-budget

30 Ways in 30 Days to Stretch Your Fruit & Vegetable Budget (Produce for Better Health Foundation): https://fruitsandveggies.org/stories/30-ways-in-30-days-to-stretch-your-food-budget/


Expanded Food and Nutrition Education Program (University of Connecticut):  
https://efnep.uconn.edu/

Feed Your Family Healthfully on a Low Income Budget Kids Eat Right, Academy of Nutrition and Dietetics: https://www.eatright.org/food/planning-and-prep/eat-right-on-a-budget/feed-your-family-healthfully-on-a-low-income-budget


Heathy Eating on a Budget (USDA Choose MyPlate):  
https://www.choosemyplate.gov/choosemyplate/healthy/budget

Recipes and Tips for Healthy, Thrifty Meals (USDA, May 2000):  
https://www.fns.usda.gov/cnpp/recipes-and-tips-healthy-thrifty-meals


Spend Smart Eat Smart (Iowa State University):  
https://spendsmart.extension.iastate.edu/plan/what-you-spend/

Tips for Making Healthy School Lunches for Less (CSPI):  
https://cspinet.org/resource/tips-making-healthy-lunches-less

USDA Food Plans: Cost of Food Reports (monthly reports):  

**Low-fat Dairy**

10 Tips: Got Your Dairy Today? (USDA):  
https://www.choosemyplate.gov/ten-tips-got-your-dairy-today

All about the Dairy Group (USDA Choose MyPlate):  
https://www.choosemyplate.gov/choosemyplate/healthy/dairy

Mooove to Low-fat Dairy (Florida Department of Health):  

School Foodservice (Dairy Council of California):  
https://www.healthyeating.org/Schools/School-Foodservice
Meal Patterns for Child Nutrition Programs

Afterschool Snack Program Handbook (CSDE):

Afterschool Snack Program Meal Pattern for Grades K-12 (CSDE):

Afterschool Snack Program Meal Pattern for Preschoolers (Ages 1-4) (CSDE):

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

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


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

Crediting Foods for Preschoolers in School Nutrition Programs (CSDE):

Crediting Foods in CACFP Child Care Programs (CSDE):

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

Crediting Updates for Child Nutrition Programs: Be in the Know! Webinar Series (USDA):

Meal Pattern for the Summer Food Service Program (SFSP):
Meal Pattern Requirements for CACFP Adult Day Care Centers (CSDE webpage):
https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Adult-Centers

Meal Pattern Requirements for CACFP Child Care Programs (CSDE webpage):
https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs

Meal Patterns for CACFP Adult Day Care Centers (CSDE):
https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Adult-Centers

Meal Patterns for CACFP Child Care Programs (CSDE):
https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-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 Grades K-12 in School Nutrition Programs (CSDE):
https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-School-Nutrition-Programs/Documents

Meal Patterns for Preschoolers in School Nutrition Programs (CSDE):
https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-Preschoolers-in-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

Meal Patterns for the SFSP (CSDE webpage):
https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program#MealPatterns

Noncreditable Foods for Grades K-12 in the ASP (CSDE):

Noncreditable Foods for Grades K-12 in the ASP (CSDE):

Noncreditable Foods for Grades K-12 in the NSLP and SBP (CSDE):

Noncreditable Foods for Preschoolers in the NSLP, SBP, and ASP (CSDE):

Noncreditable Foods in CACFP Adult Day Care Centers (CSDE):

Noncreditable Foods in CACFP Child Care Programs (CSDE):
Noncreditable Foods in the SFSP (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/MealPattern/NoncreditableFoodsSFSP.pdf

**Meat/Meat Alternates Component**

10 Tips: Vary Your Protein Routine (USDA):
https://www.choosemyplate.gov/ten-tips-with-protein-foods-variety-is-key

Meat/Meat Alternates Component for CACFP Adult Day Care Centers (CSDE):

Meat/Meat Alternates Component for CACFP Child Care Programs (CSDE):

Meat/Meat Alternates Component for Grades K-12 in School Nutrition Programs (CSDE):

