

# **Guide to the Meal Patterns for Grades K-12**

## **in the National School Lunch Program and School Breakfast Program**



School Year 2024-25 (July 1, 2024, through June 30, 2025)



**September 2024**

**Connecticut State Department of Education  
Bureau of Child Nutrition Programs  
450 Columbus Boulevard, Suite 504  
Hartford, CT 06103-1841**

Guide to the Meal Patterns for Grades K-12 in the  
National School Lunch Program and School Breakfast Program

[https://portal.ct.gov/-/media/sde/nutrition/mpg/guide\\_menu\\_documentation\\_nslp\\_sbp\\_k12.pdf](https://portal.ct.gov/-/media/sde/nutrition/mpg/guide_menu_documentation_nslp_sbp_k12.pdf)

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

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)

This institution is an equal opportunity provider.

The Connecticut State Department of Education is committed to a policy of equal opportunity/affirmative action for all qualified persons. The Connecticut Department of Education does not discriminate in any employment practice, education program, or educational activity on the basis of race; color; religious creed; age; sex; pregnancy; sexual orientation; workplace hazards to reproductive systems, gender identity or expression; marital status; national origin; ancestry; retaliation for previously opposed discrimination or coercion, intellectual disability; genetic information; learning disability; physical disability (including, but not limited to, blindness); mental disability (past/present history thereof); military or veteran status; status as a victim of domestic violence; or criminal record in state employment, unless there is a bona fide occupational qualification excluding persons in any of the aforementioned protected classes. Inquiries regarding the Connecticut State Department of Education's nondiscrimination policies should be directed to: Attorney Louis Todisco, Connecticut State Department of Education, by mail 450 Columbus Boulevard, Hartford, CT 06103-1841; or by telephone 860-713-6594; or by email [louis.todisco@ct.gov](mailto:louis.todisco@ct.gov).

# Contents

<b>About this Guide</b> .....	<b>v</b>
Requirements for School Nutrition Programs .....	vi
CSDE’s Menu Planning Guidance Series.....	vi
<b>CSDE Contact Information</b> .....	<b>vii</b>
<b>Abbreviations and Acronyms</b> .....	<b>viii</b>
<b>1 — Introduction</b> .....	<b>1</b>
Food-based Menu Planning.....	1
Meal Pattern Legislation .....	2
Final Rule Meal Pattern Updates for School Year 2024-25.....	2
Meal components.....	2
Milk component .....	2
MMA component.....	3
Vegetables component .....	3
Grains component.....	4
Dietary Specifications.....	4
Meal modifications .....	4
Water.....	5
Final Rule Meal Pattern Updates for School Year 2025-26.....	6
Required Grade Groups .....	7
Multiple Grade Groups.....	7
Optional meal patterns .....	7
Exception for Grade Groups in Correctional Facilities.....	8
CSDE approval required .....	8
Reimbursable Meals.....	9
Meal Components.....	9
Table 1-1. Required meal components for lunch and breakfast .....	9
Menu Items.....	10
Required Servings .....	10
Daily requirements .....	10
Weekly requirements .....	10
Dietary Specifications .....	11
Elimination of trans fats dietary specification .....	11



Shorter or Longer Weeks.....	12
Occasional decreases in school week .....	12
Meal patterns for shorter or longer weeks.....	12
Additional Foods.....	13
Offering additional creditable foods.....	13
Offering additional servings of vegetables and fruits .....	14
Second servings.....	15
Second meals .....	15
Leftovers .....	15
Meal Modifications for Children with Special Dietary Needs .....	17
Modifications for disability reasons .....	17
Modifications for disability reasons .....	18
Menu Planning Resources.....	18
Recipe Resources .....	20
<b>2 — Lunch Meal Patterns .....</b>	<b>21</b>
Overview of Lunch Meal Patterns.....	21
Table 2-1. Five-day lunch meal pattern.....	24
Table 2-2. Seven-day lunch meal pattern .....	25
Optional Lunch Meal Pattern for Grades K-8.....	26
Table 2-3. Comparison of five-day lunch requirements for grades K-5 and 6-8.....	27
Table 2-4. Comparison of seven-day lunch requirements for grades K-5 and 6-8.....	28
Lunch for Schools with Grades 6-8 and 9-12 .....	29
Table 2-5. Comparison of NSLP dietary specifications for grades 6-8 and 9-12 .....	29
Acceptable lunch menu planning options.....	29
<b>3 — Meeting the Weekly Requirements for Lunch .....</b>	<b>35</b>
Minimum Weekly Servings .....	35
Table 3-1. Five-day weekly lunch meal pattern for grades K-12.....	35
Table 3-2. Seven-day weekly lunch meal pattern for grades K-12.....	36
Minimum weekly servings of fruits, vegetables, and milk.....	36
Minimum weekly servings of grains and MMA .....	36
Weekly Juice Limits at Lunch .....	37
Juice limits for grades K-5 and 6-8.....	38
Weekly Vegetable Subgroups.....	42
Weekly WGR Requirement at Lunch .....	44
Weekly Limit for Grain-based Desserts.....	44
Weekly Requirement for Grains and MMA at Lunch.....	45
Calculating Weekly Grains and MMA at Lunch .....	46

Meeting Weekly Grains and MMA for Grades K-5 and 6-8 .....	46
Example 1: Offering 1 oz eq of grains or MMA daily for grades K-5 .....	46
Example 2: Offering 1 oz eq of MMA daily for grades 6-8.....	46
Example 3: Offering more than 1 oz eq of grains or MMA daily for grades K-5.....	47
Example 4: Offering more than 1 oz eq of MMA daily for grades 6-8 .....	47
Meeting Weekly Grains and MMA for Grades 9-12 .....	47
Example 1: Offering 2 oz eq of grains or MMA daily for grades 9-12.....	47
Offering Multiple Grain or MMA Choices with Different Oz Eq .....	48
Example 1: Different daily grain or MMA choices for grades K-5.....	48
Example 2: Different daily MMA choices for grades 6-8 .....	48
Example 3: Different daily grain choices for grades 9-12.....	49
Example 4: Different daily MMA choices for grades 9-12 .....	49
<b>4 — Breakfast Meal Patterns.....</b>	<b>51</b>
Overview of Breakfast Meal Patterns .....	51
Table 4-1. Five-day breakfast meal pattern .....	53
Table 4-2. Seven-day breakfast meal pattern .....	54
Optional Breakfast Meal Patterns for Grades K-12 .....	55
Breakfast for schools with grades K-12.....	55
Table 4-3. Comparison of five-day breakfast meal patterns for grades K-12.....	56
Table 4-4. Comparison of seven-day breakfast meal patterns for grades K-12.....	57
Considerations for Calories and Sodium .....	58
Table 4-5. Weekly calorie ranges for the SBP meal patterns.....	58
Table 4-6. Weekly sodium limits for the SBP meal patterns .....	58
<b>5 — Meeting the Weekly Requirements for Breakfast.....</b>	<b>59</b>
Minimum Weekly Servings .....	59
Table 5-1. Five-day weekly breakfast meal pattern.....	59
Table 5-2. Seven-day weekly breakfast meal pattern .....	59
Minimum weekly servings of fruits and milk .....	60
Minimum weekly servings of grains/MMA .....	60
Weekly Vegetables at Breakfast.....	61
Weekly Juice Limit at Breakfast.....	62
Table 5-3. Weekly juice limits for five-day breakfast menus .....	62
Table 5-4. Weekly juice limits for seven-day breakfast menus .....	63
Offering a variety of fruit and juice choices at breakfast .....	63
Offering more than the minimum daily fruits component at breakfast.....	63
Required signage for juice limits at breakfast .....	64
Weekly WGR Requirement at Breakfast .....	64



Weekly Requirement for Grains/MMA at Breakfast.....64  
    Table 5-5. Required weekly oz eq of grains/MMA at breakfast.....65

Calculating Weekly Grains/MMA at Breakfast .....65

Meeting Weekly Grains/MMA at Breakfast .....66  
    Example 1: Offering 1 oz eq of grains/MMA daily for grades 6-8.....66  
    Example 2: Offering more than 1 oz eq of grains/MMA daily for grades 6-8.....66

Offering Multiple Grain/MMA Choices with Different Oz Eq at Breakfast .....67  
    Example 1: Different daily grain/MMA choices for grades K-5 .....67  
    Example 2: Different daily grain/MMA choices for grades 6-8 .....67  
    Example 3: Different daily grain/MMA choices for grades 9-12 .....68

**6 — Resources .....69**  
    CSDE Guides .....69  
    CSDE Resource Lists .....70  
    Meal Components and Crediting .....71  
    Meal Patterns and Menu Planning.....72  
    Regulations and Policy .....73  
    Websites .....75

**Glossary.....77**

## About this Guide

The Connecticut State Department of Education's (CSDE) *Guide to Meeting the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12* is part of the CSDE's menu planning guidance series for the school nutrition programs. (refer to "[CSDE's Menu Planning Guidance Series](#)" in this section). This guide provides comprehensive information and resources to assist school food authorities (SFAs) with planning menus to meet the U.S. Department of Agriculture's (USDA) meal patterns for grades K-12 in the [National School Lunch Program \(NSLP\)](#), [School Breakfast Program \(SBP\)](#), and [Seamless Summer Option \(SSO\)](#) of the NSLP. Meals offered in the SSO follow the NSLP and SBP meal pattern requirements.

The requirements in this guide apply to all public schools, private schools, and residential child care institutions (RCCIs) that participate in the NSLP, SBP, and SSO.

This guide reflects the USDA regulations and policies in effect as of the publication date. Please note that this information may change. The CSDE will update this guide whenever the USDA issues new meal pattern guidance for the nutrition programs. Please check the CSDE's [Menu Planning Guidance for School Meals for Grades K-12](#) webpage for the most current version.

The mention of trade names, commercial products, or organizations does not imply approval or endorsement by the CSDE or the USDA. Product names are used solely guide reflects the USDA regulations and policies in effect as of the publication date. Please note that this information may change. The CSDE will update this guide whenever the USDA issues new meal pattern guidance for the nutrition programs. for clarification.

## Requirements for School Nutrition Programs

Links to the USDA's regulations and final rules for the NSLP and SBP meal patterns are available in the "[Meal Patterns for School Nutrition Programs](#)" section of the CSDE's [Laws and Regulations for Child Nutrition Programs](#) webpage. The USDA provides guidance for implementing the school nutrition programs through the policy memos on the [FNS Documents & Resources](#) webpage.

