

## What's in a Meal Resource List for Module 2: Introduction to School Meal Patterns

This document contains the resources highlighted in Module 2: Introduction to School Meal Patterns of the Connecticut State Department of Education's (CSDE) training program, *What's in a Meal: Meal Patterns for Grades K-12 in the School Nutrition Programs*.

ASP Meal Pattern for Grades K-12 ("Meal Patterns and Crediting" section of CSDE's Afterschool Snack Program (ASP) webpage):

<https://portal.ct.gov/sde/nutrition/afterschool-snack-program/meal-patterns-and-crediting>

ASP Meal Pattern for Grades K-12 ("Meal Patterns and Crediting" section of CSDE's Afterschool Snack Program (ASP) webpage):

<https://portal.ct.gov/sde/nutrition/afterschool-snack-program/meal-patterns-and-crediting>

County Assignments for School Nutrition Programs (CSDE):

<https://portal.ct.gov/-/media/sde/nutrition/cnstaff/countyassign.pdf>

Crediting Documentation for the Child Nutrition Program (CSDE webpage):

<https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs>

Crediting Foods in School Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/sde/nutrition/crediting-foods-in-school-nutrition-programs#ScratchFoods>

Dietary Guidelines for Americans (U.S. Department of Health and Human Services and the U.S. Department of Agriculture):

<https://www.dietaryguidelines.gov/>

Final Rule: Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for America (USDA):

<https://www.federalregister.gov/documents/2024/04/25/2024-08098/child-nutrition-programs-meal-patterns-consistent-with-the-2020-2025-dietary-guidelines-for>

Final Rule: Child Nutrition Programs: Transitional Standards for Milk, Whole Grains, and Sodium (USDA):

<https://www.federalregister.gov/documents/2022/02/07/2022-02327/child-nutrition-programs-transitional-standards-for-milk-whole-grains-and-sodium>

Food and Nutrition Service (FNS) Documents & Resources (USDA):

<https://www.fns.usda.gov/resources>

How We Got Here: School Nutrition Standards Final Rule (USDA):

<https://www.fns.usda.gov/cn/school-nutrition-standards-updates/how-got-here-infographic>

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Laws and Regulations for Child Nutrition Programs (CSDE webpage):

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

Meal Pattern and Crediting Resources for the School Nutrition Programs (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/resources\\_school\\_meal\\_patterns\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/resources_school_meal_patterns_snp.pdf)

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

<https://portal.ct.gov/sde/nutrition/meal-patterns-school-nutrition-programs>

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

<https://portal.ct.gov/sde/nutrition/menu-planning-guidance-for-school-meals>

National School Lunch Program (NSLP) regulations 7 CFR 210 (USDA):

<https://www.ecfr.gov/current/title-7 subtitle-B/ chapter-II/ subchapter-A/ part-210>

Operational Memoranda for School Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/sde/lists/operational-memoranda-for-school-nutrition-programs>

Program Guidance for School Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/sde/nutrition/program-guidance-school-nutrition-programs>

Reimbursable School Meals from Introduction to School Nutrition Leadership (Institute of Child Nutrition):

<https://theicn.org/icn-resources-a-z/reimbursable-school-meals-from-introduction-to-school-nutrition-leadership>

School Breakfast Program (SBP) regulations 7 CFR 220 (USDA):

<https://www.ecfr.gov/current/title-7 subtitle-B/ chapter-II/ subchapter-A/ part-220>

School Lunch Tray and Table Talk (CSDE webpage):

<https://portal.ct.gov/sde/nutrition/meal-patterns-school-nutrition-programs>

Summary of Final Rule Updates to the Meal Patterns for the School Nutrition Programs (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/mealpattern/summary\\_final\\_rule\\_snp\\_meal\\_patterns.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/mealpattern/summary_final_rule_snp_meal_patterns.pdf)

Upcoming Meal Pattern Changes (CSDE's Meal Patterns for Grades K-12 in School Nutrition Programs webpage):

[https://portal.ct.gov/sde/nutrition/meal-patterns-school-nutrition-programs#Upcoming\\_Meal\\_Pattern\\_Changes](https://portal.ct.gov/sde/nutrition/meal-patterns-school-nutrition-programs#Upcoming_Meal_Pattern_Changes)

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Updates to the School Nutrition Standards (USDA):

<https://www.fns.usda.gov/cn/school-nutrition-standards-updates>

What's in a Meal: Meal Patterns for Grades K-12 in the School Nutrition Programs (CSDE's

Meal Pattern Training for School Nutrition Programs webpage):

<https://portal.ct.gov/sde/nutrition/meal-pattern-training-materials>

## What's in a Meal Resource List for Module 2: Introduction to School Meal Patterns

The CSDE's *What's in a Meal* training program is a series of recorded modules that provide comprehensive guidance on complying with the meal patterns for grades K-12 in the National School Lunch Program (NSLP), School Breakfast Program (SBP), Afterschool Snack Program (ASP) of the NSLP, and Seamless Summer Option (SSO) of the NSLP. To access the training modules, visit the CSDE's [Meal Pattern Training for School Nutrition Programs](#).

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1. mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or
2. fax: (833) 256-1665 or (202) 690-7442; or
3. email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

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