Meat/Meat Alternates Component for Grades K-12 in the Afterschool Snack Program (CSDE):
https://portal.ct.gov/SDE/Nutrition/Afterschool-Snack-Program/Documents#MMAK12ASP

Meat/Meat Alternates Component for Preschoolers in School Nutrition Programs (CSDE):
https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-Preschoolers-in-School-Nutrition-Programs/Documents#meat

Meat/Meat Alternates Component for the SFSP (CSDE webpage):
https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program/Documents#MMA

MyPlate: Protein Foods (Lesson 21 from No Time to Train: Short Lessons for School Nutrition Assistants) (ICN):

Nibbles for Health Nutrition Newsletters for Parents of Young Children: Vary Your Protein Food (USDA):

Nibbles for Health Nutrition Newsletters for Parents of Young Children: Vary Your Protein Food (Spanish) (USDA):
USDA Product Formulation Statement for Meat/Meat Alternates (USDA):

Video: Crediting Meat and Meat Alternates in the National School Lunch Program (Maine Department of Education): https://www.youtube.com/watch?v=WES8HiegOnk

Video: Crediting Meat in a Recipe (Maine Department of Education):
https://www.youtube.com/watch?v=e52So70wtdM

Menu Planning for Child Nutrition Programs

Basics at a Glance Portion Control Poster (Institute of Child Nutrition):
https://theicn.org/icn-resources-a-z/basics-at-a-glance/

Child Nutrition (CN) Labeling Program (CSDE):

Crediting Foods for Grades K-12 in the Afterschool Snack Program (CSDE webpage):

Crediting Foods for Preschoolers in the Afterschool Snack Program (CSDE webpage):

Crediting Foods in CACFP Adult Day Care Centers (CSDE webpage):

Crediting Foods in CACFP Child Care Programs (CSDE webpage):

Crediting Foods in Preschool Menus (CSDE webpage):
https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-Preschoolers-in-School-Nutrition-Programs/Related-Resources

Crediting Foods in School Nutrition Programs (CSDE webpage):

Crediting Foods in the SFSP (CSDE webpage):
https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program/Documents

Food Buying Guide for Child Nutrition Programs (USDA):

Menu Planning for CACFP Adult Day Care Centers ("Documents/Forms" section of the CSDE’s Meal Patterns for CACFP Adult Day Care Centers webpage):

https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Adult-Centers/Related-Resources#MenuPlanning

Menu Planning 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/Related-Resources#MenuPlanning

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

Menu Planning for School Meals (CSDE’s Meal Patterns for Grades K-12 in School Nutrition Programs webpage):

https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-School-Nutrition-Programs/Related-Resources#MenuPlanningSchoolMeals

Menu Planning for the SFSP (CSDE’s SFSP webpage):

https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program#MenuPlanning

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


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


Menu Planning Tools (ICN Child Nutrition Sharing Site):

https://theicn.org/cnss/menu-planning-tools/

OVS for School Nutrition Programs (CSDE webpage:)

https://portal.ct.gov/SDE/Nutrition/Offer-versus-Serve-for-School-Nutrition-Programs

OVS in At-risk Afterschool Centers in the CACFP (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/AtRisk/OVSAtRiskCACFP.pdf

OVS in CACFP Adult Day Care Centers (CSDE’s Meal Patterns for CACFP Adult Day Care Centers webpage):

https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Adult-Centers/Related-Resources#OV
Resource List for Menu Planning and Food Production in Child Nutrition Programs

OVS in the SFSP (CSDE’s SFSP webpage):
https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program#OVS


Tips for Evaluating a Manufacturer’s PFS (USDA):

USDA Memo SP 36-2019: Updated School Meal Guidance:

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

Milk Component

Allowable Milk Substitutes for Adults without Disabilities in CACFP Adult Day Care Centers (CSDE):

Allowable Milk Substitutes for Children without Disabilities in CACFP Child Care Programs (CSDE):

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

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

Milk Component for CACFP Adult Day Care Centers (CSDE webpage):

Milk Component for CACFP Child Care Programs (CSDE webpage):

Milk Component for Grades K-12 in School Nutrition Programs (CSDE webpage):
Resource List for Menu Planning and Food Production in Child Nutrition Programs