The CSDE's [Program Guidance for School Nutrition Programs](#) webpage provides links to information and guidance on the federal and state requirements for the school nutrition programs, including the meal patterns and dietary specifications, crediting food and beverages, menu documentation, and meal service. The CSDE's weekly e-newsletter for school nutrition programs, [School Lunch Tray \(SLT\)](#), provides important guidance and resources to help SFAs comply with the federal and state requirements, and identifies deadlines for completing required activities and submitting required reports.

## CSDE's Menu Planning Guidance Series

The CSDE's menu planning guidance series includes five comprehensive guides designed to assist SFAs with meeting the NSLP and SBP meal pattern and meal service requirements for grades K-12.

- Guide to the Meal Patterns for Grades K-12 in the National School Lunch Program and School Breakfast Program
- Guide to the Dietary Specifications for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12
- Crediting Guide for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12
- Guide to Menu Documentation for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12
- Guide to the Meal Service Requirements for Grades K-12 in the National School Lunch Program and School Breakfast Program

These guides are available on the CSDE's [Menu Planning Guidance for School Meals for Grades K-12](#) webpage.



## CSDE Contact Information

Questions regarding this guide may be directed to Susan Fiore, MS, RD, Nutrition Education Coordinator, at 860-807-2075 or [susan.fiore@ct.gov](mailto:susan.fiore@ct.gov).


For questions regarding the NSLP, SBP, and SSO, please contact the school nutrition programs staff in the CSDE's Bureau of Child Nutrition Programs.

County	School Nutrition Programs Staff
<b>Middlesex County</b> (includes Regions 4, 13, and 17) <b>Tolland County</b> (includes Regions 8 and 19)	Jennifer Bove 860-807-2044 <a href="mailto:jennifer.bove@ct.gov">jennifer.bove@ct.gov</a>
<b>Fairfield County</b> (includes Region 9) <b>Litchfield County</b> (includes Regions 1, 6, 7, 12, and 14) School wellness policies	Fionnuala Brown 860-807-2129 <a href="mailto:fionnuala.brown@ct.gov">fionnuala.brown@ct.gov</a>
<b>Hartford County</b> (includes Region 10)	Teri Dandeneau 860-807-2079 <a href="mailto:teri.dandeneau@ct.gov">teri.dandeneau@ct.gov</a>
<b>New Haven County</b> (includes Regions 5, 15, and 16)	Greg King 860-713-6804 <a href="mailto:greg.king@ct.gov">greg.king@ct.gov</a>
<b>New London County</b> <b>Windham County</b> (includes Region 11) Claims processing	Susan Alston 860-807-2081 <a href="mailto:susan.alston@ct.gov">susan.alston@ct.gov</a>

For a list of all CSDE Child Nutrition Programs staff, refer to the CSDE's [Child Nutrition Staff and Responsibilities](#). For information on the school nutrition programs visit the CSDE's [School Nutrition Programs](#) webpage.

## Abbreviations and Acronyms

APP	alternate protein product
AR	Administrative Review
ASP	Afterschool Snack Program of the NSLP
CFR	Code of Federal Regulations
C.G.S.	Connecticut General Statutes
CN	Child Nutrition
CNP	Child Nutrition Program
CSDE	Connecticut State Department of Education
FBG	<i>Food Buying Guide for Child Nutrition Programs</i> (USDA)
FDP	Food Distribution Program
FDA	Food and Drug Administration
FNS	Food and Nutrition Service, U.S. Department of Agriculture
HHFKA	Healthy, Hunger-Free Kids Act of 2010 (Public Law 111-296)
ICN	Institute of Child Nutrition
LEA	local educational agency
MMA	meats/meat alternates
NSLP	National School Lunch Program
OVS	offer versus serve
oz eq	ounce equivalents
PFS	product formulation statement
RCCI	residential child care institution
SBP	School Breakfast Program



SFA	school food authority
SSO	Seamless Summer Option of the NSLP
USDA	U.S. Department of Agriculture
WGR	whole grain-rich

For additional guidance, refer to the CSDE's resource, [\*Common Acronyms and Abbreviations in School Nutrition Programs\*](#).



## 1 — Introduction

Schools and institutions that participate in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) must offer meals that comply with the U.S. Department of Agriculture's (USDA) meal patterns for the school nutrition programs. Meals offered in the Seamless Summer Option (SSO) of the NSLP must follow the NSLP and SBP meal pattern requirements.

The NSLP and SBP meal patterns for grade K-12 require minimum daily and weekly servings of five meal components. They also require that school menus meet the weekly dietary specifications (nutrition standards). SFAs that meet these meal pattern requirements may claim reimbursement for meals served to children.

### Food-based Menu Planning

The lunch and breakfast meal patterns for grades K-12 use a food-based menu planning approach for three required grade groups (K-5, 6-8, and 9-12). The meal patterns for each grade group require daily and weekly amounts of five meal components for lunch (milk, fruits, vegetables, grains, and meats/meat alternates [MMA]) and three meal components for breakfast (milk, fruits, and grains/MMA).

In addition, the average weekly nutrition content of all lunches for each grade group, and separately for all breakfasts for each grade group, must meet the USDA's dietary specifications (nutrition standards). For more information, refer to "[Dietary Specifications](#)" in this section.

On average over the week, the lunch meal patterns are designed to provide approximately one-third of children's total daily calories and other key nutrients. The breakfast meal patterns are designed to provide approximately one-fourth of children's total daily calories and key nutrients.



### Meal Pattern Legislation

The current USDA meal patterns for grades K-12 were defined by the final rules, *Nutrition Standards for the National School Lunch and School Breakfast Programs* (77 FR 4088) on January 26, 2012, and *Child Nutrition Programs: Transitional Standards for Milk, Whole Grains, and Sodium* (87 FR 6984) on February 7, 2022. The lunch meal pattern requirements are specified in [7 CFR 210.10](#) of the NSLP regulations. The breakfast meal pattern requirements are specified in [7 CFR 220.8](#) of the SBP regulations.

On April 25, 2024, the USDA published the final rule, *Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans* (89 FR 31962). This final rule implements gradual updates to the Child Nutrition Programs in several key areas, including the NSLP and SBP meal patterns. These changes are summarized below and highlighted throughout this guide as applicable.

### Final Rule Meal Pattern Updates for School Year 2024-25

Effective July 1, 2024, the terminology updates and menu planning flexibilities below apply to the NSLP and SBP meal patterns for grades K-12, as required by the USDA final rule, *Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans*.

#### Meal components

- **Terminology update for meal components:** Changes all previous references in the regulations for Child Nutrition Programs from “food component” to “meal component.”
- **Traditional Indigenous foods:** Explicitly includes in the NSLP and SBP regulations that traditional Indigenous foods may be served in reimbursable school meals. This change is intended to support local efforts to incorporate traditional Indigenous foods into school meals.

#### Milk component

- **Allowable types of milk:** Continues to allow SFAs to offer fat-free and low-fat milk (flavored and unflavored).
- **Nutrition standard for fluid milk substitutes:** Updates the units for vitamin A and vitamin D requirements for fluid milk substitutes to align with the Food and Drug Administration (FDA) labeling requirements. The unit requirement for vitamin A is now 150 mcg retinol activity equivalents (RAE) per 8 fluid ounces, instead of 500 IUs. The unit requirement for vitamin D is now 2.5 mcg per 8 fluid ounces, instead of 100 IUs. The

amount of vitamin A and vitamin D required in fluid milk substitutes does not change; only the unit of measurement has changed to conform to FDA labeling requirements. For more information, refer to the CSDE's resource, [Allowable Fluid Milk Substitutes for Non-Disability Reasons in the School Nutrition Programs](#).

### MMA component

- **MMA at breakfast:** Establishes a combined grains and MMA meal component in the SBP and removes the requirement for schools to offer 1 ounce equivalent (oz eq) of grains each day at breakfast. Schools may offer grains, MMA, or a combination of both, to meet the minimum daily and weekly oz eq of the grains/MMA component.
- **Nuts and seeds:** Allows nuts and seeds to credit for the full MMA component in all meals and afterschool snacks, removing the previous 50 percent crediting limit for nuts and seeds at lunch. For crediting guidance, refer to the CSDE's resource, [Crediting Nuts and Seeds in the School Nutrition Programs](#).

### Vegetables component

- **Terminology update for beans, peas, and lentils:** Changes all previous references in the regulations for Child Nutrition Programs from “legumes (beans and peas)” to “beans, peas, and lentils.”
- **Beans, peas, and lentils at lunch:** Allows schools to count beans, peas, and lentils offered as a MMA at lunch to also count toward the weekly beans, peas, and lentils vegetable subgroup requirement. As with the current requirement, menu planners determine whether peas, and lentils count toward the vegetables component or the MMA component. Beans, peas, and lentils offered as either vegetables or MMA can count toward the weekly vegetable subgroup requirement to offer ½ cup of beans, peas, and lentils (refer to “[Weekly Vegetable Subgroups](#)” in section 3). For crediting guidance, refer to the CSDE's [Crediting Beans, Peas, and Lentils in the School Nutrition Programs](#).
- **Substituting vegetables for fruits at breakfast:** Continues to allow schools to substitute vegetables for fruits in the SBP and simplifies the vegetable variety requirement. Schools choosing to offer vegetables at breakfast one day per school week may offer any vegetable, including a starchy vegetable. Schools choosing to substitute vegetables for fruits at breakfast on two or more days per school week must offer vegetables from at least two different subgroups (refer to the CSDE's [Vegetable Subgroups in the National School Lunch Program](#)).

### Grains component

- **Whole grain-rich (WGR) requirement:** Maintains the current requirement that at least 80 percent of the weekly grains offered in the NSLP and SBP for grades K-12 must be WGR, based on oz eq.
- **WGR definition:** Adds the following WGR definition in NSLP and SBP regulations: “Whole grain-rich is the term designated by FNS to indicate that the grain content of a product is between 50 and 100 percent whole grain with any remaining grains being enriched.” This definition does not change the meaning of WGR. SFAs can continue to identify WGR products as described in current USDA guidance. For more information, refer to the CSDE’s [Guide to Meeting the Whole Grain-rich Requirement for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12](#).
- **Substituting vegetables for grains in tribal communities:** Allows SFAs and schools that are tribally operated, operated by the Bureau of Indian Education, and that serve primarily American Indian or Alaska Native children to serve vegetables to meet the grains requirement for the NSLP and SBP.

