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| Name of site: | **Week of:** |

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| Food Component 1 | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Milk** (1 cup) 2  Age 1: whole milk recommended  Ages 2 and older: low-fat (1%)  or fat-free milk recommended |  |  |  |  |  |
| **Vegetables/fruits** (½ cup) 3 |  |  |  |  |  |
| Grains/breads 4, 5, 6Bread (1 slice 5) or bread product, e.g., biscuit, roll, or muffin  (1 serving 5)Ready-to-eat breakfast cereal  (¾ cup or 1 ounce) 7Cooked breakfast cereal (½ cup) 7 Cooked cereal grains (½ cup) 8Cooked pasta (½ cup)*Or any combination of the above* |  |  |  |  |  |
| Noncreditable foods (condiments) 16  *Do not credit toward the SFSP meal pattern* |  |  |  |  |  |

**◀ See page 2 for important menu planning notes ▶**

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| **Menu planning notes** |
| 1 Meals must contain the minimum amount of each component. Larger portions may be appropriate to meet older children’s nutrition needs. Use the USDA’s [*Food Buying Guide for Child Nutrition Programs*](https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs)to determine the amount of purchased food that meets the requirements. For processed foods, review the product’s Child Nutrition (CN) label or product formulation statement (PFS). For more information, refer to the Connecticut State Department of Education’s (CSDE) resources, [*Child Nutrition (CN) Labeling Program*](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/CN_Labeling_Program.pdf), [*Product Formulation Statements*](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Product_Formulation_Statements.pdf), and [*Accepting Processed Product Documentation in the SFSP*](https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Accepting_Processed_Product_Documentation_SFSP.pdf). Foods made from scratch must have a recipe that documents crediting information. For more information, visit the “[Crediting Foods Made from Scratch](https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program/Documents#CreditingFoodsScratch)” and “[Crediting Commercial Processed Products](https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program/Documents#CreditingCommercialProcessedProducts)” sections of the CSDE’s SFSP webpage.  2 Milk must be pasteurized and meet state and local standards. Allowable types of milk include flavored or unflavored or flavored whole milk, reduced-fat (2%) milk, low-fat (1%) milk, fat-free milk, buttermilk, lactose-reduced milk, and acidophilus milk. Recommended types of milk include unflavored whole milk for age 1; unflavored low-fat or fat-free milk for ages 2-5; and unflavored or flavored low-fat or fat-free milk for ages 6 and older. At breakfast, milk may be served as a beverage, on cereal, or both. For more information, refer to the CSDE’s resource, [*Requirements for the Milk Component of the SFSP Meal Patterns*](https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Component_Milk_SFSP.pdf).  3 The vegetables/fruits component includes fresh, frozen, and canned vegetables; rehydrated dried vegetables (require a PFS); fresh, frozen, dried, and canned fruit (packed in water, full-strength juice, or light syrup); and pasteurized full-strength juice (fruit, vegetable, or combination). A serving of fruit may include the juice in which it is packed. A serving of cooked vegetables must be drained. Lunch and supper must contain at least two *different* servings of vegetables and/or fruits (two different vegetables, two different fruits, or one vegetable and one fruit). Mixed vegetables and mixed fruits credit as only one of the two required servings. Two forms of the same fruit or vegetable are not allowed, such as orange and orange juice or apple and applesauce. For more information, refer to the CSDE’s resource, [*Requirements for the Vegetables/Fruits Component of the SFSP Meal Patterns*](https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Component_Vegetables_Fruits_SFSP.pdf).  4 Grains and breads must be whole grain, enriched, or contain a blend of whole and enriched grains. Bran and germ credit the same as enriched and whole grains. The USDA recommends serving whole grains most often. For more information, refer to the CSDE’s resources, [*Crediting Whole Grains in the SFSP*](https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Credit_Whole_Grains_SFSP.pdf)*,* [*Crediting Enriched Grains in the SFSP*](https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Credit_Enriched_Grains_SFSP.pdf), and [*Requirements for the Grains/Breads Component of the SFSP Meal Patterns*](https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Component_Grains_Breads_SFSP.pdf)*.*  5 Grains/breadsservings must meet the applicable weight (groups A-G) or volume (groups H-I) in [*Serving Sizes for Grains/Breads in the SFSP*](https://portal.ct.gov/SDE/Nutrition/-/media/SDE/Nutrition/SFSP/MealPattern/Servings_Grains_Breads_SFSP.pdf)*,* or provide the minimum creditable grains per serving. For more information, refer to the CSDE’s resource, [*Calculation Methods for Grains/Breads Servings in the SFSP*](https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Grain_Calculation_SFSP.pdf)*.*  6 The CSDE recommends limiting the total servings of all grain-based desserts and animal/graham crackers to no more than twice per week between all meals and snacks. The CSDE’s [*Serving Sizes for Grains/Breads in the SFSP*](https://portal.ct.gov/SDE/Nutrition/-/media/SDE/Nutrition/SFSP/MealPattern/Servings_Grains_Breads_SFSP.pdf)identifies grain-based desserts with footnote 1 (allowed only at snack, e.g., cookies, cake, and unfrosted brownies) or footnote 2 (allowed only at breakfast and snack, e.g., cereal bars, granola bars, pastries, doughnuts, and sweet rolls).  7 Cold ready-to-eat (RTE) breakfast cereals and hot cooked breakfast cereals must be whole grain, enriched, or fortified. One serving of RTE breakfast cereal must measure ¾ cup or weigh 1 ounce, whichever is less. One serving of hot breakfast cereal must measure ½ cup cooked or weigh 25 grams dry. For more information, refer to the CSDE’s resource, [*Crediting Breakfast Cereals in the SFSP*](https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/CreditCerealsSFSP.pdf)*.*  8 Examples of cereal grains include amaranth, barley, brown rice, buckwheat, cornmeal, corn grits, kasha, millet, oats, quinoa, wheat berries, and rolled wheat. One serving of cereal grains must measure ½ cup cooked or weigh 25 grams dry.  9 SFSP funds cannot be used to purchase noncreditable foods, except for condiments served with creditable foods. Examples of condiments include cream cheese, syrup, jam, ketchup, mustard, and mayonnaise. For more information, refer to the CSDE’s resource, [*Noncreditable Foods in the SFSP*](https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/MealPattern/Noncreditable_Foods_SFSP.pdf)*.* |

For more information, visit the [SFSP Meal Patterns](https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program#MealPatterns) and [Crediting Foods in the SFSP](https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program/Documents) sections of the CSDE’s SFSP webpage, or contact the [Summer Meals staff](https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program/Contact) at the Connecticut State Department of Education, Bureau of Child Nutrition Programs, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841

This document is available at <https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/MealPattern/Menu_Form_SFSP_Breakfast.pdf>.

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