Milk Component for Grades K-12 in the Afterschool Snack Program (CSDE webpage):
https://portal.ct.gov/SDE/Nutrition/Afterschool-Snack-Program/Documents#MilkK12ASP

Milk Component for Grades K-12 in School Nutrition Programs (CSDE webpage):

Milk Component for Preschoolers in School Nutrition Programs (CSDE webpage):
https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-Preschoolers-in-School-Nutrition-Programs/Related-Resources#Milk

Milk Component for the SFSP (CSDE webpage):
https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program/Documents#Milk

Milk Substitutes for Children with Disabilities in School Nutrition Programs (CSDE):

Nibbles for Health Nutrition Newsletters for Parents of Young Children: Growing Strong with Milk (USDA):

Nibbles for Health Nutrition Newsletters for Parents of Young Children: Growing Strong with Milk (USDA):

Nutrient Analysis

FoodData Central (USDA): https://fdc.nal.usda.gov/


Software (USDA National Agricultural Library, Food and Nutrition, Information Center):
https://www.nal.usda.gov/fnic/software

What’s in Food (nutrition.gov): https://www.nutrition.gov/topics/whats-food

What’s in the Foods You Eat Search Tool (USDA Agricultural Research Service):
Recipes

Sponsors are responsible for ensuring that local menus meet the USDA meal patterns and should review the meal pattern contribution of all recipes. For more information, see “Meal Patterns for Child Nutrition Programs” in this document.

CACFP Tofu Recipe Guide (Wisconsin Department of Public Instruction):

Chef-designed School Lunch Recipes (Idaho Department of Education):

Child Nutrition Recipe Box (ICN): https://theicn.org/cnrp/

Florida Child Care Food Program Cookbook (Florida Department of Health Bureau of Child Nutrition Programs): http://www.floridahealth.gov/programs-and-services/childrens-health/child-care-food-program/nutrition/cookbook.html

Food Hero Quantity Recipes (Oregon State University): https://foodhero.org/quantity-recipes

Fruit and Veggie Quantity Cookbook (New Hampshire Obesity Prevention Program):

Let’s Cook Healthy School Meals (Project Bread):


Multicultural Child Care Recipes (USDA): https://www.fns.usda.gov/tn/recipes-cacfp

Multicultural Recipes for Child Care Centers, Family Day Homes & Adult Daycare Centers (Texas Department of Agriculture):

MyPlate Kitchen (USDA): https://www.choosemyplate.gov/myplatekitchen


Recipes (The Lunch Box): https://www.thelunchbox.org/recipes-menus/recipes/
Recipes and Menus (The John Stalker Institute):
    http://johnstalkerinstitute.org/blog/lsi-resource-center/recipes-and-menus/

Recipes for Healthy Kids: Cookbook for Child Care Centers (USDA):

Recipes for Healthy Kids: Cookbook for Homes (USDA):

Recipes for Healthy Kids: Cookbook for Schools (USDA):

Recipes for School Food Service (ICN Child Nutrition Sharing Site):
    https://theicn.org/cnss/recipes-for-school-food-service/

Recipes, Cookbooks, and Menus (USDA Choose MyPlate):
    https://www.choosemyplate.gov/eathealthy/recipes-cookbooks-and-menus

Standardized Recipe Form for School Nutrition Programs (CSDE):
    https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/StdRecipeSchools.doc

Standardized Recipe Form for the CACFP (CSDE):
    https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/StdRecipeCACFP.doc

Taste Testing and Evaluating Recipes (ICN Child Nutrition Sharing Site):
    https://theicn.org/cnss/taste-testing-and-evaluating-recipes/

Team Nutrition Recipes (USDA):
    https://www.fns.usda.gov/tn/team-nutrition-recipes
Sample CACFP Menus

Sponsors should review all sample menus for compliance with the revised CACFP meal patterns, effective October 1, 2017. Sample menus developed prior to this date might not meet the current CACFP meal patterns. For information on the CACFP meal patterns, visit the CSDE’s Meal Patterns for CACFP Child Care Programs and Meal Patterns for CACFP Adult Day Care Centers webpages.