### Dietary Specifications

- **Synthetic trans fat:** Removes the dietary specification prohibiting synthetic trans fat in the NSLP and SBP and the Smart Snacks nutrition standards for foods sold to children on campus during the school day. This change eliminates a requirement that the USDA determined is no longer necessary due to the Food and Drug Administration’s (FDA) actions that eliminated synthetic trans fat from the U.S. food supply by 2021. For information on the dietary specifications, refer to the CSDE’s [Guide to the Dietary Specifications for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12](#).

### Meal modifications

- **Terminology update:** Changes all previous references in the regulations for Child Nutrition Programs from “medical authority” to “state licensed healthcare professional or registered dietitian.”
- **Definition of state licensed healthcare professional:** Changes all previous references in the regulations for Child Nutrition Programs from “medical authority” to “state licensed healthcare professional or registered dietitian.” Defines a state licensed healthcare professional as an individual authorized to write medical prescriptions under state law. In Connecticut, this includes licensed physicians (MD), physician assistants (PA) and



certified physician assistants (PAC), doctors of osteopathy (DO), and advanced practice registered nurses (APRN).

- **NSLP and SBP regulations:** Updates and reorganizes the regulatory text to distinguish between disability and non-disability requests more clearly, and encourages schools, institutions, and facilities to meet children’s non-disability dietary preferences when planning and preparing school meals and afterschool snacks. For detailed guidance, refer to the CSDE’s [Guide to Meal Modifications in the School Nutrition Programs](#) and visit the CSDE’s [Special Diets in School Nutrition Programs](#) webpage.

## Water

- **Potable water requirements:** Maintains the requirement that schools must make potable water available and accessible without restriction to children at no charge in the places where lunches are served during the meal service and when breakfast is served in the cafeteria. Adds the word “plain” to the potable water regulations to clarify this requirement. For guidance on implementing the potable water requirement, refer to the CSDE’s [Guide to Meal Service Requirements for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12](#) and visit the “[Water Availability During Meal Service](#)” section of the CSDE’s Program Guidance for School Nutrition Programs webpage. Training on the potable water requirements is available in “14: Water Availability during Meal Service” of the CSDE’s training program, [What’s in a Meal: National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12](#).



## Final Rule Meal Pattern Updates for School Year 2025-26

Effective with school year 2025-26 (beginning July 1, 2025), the USDA final rule implements several provisions that change the crediting requirements for the NSLP and SBP meal patterns for grades K-12.

- **Milk component:** Flavored milk cannot exceed 10 grams of added sugars per 8 fluid ounces. Flavored milk sold as a competitive food in middle and high schools cannot exceed 15 grams of added sugars per 12 fluid ounces.
- **MMA component:** Yogurt cannot exceed 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce).
- **Grains component:** Breakfast cereals cannot exceed 6 grams of added sugars per dry ounce.

For more information on the final rule meal pattern changes, refer to the CSDE's resource, [Summary of Final Rule Updates to the Meal Patterns of the School Nutrition Programs](#), and visit the "Upcoming Meal Pattern Changes" section of the CSDE's [Meal Patterns for Grades K-12 in School Nutrition Programs](#) webpage.



## Required Grade Groups

The lunch and breakfast meal patterns for grades K-12 require three grade groups. These include grades K-5, grades 6-8, and grades 9-12.

## Multiple Grade Groups

Some schools and institutions may have different grade configurations that prevent the use of the three required grade groups. One example is schools where students in grades K-8, grades 5-8, or grades 6-12 eat together during the same meal periods. Another example is RCCIs where students in grades 5-12 eat together during the same meal periods.

## Optional meal patterns

The USDA allows some alternate menu planning options when students from different grade groups eat together in the same meal period. SFAs may use one menu for multiple grade groups only when the meal pattern requirements overlap, and the weekly servings do not exceed the highest level or go below the lowest level for each grade group. The grade configurations that meet these criteria include:

- grades K-8 for lunch (refer to [“Optional Meal Pattern for Grades K-8 at Lunch”](#) in section 3); and
- grades K-8, K-12, and 6-12 for breakfast (refer to [“Optional Meal Patterns for Grades K-12 at Breakfast”](#) in section 5).

Since the calorie ranges for the lunch meal patterns for grades 6-8 and 9-12 do not overlap, SFAs cannot use one lunch meal pattern with the same amounts of food to meet the requirements for these two grade groups. SFAs must plan lunch menus differently to meet the meal pattern requirements when students from grades 6-12 eat together in the same lunch period. For more information, refer to [“Lunch for schools with grades 6-8 and 9-12”](#) in section 2.

Training on the optional grade groups is available in “Module 2: Introduction to School Meal Patterns,” “Module 3: National School Lunch Program (NSLP) Meal Pattern,” and “Module 4: School Breakfast Program (SBP) Meal Pattern” of the CSDE’s training program, [What’s in a Meal: National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12](#).

### Exception for Grade Groups in Correctional Facilities

The USDA allows juvenile detention or correctional facilities (i.e., RCCIs) that meet specific criteria to serve one menu when the ages/grades served span more than one grade group. This exemption applies only if the RCCI:

- is a juvenile detention or correctional facility;
- consists of more than one grade group; and
- has legitimate safety concerns or state juvenile justice laws or regulations related to offering meals with varying amounts of food within the same meal period.

This provision also applies to any other RCCIs that can demonstrate operational limitations to separating age/grade groups and can show legitimate safety concerns if students are served different portions.

RCCIs that meet the required criteria may serve breakfasts and lunches with the same amount of food at the meal service. To ensure nutritional adequacy, meals must meet the NSLP and SBP meal patterns for the oldest grade group being served during the meal service.

RCCIs that meet the required criteria may also meet the milk variety requirement over the week rather than daily, if there are potential legitimate safety concerns about offering different types of milk to students. For example, a RCCI may offer all students flavored fat-free milk on some days of the week and unflavored low-fat milk on other days.

#### CSDE approval required

RCCIs must obtain approval from the CSDE prior to implementing a meal pattern exception. The institution must submit a written waiver request using the CSDE's form, [Meal Pattern Exception Request Form for Residential Child Care Institutions](#). The CSDE will consider requests on a case-by-case basis that meet the required exception criteria above. RCCIs that choose to implement this exception should contact their assigned CSDE school nutrition team member (refer to the CSDE's [County Assignments for School Nutrition Programs](#)).

The grade group exception applies only to RCCIs that meet the required criteria described above. All other facilities and schools must use the meal pattern grade groups specified in the USDA's NSLP and SBP regulations.

## Reimbursable Meals

The NSLP and SBP meal patterns for each grade group consist of minimum daily and weekly servings of the meal components. Meals served to children are eligible for USDA reimbursement when they contain these minimum daily and weekly servings and meet the weekly dietary specifications.

Reimbursable meals may also contain additional foods (such as condiments) or larger servings of the required meal components. However, menu planners should consider the appropriateness of additional foods based on children’s nutrition needs (refer to “[Additional Foods](#)” in this section).

## Meal Components

A meal component is one of the five food groups that comprise reimbursable meals, including milk, fruits, vegetables, grains, and MMA. The table below indicates the required meal components for lunch and breakfast.

**Table 1-1. Required meal components for lunch and breakfast**

Lunch	Breakfast
<p><b>Five meal components</b></p> <ol style="list-style-type: none"> <li>1. Milk</li> <li>2. Fruits</li> <li>3. Vegetables</li> <li>4. Grains</li> <li>5. MMA</li> </ol>	<p><b>Three meal components <sup>1</sup></b></p> <ol style="list-style-type: none"> <li>1. Milk</li> <li>2. Fruits (or optional vegetable substitutions)</li> <li>3. Grains/MMA (grains, MMA, or combination)</li> </ol>

<sup>1</sup> Different requirements apply when SFAs implement offer versus serve (OVS) at breakfast (refer to the CSDE’s [Offer versus Serve Guide for School Meals](#)).

Each meal component has specific crediting requirements. All foods and beverages must meet these requirements to credit toward a meal component for reimbursable meals. This includes commercial products, foods made from scratch by the SFA, and foods prepared by vendors. For detailed information on the crediting requirements, refer to the CSDE’s [Crediting Guide for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12](#).

### Menu Items

Menu items contribute to the meal components. A menu item is any planned main dish, vegetable, fruit, bread, grain, or milk. Menu items may contribute to one or more meal components. For example, a hamburger (MMA component) on a whole-grain bun (grains component) is one menu item that contributes to two meal components.

### Required Servings

The NSLP and SBP meal patterns for grades K-12 require minimum daily and weekly servings of each meal component. These requirements are summarized below.

#### Daily requirements

The daily requirements are the minimum servings that SFAs must offer for each of the five meal components for lunch and each of the three meal components for breakfast. Meals that contain less than the minimum daily serving of any meal component do not meet the meal patterns and are not reimbursable. For example, the SBP meal pattern requires 1 cup of fruit for all grades. If the breakfast menu contains less than 1 cup of fruit, these meals are not reimbursable.

#### Weekly requirements

The weekly requirements for the fruits component, vegetables component, and milk component are the sum of the daily requirements. For example, the daily milk requirement for lunch and breakfast is 1 cup. The weekly milk requirement for lunch and breakfast is 5 cups for a five-day menu and 7 cups for a seven-day menu.

The weekly requirements for the grains component and MMA component are different for each grade group.

- **Grades 9-12 at lunch:** The weekly oz eq for the grains component and MMA component are the sum of the daily oz eq. For example, the five-day lunch meal pattern for grades 9-12 requires 2 oz eq of MMA daily and 10 oz eq over the week.
- **Grades K-5 and 6-8 at lunch and breakfast, and grades 9-12 at breakfast:** The weekly oz eq for the grains component and MMA component are more than the sum of the daily oz eq. To meet the weekly oz eq, SFAs must offer more than the minimum daily oz eq of grains and MMA on some days. For example, the five-day lunch meal pattern for grades K-5 requires 1 oz eq of grains daily. To meet the minimum weekly 8 oz eq, the lunch menu must include an additional 3 oz eq over the week. For more information, refer to [“Weekly Requirement for Grains and MMA at Lunch”](#) in section 3 and [“Weekly Requirement for Grains/MMA at Breakfast”](#) in section 5.

Meals may include larger amounts of any meal component if the weekly menu meets the dietary specifications for calories, saturated fat, and sodium (refer to “[Additional Foods](#)” in this section).

## Dietary Specifications

The dietary specifications are the USDA’s nutrition standards for reimbursable NSLP and SBP meals for grades K-12. They are located at the bottom of each meal pattern chart, just under the required meal components and servings (refer to the lunch meal pattern charts in [section 2](#) and the breakfast meal pattern charts in [section 4](#)).

The average weekly nutrition content of all lunches for each grade group (and separately for all breakfasts for each grade group) must meet the dietary specifications. The dietary specifications include minimum and maximum levels for calories and limits for saturated fat and sodium.

- Saturated fat must be less than 10 percent of calories.
- The sodium limits are different for each grade group and meal. For additional guidance, refer to the CSDE’s resource, [Sodium Limits for the National School Lunch Program and School Breakfast Program Meal Patterns for School Meals for Grades K-12](#).

For information on planning school menus to meet the dietary specifications, refer to the CSDE’s [Guide to the Dietary Specifications for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12](#). For resources on the dietary specifications, visit the “[Dietary Specifications \(Nutrition Standards for School Meals\)](#)” section of the CSDE’s [Meal Patterns for Grades K-12 in School Nutrition Programs](#) webpage.

Training on the dietary specifications is available in “Module 5: Dietary Specifications” of the CSDE’s training program, [What’s in a Meal: National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12](#).

### Elimination of trans fats dietary specification

Effective July 1, 2024, the USDA final rule, [Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans](#), removes the dietary specification prohibiting synthetic trans fat in school meals, and in foods sold to children on campus during the school day under the USDA’s Smart Snacks nutrition standards for competitive foods. This change eliminates a requirement that the USDA determined is no longer necessary due to the FDA’s actions that eliminated synthetic trans fat from the U.S. food supply by 2021.

## Shorter or Longer Weeks

The NSLP and SBP meal patterns are based on a five-day week. Most Connecticut schools and institutions regularly operate on a five-day week. Some schools and institutions like RCCIs regularly operate on a seven-day week. When a school or institution regularly operates on a shorter or longer week, menu planners must increase or decrease the weekly requirements by 20 percent for each day that deviates from the standard five-day week.

The daily requirements and dietary specifications are unaffected by longer or shorter weeks. Since the dietary specifications are daily averages, the number of days are averaged together to meet the specified targets for calories, saturated fat, and sodium.

### Occasional decreases in school week

Schools and institutions with occasional decreases in the school week due to holidays, snow days, or other reasons are not required to adjust the weekly requirements. However, menus must be consistent with the intent of the meal patterns. For example, menu planners must ensure that lunch menus do not consistently fail to offer certain vegetable subgroups.

### Meal patterns for shorter or longer weeks

The meal patterns for four-day, five-day, and seven-day weeks are available on the CSDE's [Meal Patterns for Grades K-12 in School Nutrition Programs](#) webpage. The CSDE's resource, [Menu Planning for Shorter or Longer Weeks in the National School Lunch Program and School Breakfast Program](#), provides guidance for SFAs that regularly operate for three, four, or six days. For three-day and six-day meal patterns, refer to Appendix 2C in the USDA's [Menu Planner for School Meals](#).





## Additional Foods

School menus may include additional (extra) foods or larger servings beyond the minimum meal pattern requirements if the menu meets the weekly dietary specifications. Additional foods include creditable and noncreditable foods that are served in addition to the minimum portions of the meal components.

- Creditable foods are additional servings of a meal component, such as larger servings of fruits and vegetables.
- Noncreditable foods are foods that do not credit toward the meal patterns, such as bacon, cream cheese, ice cream, pudding, gelatin, and condiments like ketchup and salad dressing. These foods should be limited in school menus to meet the weekly limits for calories, saturated fat, and sodium (refer to “[Dietary Specifications](#)” in this section). For more information, refer to the CSDE’s resource, [Noncreditable Foods in the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12](#).

When offering additional foods, the CSDE encourages SFAs to choose nutrient-dense foods that are appropriate to the nutritional needs of each grade group. Examples include vegetables, fruits, whole grains, low-fat and nonfat milk products, beans, peas, and lentils, and lean meats, fish, poultry.

All additional creditable and noncreditable foods offered to students with reimbursable meals count toward the weekly dietary specifications. Menu planners must ensure that offering additional foods or larger servings does not cause the menu to exceed the average weekly limits for calories, saturated fat, and sodium.

### Offering additional creditable foods

Menu planners must count additional creditable foods toward the required daily and weekly servings for each grade group. The examples below illustrate this requirement.

- **Example 1:** Yogurt planned as an extra menu item at lunch or breakfast counts toward the daily and weekly oz eq of the MMA component and the weekly dietary specifications.
- **Example 2:** A creditable grain-based dessert planned as an extra menu item at lunch counts toward the daily and weekly oz eq of the grains component and the weekly dietary specifications. It also counts toward the weekly 2-oz eq limit for grain-based desserts (refer to the CSDE’s resource, [Crediting Grain-based Desserts in the Meal Patterns for Grades K-12 in the School Nutrition Programs](#)).

If the SFA implements OVS, school food service personnel must receive appropriate training on how to identify reimbursable meals with additional foods. The menu planner must clearly

communicate with school food service staff regarding how to count all menu items. In addition, serving line signage must provide clear information on what and how much students can select for a reimbursable meal. For more information, refer to the CSDE's resources, [Signage Requirements for the National School Lunch Program and School Breakfast Program](#) and [Offer versus Serve Guide for School Meals](#).

### Offering additional servings of vegetables and fruits

The USDA does not limit the amount of vegetables or fruits that SFAs may offer or students may select, as long as the menu meets the weekly dietary specifications. However, all second servings and extra foods are included when a nutrient analysis of menus is required as part of the CSDE's Administrative Review of the school nutrition programs. Menu planners should determine how extra servings of vegetables and fruits affect the menu's nutrient content, and limit extra servings of vegetables and fruits with added fat, sugars, and salt.

Menu planners should consider the types of foods that students are more likely to select as a second serving and determine how these foods affect the nutrient analysis of school meals. Modifying how certain vegetables and fruits are offered can help menus comply with the dietary specifications. The examples below show how SFAs might offer extra servings of fruits and vegetables.



- **Fresh vegetables and fruits without added fat, sugars, and salt:** SFAs could allow students to choose one or more extra servings of foods that do not negatively alter the nutrient analysis, such as fresh vegetables and fruits without added fat, sugars, and salt.
- **Vegetables and fruits with added fat, sugars, and salt:** SFAs could limit the number of extra servings of foods that would negatively alter the nutrient analysis, such as vegetables and fruits with added fat, sugars, and salt. Some examples include buttered corn, coleslaw made with mayonnaise, and fruit crisp made with butter and sugar.

SFAs must use menus and signage to clearly communicate these options by indicating what and how much students can select.

## Second servings

If SFAs allow students to take second servings of any meal component at no charge, these foods must count toward the required daily and weekly servings and weekly dietary specifications. Menu planners must ensure that allowing students to take second servings does not cause the menu to exceed the average weekly limits for calories, saturated fat, and sodium (refer to “[Dietary Specifications](#)” in this section).

SFAs must determine whether to charge for additional servings of meal components. School menus and signage must clearly identify the number of servings of each meal component that students may take as part of the reimbursable meal. This signage must be located near or at the beginning of the serving line and near the applicable meal components.

The USDA does not allow exceptions for second servings in RCCIs. Second servings of any meal components count toward the daily and weekly meal pattern requirements and the weekly dietary specifications.

## Second meals

SFAs can claim only one reimbursable lunch and one reimbursable breakfast for each child per day. Second meals cannot be claimed for reimbursement but may be sold a la carte.

Second meals sold a la carte do not count toward the daily and weekly requirements and are not included in the nutrient analysis of reimbursable school meals. SFAs must charge an appropriate cost for a la carte meals based on the USDA’s requirements. For more information, refer to the “[Nonprogram Foods](#)” section and “[Paid Lunch Equity](#)” section of the CSDE’s Financial Management for School Nutrition Programs webpage.

## Leftovers

Occasional small quantities of leftover food served on another day do not count toward the NSLP or SBP meal patterns. Leftovers should not be planned. The USDA specifies that state agencies will determine whether leftovers are a reasonable amount and are not occurring on a regular basis. SFAs may also freeze leftovers following standard Hazard Analysis Critical Control Points (HACCP) protocols and serve them first on the serving line the next time they reappear in the menu cycle.

Leftovers served to students as part of reimbursable meals are subject to the dietary specifications. Menu planners must ensure that leftovers do not cause the menu to exceed the average weekly limits for calories, saturated fat, and sodium (refer to “[Dietary Specifications](#)” in this section).

## 1 | Introduction

Leftovers are included in the nutrient assessment of school menus when a nutrient analysis is required as part of the CSDE's Administrative Review of the SFA's school nutrition programs. If the SFA conducts their own nutrient analysis, leftovers must be included.

When SFAs consistently have leftovers to add to each day's menus, the menu planner should consider participation trends to provide one reimbursable meal for each child every day.

Leftovers served to students on the same day they are initially offered are considered seconds (refer to "[Second servings](#)" in this section).



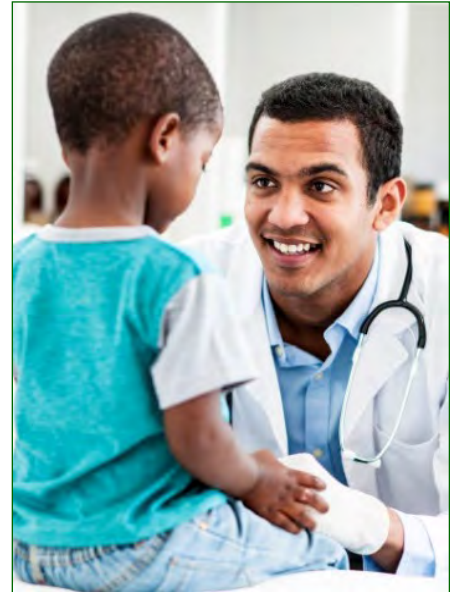
## Meal Modifications for Children with Special Dietary Needs

Schools and institutions participating in the USDA’s school nutrition programs must comply with the federal nondiscrimination laws and requirements for meal modifications for children with special dietary needs. These requirements are summarized below. For detailed guidance, refer to the CSDE’s [Guide to Meal Modifications in the School Nutrition Programs](#) and visit the CSDE’s [Special Diets in School Nutrition Programs](#) webpage.