CACFP Sample Menus (The Nemours Foundation): https://healthykidshealthyfuture.org/cacfp/

Sample Child and Adult Care Menu (New York State Department of Public Health):

Sample Child and Adult Menu (New York State Department of Health):

Sample Cold Breakfast Menus for CACFP Adult Day Care Centers (CSDE):

Sample Cold Breakfast Menus for CACFP Child Care Centers and Homes (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/menubreakcoldCACFP.pdf

Sample Cold Lunch and Supper Menus for CACFP Adult Day Care Centers (CSDE):

Sample Cold Lunch and Supper Menus for CACFP Child Care Centers and Homes (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/menulunchcoldCACFP.pdf

Sample Cycle Menu (National CACFP Sponsors):

Sample Hot Breakfast Menus for CACFP Adult Day Care Centers (CSDE):

Sample Hot Breakfast Menus for CACFP Child Care Centers and Homes (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/menubreakhotCACFP.pdf

Sample Hot Lunch and Supper Menus for CACFP Adult Day Care Centers (CSDE):
Resource List for Menu Planning and Food Production in Child Nutrition Programs

Sample Hot Lunch and Supper Menus for CACFP Child Care Centers and Homes (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/menulunchhotCACFP.pdf

Sample Snack Menus for CACFP Adult Day Care Centers (CSDE):

Sample Snack Menus for CACFP Child Care Centers and Homes (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/menusnackCACFP.pdf

Serve Tasty and Healthy Foods in the CACFP Sample Meals for Children Ages 1-2 (USDA):

Serve Tasty and Healthy Foods in the CACFP Sample Meals for Children Ages 3-5 (USDA):

Serve Tasty and Healthy Foods in the CACFP Sample Meals for Children Ages 6-12 and 13-18 (USDA):

Serve Tasty and Healthy Foods in the CACFP: Sample Meals for Adults (USDA):
Sponsors should review all sample menus for compliance with the USDA meal patterns. Older sample menus might not meet the current meal patterns for the National School Lunch Program (NSLP), School Breakfast Program (SBP), and Afterschool Snack Program (ASP) of the NSLP. For information on the USDA’s meal patterns for preschoolers and grades K-12 in school nutrition programs, visit the CSDE’s webpages, Meal Patterns for Grades K-12 in School Nutrition Programs, Meal Patterns for Preschoolers in School Nutrition Programs, and Afterschool Snack Program.

Afterschool Snack Program Sample Menu for Ages 3-4 (CSDE):

Afterschool Snack Program Sample Menu for Grades K-12 (CSDE):

Chef Designed School Breakfast (Idaho Department of Education):

Chef Designed School Lunch (Idaho Department of Education):

Healthier Kansas Menus (Kansas Department of Education):

Iowa Gold Star Menus and Recipes (Iowa Department of Education):
https://educateiowa.gov/pk-12/nutrition-programs/quick-links-nutrition/learning-tools-nutrition/iowa-gold-star-cycle-menus

Menus That Move (Ohio Department of Education):
http://education.ohio.gov/Topics/Student-Supports/Food-and-Nutrition/Resources-and-Tools-for-Food-and-Nutrition/Menus-that-Move

National School Lunch Program Menu Samples (Florida Department of Agriculture and Consumer Services):
https://www.fdacs.gov/Food-Nutrition/Nutrition-Programs/National-School-Lunch-Program/Menu-Planning-and-Meal-Service/Menu-Samples

Summer Feeding Sample Menus (School Nutrition Association):
https://schoolnutrition.org/6---resources-and-research/archive/summer-feeding-toolkit/summer-feeding-sample-menus/
Resource List for Menu Planning and Food Production in Child Nutrition Programs

Signage and Posters

The inclusion of commercial websites and products is for informational purposes only, and does not constitute approval or endorsement by the CSDE.