### Modifications for disability reasons

The USDA requires reasonable meal modifications on a case-by-case basis for children whose disability restricts their diet, based on a medical statement signed by a state licensed healthcare professional or registered dietitian. “Case-by-case basis” means that the meal modifications are specific to the individual medical condition and dietary needs of each child.

The Connecticut State Department of Public Health defines a state-licensed healthcare professional as an individual who is authorized to write medical prescriptions under state law. This includes licensed physicians (MD), physician assistants (PA) and certified physician assistants (PAC), doctors of osteopathy (DO), and advanced practice registered nurses (APRN).



The CSDE’s medical statements and accompanying instructions and guidance are available in the “[Medical Statements](#)” section of the CSDE’s [Special Diets in School Nutrition Programs](#) webpage.

Effective with school year 2024-25 (beginning July 1, 2024), the USDA final rule, [Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans](#), changes the previous references in the regulations for Child Nutrition Programs from “medical authority” to “state licensed healthcare professional or registered dietitian” and revises the regulations to specify that state licensed healthcare professionals and registered dietitians may write medical statements to request meal modifications for children with disabilities. The final rule requires SFAs to accept medical statements from registered dietitians by July 1, 2025. SFAs may choose to implement this change prior to this deadline.

### Modifications for disability reasons

The USDA allows optional meal modifications for children whose special dietary needs do not constitute a disability. Optional modifications for non-disability reasons include requests related to religious or moral convictions, general health concerns, and personal food preferences. An example is a family's preference for gluten-free foods, organic foods, or almond milk because they believe these foods are healthier.

SFAs may choose to provide meal modifications within the NSLP and SBP meal patterns on a case-by-case basis for children whose dietary needs do not constitute a disability. Some examples include meals modified only for texture (e.g., chopped, ground, or pureed foods) and meals that substitute food items from the same meal component, such as substituting a banana for strawberries (fruits component) or substituting chicken for cheese (MMA component).

SFAs may also choose to provide meal modifications outside the NSLP and SBP meal patterns on a case-by-case basis for children whose dietary needs do not constitute a disability. To be reimbursable, modified meals outside the meal patterns require a medical statement signed by a state licensed healthcare professional or registered dietitian.

### Menu Planning Resources

The resources below provide general information and guidance on planning meals to meet the NSLP and SBP meal patterns for grades K-12.

- Crediting Foods for Grades K-12 in School Nutrition Programs (CSDE):  
<https://portal.ct.gov/sde/nutrition/crediting-foods-in-school-nutrition-programs>
- Crediting Guide for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12 (CSDE):  
[https://portal.ct.gov/-/media/sde/nutrition/mpg/guide\\_crediting\\_nslp\\_sbp\\_k12.pdf](https://portal.ct.gov/-/media/sde/nutrition/mpg/guide_crediting_nslp_sbp_k12.pdf)
- Crediting Summary Charts for the Meal Patterns for Grades K-12 in the School Nutrition Programs (CSDE):  
[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/crediting\\_summary\\_charts\\_snp\\_grades\\_k-12.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/crediting_summary_charts_snp_grades_k-12.pdf)
- Cycle Menus (CSDE's Menu Planning for Child Nutrition Programs webpage):  
<https://portal.ct.gov/sde/nutrition/menu-planning#CycleMenus>
- Dietary Specifications: Nutrition Standards for School Meals ("Documents/Forms" section of CSDE's Meal Patterns for Grades K-12 in School Nutrition Programs webpage):  
<https://portal.ct.gov/sde/nutrition/meal-patterns-school-nutrition-programs/documents#DietarySpecifications>

- Food Buying Guide for Child Nutrition Programs (USDA):  
<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>
- Meal Pattern Training for School Nutrition Programs (CSDE webpage):  
<https://portal.ct.gov/sde/nutrition/meal-pattern-training-materials>
- Meal Patterns for Grades K-12 in School Nutrition Programs (CSDE):  
<https://portal.ct.gov/sde/nutrition/meal-patterns-school-nutrition-programs>
- Menu Planner for School Meals (USDA):  
<https://www.fns.usda.gov/tn/menu-planner>
- Menu Planning for Child Nutrition Programs (CSDE):  
<https://portal.ct.gov/sde/nutrition/menu-planning>
- Nutrition Standards for School Meals (USDA webpage):  
<https://www.fns.usda.gov/cn/nutrition-standards-school-meals>
- Offering Meats and Meat Alternates at School Breakfast (USDA):  
<https://www.fns.usda.gov/tn/offering-meats-and-meat-alternates-school-breakfast>
- 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](https://portal.ct.gov/-/media/sde/nutrition/resources/resources_menu_planning.pdf)
- Resources for the School Meal Patterns (CSDE):  
[https://portal.ct.gov/-/media/sde/nutrition/nslp/mealpattern/resources\\_school\\_meal\\_patterns.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/mealpattern/resources_school_meal_patterns.pdf)
- Sodium Limits for the NSLP and SBP Meal Patterns for School Meals for Grades K-12 (CSDE):  
[https://portal.ct.gov/-/media/sde/nutrition/nslp/mealpattern/sodium\\_limits\\_nslp\\_sbp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/mealpattern/sodium_limits_nslp_sbp.pdf)
- Special Diets in School Nutrition Programs (CSDE):  
<https://portal.ct.gov/sde/nutrition/special-diets-in-school-nutrition-programs>
- USDA Foods Connecticut Food Distribution Program (CSDE):  
<https://portal.ct.gov/sde/nutrition/food-distribution-program-usda-foods>
- What's in a Meal: National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12 (CSDE Training Program):  
<https://portal.ct.gov/sde/nutrition/meal-pattern-training-materials>

For detailed guidance on crediting foods, refer to the CSDE's [Crediting Guide for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12](#) and visit the CSDE's [Crediting Foods in School Nutrition Programs](#) webpage. For a comprehensive list of resources with guidance on meeting the NSLP and SBP meal pattern requirements, refer to the CSDE's [Resources for the School Meal Patterns](#).

## Recipe Resources

The USDA's [Recipes for Healthy Kids Cookbook for Schools](#) features healthy standardized recipes that are low in saturated fat, added sugars, and sodium; and include more dark green and orange vegetables, dry beans, peas, and lentils, and whole grains. The Institute of Child Nutrition's (ICN) [Child Nutrition Recipe Box](#) website is a searchable collection of standardized recipes and other resources for the federal nutrition assistance programs.

For additional recipe resources, visit the "[Recipes for Child Nutrition Programs](#)" section of CSDE's [Menu Planning for Child Nutrition Programs](#) webpage. This section includes guidance on school recipes, multicultural recipes, standardized recipes, and using spices and seasonings.





## 2 — Lunch Meal Patterns

This section provides an overview of the requirements for the NSLP meal patterns. For more information, refer to the CSDE's resource, [Overview of Menu Planning for Grades K-12 in the National School Lunch Program](#).

### Overview of Lunch Meal Patterns

To claim reimbursement for lunches served to children, school menus must meet the NSLP meal patterns. SFAs must offer the minimum daily and weekly servings of each meal component and lunch menus must meet the weekly dietary specifications.

- **Required components:** Lunches must include all five meal components (milk, MMA, vegetables, fruits, and grains) in at least the minimum quantity for each grade group in the NSLP lunch meal pattern (refer to [table 2-1](#) and [table 2-2](#) in this section).
- **Milk component:** SFAs must offer at least 1 cup of milk daily for all grade groups. Allowable types of milk include low-fat milk and fat-free milk, either unflavored or flavored. Milk choices must include a variety (at least two different choices) and at least one choice must be unflavored. This component also includes lactose free and lactose-reduced milk and allowable fluid milk substitutes that meet the USDA's nutrition standards for fluid milk substitutes. For more information, refer to the CSDE's resource, [Allowable Fluid Milk Substitutes for Non-Disability Reasons in the School Nutrition Programs](#).
- **MMA component:** SFAs must offer minimum daily and weekly oz eq of the MMA component for each grade group. The maximum oz eq for the MMA is not required but provides a guide to help school menus stay within the weekly calorie ranges. MMA must be served in a main dish or in a main dish and only one other food item.
- **Grains component:** SFAs must offer minimum daily and weekly oz eq of grains for each grade group. The maximum oz eq for the grains component is not required but provides a guide to help school menus stay within the weekly calorie ranges. At least 80 percent of the grains offered each week must be WGR. Grains that are not WGR must be enriched. For more information, refer to the [CSDE's Crediting Enriched Grains in the School Nutrition Program](#) and [Guide to Meeting the Whole Grain-rich Requirement for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12](#).

- **Fruits component:** SFAs must offer minimum daily and weekly servings (cups) of the fruits component. The fruits component includes fresh, frozen, and dried fruit, canned fruit in juice, light syrup, or water, and 100 percent fruit juice. Fruits credit based on volume (cups), except dried fruits (such as raisins or dried apricots) credit as twice the volume served, e.g.,  $\frac{1}{4}$  cup of dried fruit credits as  $\frac{1}{2}$  cup of the fruits component.
- **Vegetables component:** SFAs must offer minimum daily and weekly servings (cups) of the vegetables component. The vegetables component includes fresh, frozen, canned, and dried vegetables, and 100 percent vegetable juice. A serving of canned vegetables must be drained. Dried or dehydrated vegetables (such as potato flakes and dried soup mix) credit based on the amount of vegetables per serving in the rehydrated volume and require a product formulation statement (PFS). Lunch menus must include specific weekly quantities of the five vegetable subgroups (dark green, red/orange, beans, peas, and lentils, starchy, and other). Vegetables credit based on volume (cups), except raw leafy greens (such as lettuce and spinach), which credit as half the volume served, e.g., 1 cup credits as  $\frac{1}{2}$  cup of the vegetables component.
- **Juice:** Fruit juice, vegetable juice, and fruit/vegetable juice blends must be pasteurized 100 percent full-strength juice. Fruit juice cannot exceed half of the weekly fruits offered. Vegetable juice cannot exceed half of the weekly vegetables offered. For example, if the weekly lunch menu for grades 6-8 includes  $2\frac{1}{2}$  cups of fruit, the total amount of juice served during the week cannot exceed  $1\frac{1}{4}$  cups. All sources of juice served in school meals count toward the weekly limit, including juice that is fresh, frozen, and made from concentrate; frozen juice pops made from 100 percent juice; pureed fruits and vegetables in fruit/vegetable smoothies; and juice from canned fruit served in 100 percent juice. For more information, refer to the CSDE's [Crediting Juice in the Meal Patterns for Grades K-12 in the School Nutrition Programs](#) and [Crediting Smoothies in the Meal Patterns for Grades K-12 in the School Nutrition Programs](#).
- **OVS:** To implement OVS at lunch, SFAs must offer all five meal components. For a reimbursable meal with OVS, students must select at least  $\frac{1}{2}$  cup of fruits or vegetables and the full serving of at least two other meal components. For more information, refer to the CSDE's [Offer versus Serve Guide for School Meals](#) and visit the CSDE's [Offer versus Serve for Grades K-12 in School Nutrition Programs](#) webpage.

Table 2-1 shows the five-day lunch meal pattern. SFAs that regularly operate on a seven-day week, such as RCCIs, must follow the seven-day meal pattern (refer to table 2-2). SFAs that regularly operate on three, four, or six days must follow the guidance in the CSDE's resource, [Menu Planning for Shorter or Longer Weeks in the National School Lunch Program and School Breakfast Program](#).

For information on the optional meal patterns for schools and institutions with different grade configurations (such as grades K-8) that prevent students from being separated into the three required grade groups at lunch, refer to “[Multiple Grade Groups](#)” in this section.

Lunch meal patterns for four-day weeks, five-day weeks, and seven-day weeks for each grade group are available on the CSDE’s [Meal Patterns for Grades K-12 in School Nutrition Programs](#) webpage. For three-day and six-day meal patterns, refer to Appendix 2C in the USDA’s guide, [Menu Planner for School Meals](#).

For guidance on the crediting requirements for each meal component, refer to the CSDE’s [Crediting Guide for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12](#). For information on the required records for documenting meal pattern compliance, refer to the CSDE’s [Guide to Menu Documentation for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12](#).

Training on the lunch meal patterns is available in “Module 2: Introduction to School Meal Patterns” and “Module 3: National School Lunch Program (NSLP) Meal Pattern” of the CSDE’s training program, [What’s in a Meal: National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12](#).



Table 2-1. Five-day lunch meal pattern

Meal components	K-5 Daily	K-5 Weekly	6-8 Daily	6-8 Weekly	9-12 Daily	9-12 Weekly
<b>Milk, fluid (cups)</b> Low-fat (1%) or fat-free milk, unflavored or flavored	1	5	1	5	1	5
<b>Fruits (cups)</b> Fruit juice cannot exceed half of the weekly fruits	½	2½	½	2½	1	5
<b>Vegetables (cups)</b> Vegetable juice cannot exceed half of the weekly vegetables	¾	3¾	¾	3¾	1	5
Dark green	0	½	0	½	0	½
Red/orange	0	¾	0	¾	0	1¼
Beans, peas, and lentils	0	½	0	½	0	½
Starchy	0	½	0	½	0	½
Other	0	½	0	½	0	¾
Additional vegetables to reach total	0	1	0	1	0	1½
<b>Grains (oz eq)</b> WGR (≥ 80 percent) or enriched (≤ 20 percent)	1	8-9	1	8-10	2	10-12
<b>MMA (oz eq)</b>	1	8-10	1	9-10	2	10-12

**Dietary specifications:** Daily amount based on the average for a five-day week

Nutrient	K-5	6-8	9-12
Calories	550-650	600-700	750-850
Saturated fat (percentage of total calories)	< 10	< 10	< 10
Sodium (milligrams): Target 1A through June 30, 2027	≤ 1,110	≤ 1,225	≤ 1,280

For important menu planning notes, refer to the CSDE's [National School Lunch Program \(NSLP\) Five-day Lunch Meal Patterns for Grades K-5, 6-8, and 9-12](#).

Table 2-2. Seven-day lunch meal pattern

Meal components	K-5 Daily	K-5 Weekly	6-8 Daily	6-8 Weekly	9-12 Daily	9-12 Weekly
<b>Milk, fluid (cups)</b> Low-fat (1%) or fat-free milk, unflavored or flavored	1	7	1	7	1	7
<b>Fruits (cups)</b> Fruit juice cannot exceed half of the weekly fruits	½	3½	½	3½	1	7
<b>Vegetables (cups)</b> Vegetable juice cannot exceed half of the weekly vegetables	¾	5¼	¾	5¼	1	7
Dark green	0	½	0	½	0	½
Red/orange	0	¾	0	¾	0	1¼
Beans, peas, and lentils	0	½	0	½	0	½
Starchy	0	½	0	½	0	½
Other	0	½	0	½	0	¾
Additional vegetables to reach total	0	2½	0	2½	0	3½
<b>Grains (oz eq)</b> WGR (≥ 80 percent) or enriched (≤ 20 percent)	1	11-12½	1	11-14	2	14-17
<b>MMA (oz eq)</b>	1	11-14	1	12½-14	2	14-17

**Dietary specifications:** Daily amount based on the average for a seven-day week

Nutrient	K-5	6-8	9-12
Calories	550-650	600-700	750-850
Saturated fat (percentage of total calories)	< 10	< 10	< 10
Sodium (milligrams): Target 1A through June 30, 2027	≤ 1,110	≤ 1,225	≤ 1,280

For important menu planning notes, refer to the CSDE's [National School Lunch Program \(NSLP\) Seven-day Lunch Meal Patterns for Grades K-5, 6-8, and 9-12](#).

### Optional Lunch Meal Pattern for Grades K-8

The USDA permits one alternate menu planning option at lunch that allows SFAs to use the same menu for grades K-8. This option applies to schools and institutions with grade configurations that prevent students from being separated into the required grade groups for K-5 and 6-8. Examples include schools with grades K-8 or grades 5-8, where students from different grade groups eat together during the same lunch period.

Table 2-3 compares the daily and weekly requirements for the five-day lunch meal patterns for grades K-5 and 6-8. Table 2-4 compares this information for the seven-day lunch meal patterns. The daily lunch meal pattern requirements for both grade groups are the same and the weekly requirements overlap. This overlap allows SFAs to serve one lunch menu with the same food quantities to both grade groups. The last two columns in each table indicate the daily and weekly requirements for the optional breakfast meal pattern for grades K-8.

The meal patterns for different grade groups overlap when the servings, calories, saturated fat, and sodium do not exceed the highest level for each grade group or go below the lowest level for each grade group.

It is important to note that the optional lunch meal pattern for grades K-8 requires a narrower calorie range (600-650 calories) and more restrictive sodium limit (no more than 1,110 milligrams) than the individual meal patterns for grades K-5 and 6-8. Menu planners must be careful to meet these more restrictive requirements when using this optional lunch meal pattern.

The four-day, five-day, and seven-day optional lunch meal patterns for grades K-8 are available on the CSDE's [Meal Patterns for Grades K-12 in School Nutrition Programs](#) webpage.

Table 2-3. Comparison of five-day lunch requirements for grades K-5 and 6-8

Meal components	K-5 Daily	K-5 Weekly	6-8 Daily	6-8 Weekly	Overlap: K-8 Daily	Overlap: K-8 Weekly
<b>Milk, fluid (cups)</b> Low-fat (1%) or fat-free milk, unflavored or flavored	1	5	1	5	1	5
<b>Fruits (cups)</b>	½	2½	½	2½	½	2½
<b>Vegetables (cups)</b>	¾	3¾	¾	3¾	¾	3¾
Dark green	0	½	0	½	0	½
Red/orange	0	¾	0	¾	0	¾
Beans, peas, and lentils	0	½	0	½	0	½
Starchy	0	½	0	½	0	½
Other	0	½	0	½	0	½
Additional vegetables to reach total	0	1	0	1	0	1
<b>Grains (oz eq)</b>	1	8-9	1	8-10	1	8-9
<b>MMA (oz eq)</b>	1	8-10	1	9-10	1	9-10

**Dietary specifications:** Daily amount based on the average for a five-day week

Nutrient	K-5	6-8	9-12
Calories	550-650	600-700	600-650
Saturated fat (percentage of total calories)	< 10	< 10	< 10
Sodium (milligrams): Target 1A through June 30, 2027	≤ 1,110	≤ 1,225	≤ 1,110

For important menu planning notes, refer to the CSDE's [National School Lunch Program \(NSLP\) Five-day Breakfast Meal Patterns for Grades K-5, 6-8, and 9-12](#).

Table 2-4. Comparison of seven-day lunch requirements for grades K-5 and 6-8

Meal components	K-5 Daily	K-5 Weekly	6-8 Daily	6-8 Weekly	Overlap: K-8 Daily	Overlap: K-8 Weekly
<b>Milk, fluid (cups)</b> Low-fat (1%) or fat-free milk, unflavored or flavored	1	7	1	7	1	7
<b>Fruits (cups)</b>	½	3½	½	3½	½	3½
<b>Vegetables (cups)</b>	¾	5¼	¾	5¼	¾	5¼
Dark green	0	½	0	½	0	½
Red/orange	0	¾	0	¾	0	¾
Beans, peas, and lentils	0	½	0	½	0	½
Starchy	0	½	0	½	0	½
Other	0	½	0	½	0	½
Additional vegetables to reach total	0	2½	0	2½	0	2½
<b>Grains (oz eq)</b>	1	11-12½	1	11-14	1	11-12½
<b>MMA (oz eq)</b>	1	11-14	1	12½-14	1	12½-14

**Dietary specifications:** Daily amount based on the average for a five-day week

Nutrient	K-5	6-8	9-12
Calories	550-650	600-700	600-650
Saturated fat (percentage of total calories)	< 10	< 10	< 10
Sodium (milligrams): Target 1A through June 30, 2027	≤ 1,110	≤ 1,225	≤ 1,110

For important menu planning notes, refer to the CSDE's [National School Lunch Program \(NSLP\) Seven-day Breakfast Meal Patterns for Grades K-5, 6-8, and 9-12](#).



## Lunch for Schools with Grades 6-8 and 9-12

When students from grades 6-8 and 9-12 eat together during the same lunch period, SFAs cannot use the same lunch menu to meet the meal pattern requirements for both groups because the required calorie ranges for grades 6-8 (600-700 calories) and grades 9-12 (750-850 calories) do not overlap (refer to table 2-5).