1 Terrific Tray (Visualz): https://getvisualz.com/collections/search-results?type=product&q=1+terrific+tray&submit=Search

Build-a-Tray Cafe Kit (Love Your Lunchroom):
http://loveyourlunchroom.com/build-a-tray-cafe-kit/


Color Your Tray: http://coloryourtray.com/

Commercial Food Systems, Inc: http://www.commercialfoodsystems.com/signs/


Lunch Meal Pattern Components Poster (CSDE):


NCES Health and Nutrition Education: https://ncescatalog.com/

Offer Versus Serve Posters for Lunch (USDA):

Offer versus Serve Signage (Colorado Department of Education):
https://www.cde.state.co.us/nutrition/nationalschoollunchprogramrequirements#offervsserve

Poster: Did you Drink Your Milk Today? (Dairy Council of California):
Resource List for Menu Planning and Food Production in Child Nutrition Programs

Posters (Children’s Nutrition Research Center):
https://www.bcm.edu/departments/pediatrics/sections-divisions-centers/childrens-nutrition-research-center/nutrition-resources/posters

Posters (ICN Child Nutrition Sharing Site): https://theicn.org/cnss/posters/

Posters and Signs (The Lunch Box): https://www.thelunchbox.org/marketing/posters-and-signs/


Signage (Wisconsin Department of Public Instruction)
https://dpi.wi.gov/school-nutrition/program-requirements/menu-planning/signage

Signage Examples (Public Schools of North Carolina):
https://childnutrition.nrepublicschools.gov/information-resources/menu-planning-production/signage/signage-examples

Team Nutrition Posters (USDA):
https://www.fns.usda.gov/tn/posters

Vegetarian Meals

10 Tips: Healthy Eating for Vegetarians: for Vegetarians (USDA):
https://www.choosemyplate.gov/ten-tips-healthy-eating-for-vegetarians

Building a Healthy Vegetarian Meal: Myths and Facts (Academy of Nutrition and Dietetics):
https://www.eatright.org/food/nutrition/vegetarian-and-special-diets/building-a-healthy-vegetarian-meal-myths-and-facts

Eating Vegetarian (USDA Nutrition.Gov):
https://www.nutrition.gov/topics/basic-nutrition/eating-vegetarian


Iron in Vegetarian Diets (Academy of Nutrition and Dietetics):

Lesson 5: Alternate Eating Patterns, Nutrition 101: A Taste of Food and Fitness (ICN):

Meeting Calcium Recommendations on a Vegan Diet (Academy of Nutrition and Dietetics):
https://vegetariannutrition.net/docs/Calcium-Vegetarian-Nutrition.pdf

Position of the Academy of Nutrition and Dietetics: Vegetarian Diets (Journal of the Academy of Nutrition and Dietetics):
Resource List for Menu Planning and Food Production in Child Nutrition Programs

Vegetarian /Vegan Myths (Academy of Nutrition and Dietetics):
https://vegetariannutrition.net/docs/Vegetarian-Vegan-Myths.pdf

Vegetarian Dietitian Resources: Research-based vegetarian diet handouts by registered dietitians (Academy of Nutrition and Dietetics):
https://vegetariannutrition.net/vegetarian-dietitian-resources/

Vegetarian Infants (Academy of Nutrition and Dietetics):
https://vegetariannutrition.net/docs/Vegetarian-Infants.pdf

Vegetarian Nutrition (Academy of Nutrition and Dietetics):
https://vegetariannutrition.net/

Vegetarian Nutrition (USDA National Agricultural Library, Food and Nutrition, Information Center):
https://www.nal.usda.gov/fnic/vegetarian-nutrition

Vegetarian Nutrition for School-Aged Children (Academy of Nutrition and Dietetics):

Vegetarian Nutrition for Toddlers and Preschoolers (Academy of Nutrition and Dietetics):
https://vegetariannutrition.net/docs/Toddlers-Preschoolers-Vegetarian-Nutrition.pdf

Vegetarian Nutrition Resource List (USDA National Agricultural Library, Food and Nutrition, Information Center):

Vegetarian Teens (Academy of Nutrition and Dietetics):
https://vegetariannutrition.net/docs/Teens-Vegetarian-Nutrition.pdf

Vegetarianism (KidsHealth, Nemours Foundation):
https://kidshealth.org/en/parents/vegetarianism.html#cat20738
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