**Table 2-5. Comparison of NSLP dietary specifications for grades 6-8 and 9-12**

Nutrient	Grades 6-8	Grades 9-12	Grades 9-12
Calories	600-700	750-850	<b>None</b>
Saturated fat (percentage of total calories)	< 10	< 10	< 10
Sodium (milligrams) Target 1A through June 30, 2027	≤ 1,225	≤ 1280 mg	≤ 1,225

This means that SFAs must modify menus to offer appropriate servings when students from grades 6-8 and 9-12 eat together in the same lunch period. Schools and institutions that consist of both grade groups must develop menus accordingly to meet the needs of these two separate groups. There are two menu planning options when grades 6-8 and 9-12 eat together in the same lunch period.

Offering one lunch menu with the same amounts of food for grade 6-12 does not meet the NSLP meal pattern requirements.

### Acceptable lunch menu planning options

To provide reimbursable meals when grades 6-8 and 9-12 eat together, SFAs must adjust the serving sizes or meal components during the meal service to provide the appropriate calories for each grade group. With both menu planning options, menu planners must be careful to limit starchy vegetables and vegetables or fruits with added fat or sugars, so that the weekly lunch menu for grades 6-8 does not exceed 700 calories. Menu planners must also ensure that the weekly lunch menu for grades 9-12 provides at least 750 calories.

Each menu planning option requires clear signage and education for students regarding the food items that each grade group can select. For information on the signage requirements, refer to the CSDE's resource, [Signage Requirements for the National School Lunch Program and](#)

*School Breakfast Program*, and visit the “[Signage and Posters](#)” section of the CSDE’s [Program Guidance for School Nutrition Programs](#) webpage..

- **Option 1: Increase servings of vegetables or fruits:** The simplest menu planning method is to start with the meal components that overlap and make minor adjustments to the offered servings of vegetables or fruits to increase calories for grades 9-12. SFAs can use the following procedures to implement this option.
  1. Plan 2 oz eq of the daily grains component and 2 oz eq of the daily MMA component for both grade groups (6-8 and 9-12). This provides at least the minimum daily and weekly servings for each grade group.
  2. Offer all fruits and vegetables in ½-cup servings.
    - **Grades 6-8:** Students can select one serving (½ cup) of the fruits component and two servings (1 cup total) of the vegetables component. This provides the minimum ½-cup serving of fruit and ¼ cup more than the minimum ¾-cup serving of vegetables. Since additional vegetables are offered, menu planners must ensure that the weekly lunch menu does not exceed 700 calories.
    - **Grades 9-12:** Students can select two servings (1 cup total) of the fruits component and two servings (1 cup total) of the vegetables component. These amounts are the minimum daily servings for grades 9-12.
  3. Post signage at or near the beginning of the serving line and near the fruits and vegetables components to assist students with selecting appropriate quantities based on the planned servings for each grade group. For example, the signage for grades 6-8 could indicate “may select one fruit choice and up to two vegetable choices.” The signage for grades 9-12 could indicate “may select up to two fruit choices and up to two vegetable choices.”

Table 2-6 shows an example of how to implement option 1.

Table 2-6. Sample daily lunch menu for grades 6-8 and 9-12 using option 1

Meal components	Amounts offered to grades 6-8	Additional amounts offered to grades 9-12
<b>Milk, fluid (cups)</b> Low-fat (1%) or fat-free, unflavored or flavored	1	0
<b>Fruits (cups)</b> Offer all fruits in ½-cup servings. Grades 6-8 may take one serving (½ cup) and grades 9-12 may take two servings (1 cup).	½	½
<b>Vegetables (cups)</b> Offer all vegetables in ½-cup servings. Both grade groups may take two servings (1 cup total). Weekly amounts must include the minimum vegetable subgroups for each grade group.	1	0
<b>Grains (oz eq)</b> Offer 2 oz eq of the grains component to each grade group.	2	0
<b>MMA (oz eq)</b> Offer 2 oz eq of the MMA component to each grade group.	2	0



- **Option 2: Vary servings of grains or MMA:** This option uses the same procedures as option 1 but varies the serving size of the grains component or MMA component on some days to provide larger servings for older students. This option relies more heavily on student education and signage but provides more flexibility for menu planners. SFAs can use the following procedures to implement this option.

1. Plan 2 oz eq of the daily grains component and 2 oz eq of the daily MMA component for both grade groups. This provides at least the minimum daily and weekly requirement for both grade groups.



2. Offer all fruits and vegetables in  $\frac{1}{2}$ -cup servings.
  - **Grades 6-8:** Students can select one serving ( $\frac{1}{2}$  cup) of the fruits component and two servings (1 cup total) of the vegetables component. This provides the minimum daily  $\frac{1}{2}$ -cup serving of fruit and  $\frac{1}{4}$  cup more than the minimum daily  $\frac{3}{4}$ -cup serving of vegetables. Since additional vegetables are offered, menu planners must ensure that the weekly lunch menu does not exceed 700 calories.
  - **Grades 9-12:** Students can select two servings (1 cup total) of fruits and two servings (1 cup total) of vegetables. These are the minimum servings for grades 9-12.
3. Increase the oz eq of the grains component or MMA component on some days to provide a larger serving for students in grades 9-12. For example, serve an additional ounce of low-fat cheese or another slice of WGR bread.
4. Post signage at or near the beginning of the serving line and near the appropriate meal components to assist students in selecting appropriate quantities based on the planned menu amounts for each grade group. For example, the signage for grades 6-8 could indicate “may select one fruit choice, up to two vegetable choices, one grain choice, one MMA choice, and one milk choice.” The signage for grades 9-12 could indicate “may select up to two fruit choices, up to two vegetable choices, up to two grain choices, one MMA choice, and one milk choice.”

Table 2-7 shows some examples of how to implement option 2.

Table 2-7. Sample daily lunch menu for grades 6-8 and 9-12 using option 2

Meal components	Amounts offered to grades 6-8	Additional amounts offered to grades 9-12: Example 1	Additional amounts offered to grades 9-12: Example 2
<b>Milk, fluid (cups):</b> Low-fat (1%) or fat-free, unflavored or flavored	1	0	0
<b>Fruits (cups):</b> Offer all fruits in ½-cup servings. Grades 6-8 may take one serving (½ cup) and grades 9-12 may take two servings (1 cup).	½	½	½
<b>Vegetables (cups):</b> Offer vegetables in ½-cup servings. Both grade groups may take two servings (1 cup). Weekly amounts must include the required vegetable subgroups for each grade group.	1	0	0
<b>Grains (oz eq):</b> Offer 2 oz eq of the grains component to each grade group but increase the amount of grains on some days to provide students in grades 9-12 with a larger serving.	2	1	0
<b>MMA (oz eq):</b> Offer 2 oz eq of the MMA component to each grade group but increase the amount of MMA on some days to provide students in grades 9-12 with a larger serving.	2	0	1



### 3 — Meeting the Weekly Requirements for Lunch

The weekly requirements for the lunch meal patterns include minimum servings of the five meal components, minimum servings of the five vegetable subgroups, a minimum percentage of WGR menu items, a limit for juice, and a limit for grain-based desserts. For specific guidance on the meal components for the lunch meal patterns, refer to “[Overview of Lunch Meal Patterns](#)” in section 2.

#### Minimum Weekly Servings

In addition to the minimum daily servings, lunch menus must meet the minimum weekly servings for each grade group. The tables below summarize the five-day and seven-day weekly meal pattern requirements for lunch.

**Table 3-1. Five-day weekly lunch meal pattern for grades K-12**

Meal components	Grades K-5	Grades 6-8	Grades 9-12
Milk (cups)	5	5	5
Fruits (cups)	2½	2½	5
Vegetables (cups) <i>Includes specific amounts of the vegetable subgroups</i>	3¾	3¾	5
Grains (oz eq)	8-9	8-10	10-12
MMA (oz eq)	8-10	9-10	10-12



**Table 3-2. Seven-day weekly lunch meal pattern for grades K-12**

Meal components	Grades K-5	Grades 6-8	Grades 9-12
Milk (cups)	7	7	7
Fruits (cups)	3½	3½	7
Vegetables (cups) <i>Includes specific amounts of the vegetable subgroups</i>	5¼	5¼	7
Grains (oz eq)	11-12½	11-14	14-17
MMA (oz eq)	11-14	12½-14	14-17

**Minimum weekly servings of fruits, vegetables, and milk**

The weekly requirements of fruits, vegetables, and milk for all grades are the sum of the daily requirements. For example, the daily milk requirement for a five-day lunch menu is 1 cup and the weekly requirement is 5 cups.

At lunch, the weekly vegetables requirement includes minimum servings of the five vegetable subgroups (refer to [“Weekly Vegetable Subgroups”](#) in this section).

**Minimum weekly servings of grains and MMA**

The weekly requirements for grains and MMA are different for each grade group. For grades 9-12, the weekly oz eq for grains and MMA are the sum of the daily oz eq.

- For a five-day week, lunch menus for grades 9-12 must provide at least 2 oz eq of grains and 2 oz eq of MMA daily, and at least 10 oz eq of each meal component weekly.
- For a seven-day week, lunch menus for grades 9-12 must provide at least 2 oz eq of grains and 2 oz eq of MMA daily, and at least 14 oz eq of each meal component weekly.

For grades K-5 and 6-8, the weekly oz eq for grains and MMA are more than the sum of the daily oz eq. To meet the weekly oz eq for these grade groups, SFAs must serve more than the minimum daily oz eq of grains and MMA on some days of the week. For example, the lunch meal pattern requires 1 oz eq of grains daily for grades 6-8, but the weekly grains requirement is at least 8 oz eq per week.



The maximum weekly oz eq of grains and MMA are not required but provide a guide to help schools plan age-appropriate meals that meet the weekly dietary specifications for calories, saturated fat, and sodium (refer to “[Dietary Specifications](#)” in section 1).

## Weekly Juice Limits at Lunch

Fruit juice cannot exceed half of the total cups of fruits offered to students during the week. Vegetable juice cannot exceed half of the total amount of vegetables offered to students during the week.

The weekly juice limit is based on the total amount of fruits or vegetables that students are allowed to select at a given meal, regardless of the number of options or variety of fruits or vegetables available.

SFAs must calculate the lunch menu’s compliance with the weekly juice limit separately for fruits and vegetables.

- **Fruits component:** Divide the total cups of 100 percent fruit juice that students may select at all lunches during the week by the total cups of fruits that students may select at all lunches during the week.
- **Vegetables component:** Divide the total cups of 100 percent vegetable juice that students may select at all lunches during the week by the total cups of vegetables that students may select at all lunches during the week.

Juice blends credit based on the first juice ingredient. If the first juice ingredient is fruit juice, the product credits as the fruits component and counts toward the limit for fruit juice. If the first juice ingredient is vegetable juice, the product credits as either the other subgroup or additional vegetables requirement, depending on the needs of the menu planner, and counts toward the limit for vegetable juice.

Menu planners must count all sources of 100 percent juice available to students during the week toward the weekly juice limit. This includes juice that is fresh, frozen, and made from concentrate, frozen juice pops made from 100 percent juice, and pureed fruits and vegetables in fruit/vegetable smoothies.

**Juice limits for grades K-5 and 6-8**

The juice limits at lunch are based on the minimum weekly servings of the fruits component and vegetables component in the NSLP meal pattern. If SFAs serve larger amounts of fruits and vegetables, the weekly juice limit also increases.

- Five-day lunch menus:** If the menu offers the minimum amount of fruits and vegetables in the five-day lunch meal pattern, fruit juice cannot exceed 1¼ cups per week and vegetable juice cannot exceed 1<sup>7</sup>/<sub>8</sub> cups per week. When SFAs serve juice in 4-fluid ounce (½ cup) containers, the lunch menu may offer fruit juice twice per week and vegetable juice three times per week. Tables 3-3 and 3-4 indicate the weekly juice limits for a five-day lunch menu.
- Seven-day lunch menus:** If the menu offers the minimum amount of fruits and vegetables in the seven-day lunch meal pattern, fruit juice cannot exceed 1¾ cups per week and vegetable juice cannot exceed 2<sup>5</sup>/<sub>8</sub> cups per week. When SFAs serve juice in 4-fluid ounce (½ cup) containers, the lunch menu may offer fruit juice three times per week and vegetable juice five times per week. Tables 3-5 and 3-6 indicate the weekly juice limits for a seven-day lunch menu.

Alternatively, elementary and middle schools could serve larger quantities of juice on one or two days if the weekly total complies with the limit. For example, a five-day lunch menu for grades 6-8 could offer 1 cup of fruit juice once per week instead of offering ½ cup of fruit juice twice per week.

**Table 3-3. Weekly fruit juice limits for five-day lunch menus**

Grade group	Required weekly servings of meal component	Maximum weekly juice contribution (50 percent)	Maximum weekly ½-cup juice servings
K-5	2½ cups	1¼ cups	2
6-8	2½ cups	1¼ cups	2
9-12	5 cups	2½ cups	5

Table 3-4. Weekly vegetable juice limits for five-day lunch menus

Grade group	Required weekly servings of meal component	Maximum weekly juice contribution (50 percent)	Maximum weekly ½-cup juice servings
K-5	3¾ cups	1⅞ cups	3
6-8	3¾ cups	1⅞ cups	3
9-12	5 cups	2½ cups	5

Table 3-5. Weekly fruit juice limits for seven-day lunch menus

Grade group	Required weekly servings of meal component	Maximum weekly juice contribution (50 percent)	Maximum weekly ½-cup juice servings
K-5	3½ cups	1¾ cups	3
6-8	3½ cups	1¾ cups	3
9-12	7 cups	3½ cups	7

Table 3-6. Weekly vegetable juice limits for seven-day lunch menus

Grade group	Required weekly servings of meal component	Maximum weekly juice contribution (50 percent)	Maximum weekly ½-cup juice servings
K-5	5¼ cups	2⅝ cups	5
6-8	5¼ cups	2⅝ cups	5
9-12	7 cups	3½ cups	7

### Juice limits for grades 9-12

Five-day and seven-day lunch menus for grades 9-12 may offer ½ cup of fruit juice each day and ½ cup of vegetable juice each day. However, SFAs must be careful not to exceed the weekly calorie limit when offering juice each day because juice contains more calories than whole fruits and vegetables. For example, ½ cup of grape juice contains 76 calories while ½ cup

### 3 | Meeting the Weekly Requirements for Lunch

of fresh grapes contains 34 calories. One cup of fresh sliced peaches contains 60 calories while 1 cup of canned sliced peaches in juice contains 109 calories.

Juice does not provide the same nutritional benefits as whole fruits and vegetables. Whole fruits and vegetables should be served most often, as recommended by the [Dietary Guidelines for Americans](#). School menus might exceed the weekly calorie limits if juice is served frequently.

#### Required signage for juice limits at lunch

Cafeteria menus and signage must clearly indicate the specific amount of fruits, vegetables, and juice that students may select with each meal. If SFAs offer juice at lunch, signage must reflect the juice limit. Some examples of possible language to communicate the juice limit are indicated below.

- May choose any two fruit servings (no more than one juice).
- May choose two fruit servings or one fruit and one juice.
- May choose up to two servings of fruit (no more than one juice).
- May choose two fruit servings and two vegetable servings (no more than one juice).
- May choose two fruits or one fruit and one juice.
- May choose one fruit and one juice.

This type of language must be indicated on school menus and in signage on the serving line where the fruits, vegetables, and are located.



### Juice limit calculation for lunch

The sample calculation below shows how to determine if a five-day lunch menu for grades 6-8 meets the weekly fruit juice limit.

A lunch menu for grades 6-8 offers 1 cup of fruit daily, which is  $\frac{1}{2}$  cup more than the minimum daily requirement for this grade group. Students may select up to two servings from a variety of  $\frac{1}{2}$ -cup fruit choices, including fresh fruits, canned fruits in juice, and 100 percent fruit juice.

Cafeteria menus and signage instruct students to select two servings of fruit or one serving of fruit and one serving of juice. Students are not allowed to choose more than one serving ( $\frac{1}{2}$  cup) of juice because this would exceed the weekly juice limit.

**1. Calculate total weekly juice offerings:**

Multiply the total daily cups of juice that students are allowed to select by the number of days in the week.

- Students may select one  $\frac{1}{2}$ -cup serving of fruit daily:  
 $\frac{1}{2}$  cup multiplied by 5 days equals  $2\frac{1}{2}$  cups.

**2. Calculate total weekly fruit offerings:**

Multiply the total daily cups of fruit that students are allowed to select by the number of days in the week.

- Students may select two  $\frac{1}{2}$ -cup servings of fruit daily (1 cup total):  
1 cup multiplied by 5 days equals 5 cups.

**3. Calculate weekly percentage of juice offerings:**

Divide the total cups of juice (step 1) by the total cups of fruit (step 2) and multiply by 100.

- $2\frac{1}{2}$  cups divided by 5 cups equals 0.5 multiplied by 100 equals 50 percent.

This lunch menu meets the weekly juice limit because the  $2\frac{1}{2}$  cups of juice offered to students during the week is half of the 5 cups of fruits offered to students during the week.

#### Weekly Vegetable Subgroups

The lunch meal pattern requires minimum weekly servings of five vegetable subgroups based on the recommendations of the [Dietary Guidelines for Americans](#) and the [vegetables group](#) in Choose MyPlate. These subgroups include dark green, red/orange, beans, peas, and lentils, starchy, and other.

Effective July 1, 2024, the USDA final rule, [Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans](#), changes the name of the previous “legumes (beans and peas)” vegetable subgroup to the “beans, peas, and lentils” vegetable subgroup for consistency with the [2020-2025 Dietary Guidelines for Americans](#).

SFAs may offer the vegetable subgroups in any order and amount throughout the week. The vegetable subgroups do not have a daily requirement. SFAs may choose to break up the subgroup requirements throughout the week and offer the same vegetable subgroup several different times during the week if:

- the weekly menu meets the full vegetable subgroup requirements; and
- each day’s lunch includes the minimum serving of vegetables.

For example, SFAs can meet the required weekly  $\frac{1}{2}$  cup of beans, peas, and lentils for a five-day menu by offering a black bean salsa on Monday that provides  $\frac{1}{4}$  cup of black beans and a bean burrito on Thursday that provides  $\frac{1}{4}$  cup of kidney beans. The menu must also include additional vegetable servings so that each lunch meets the minimum daily requirement for each grade group ( $\frac{3}{4}$  cup for grades K-5 and 6-8, and 1 cup for grades 9-12).

All students must have access to the appropriate quantities of all vegetable subgroups each week. If a school has multiple serving lines, each serving line must offer all vegetable subgroups on a weekly basis, in at least the minimum required amounts. For more information on multiple serving lines, refer to section 5 of the CSDE’s [Guide to Meal Service Requirements for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12](#).

For information on the vegetable subgroups, refer to the CSDE’s resource, [Vegetable Subgroups in the National School Lunch Program](#). For guidance and examples of how to use the USDA’s [Food Buying Guide for Child Nutrition Programs](#) (FBG) to determine purchasing

and crediting information for vegetables, refer to chapter 2 of the USDA's [Menu Planner for School Meals](#).

### Additional vegetables

The required weekly quantities for the five vegetable subgroups do not add up to the total weekly vegetables requirement. The additional vegetables category makes up the difference.

For example, the required servings of the vegetable subgroups in the five-day meal pattern for grades K-5 and 6-8 add up to  $2\frac{3}{4}$  cups per week. Since both grade groups require  $3\frac{3}{4}$  cups of vegetables per week, SFAs must provide 1 cup of additional vegetables to meet the minimum weekly total. These additional vegetables may come from any of the five subgroups.

The tables below show the required weekly quantities of the vegetable subgroups and additional vegetables for each grade group at lunch for five-day and seven-day weeks.

**Table 3-7. Vegetable subgroups and additional vegetables for five-day weeks**

Vegetables (cups)	Grades K-5 and 6-8	Grades 9-12
Dark green	$\frac{1}{2}$	$\frac{1}{2}$
Red/orange	$\frac{3}{4}$	$1\frac{1}{4}$
Beans, peas, and lentils	$\frac{1}{2}$	$\frac{1}{2}$
Starchy	$\frac{1}{2}$	$\frac{1}{2}$
Other	$\frac{1}{2}$	$\frac{3}{4}$
<b>Subtotal</b>	<b><math>2\frac{3}{4}</math></b>	<b><math>3\frac{1}{2}</math></b>
Additional vegetables required for weekly total (any subgroup)	1	$1\frac{1}{2}$
<b>Total weekly vegetables</b>	<b><math>3\frac{3}{4}</math></b>	<b>5</b>



**Table 3-8. Vegetable subgroups and additional vegetables for seven-day weeks**

Vegetables (cups)	Grades K-5 and 6-8	Grades 9-12
Dark green	½	½
Red/orange	¾	1¼
Beans, peas, and lentils	½	½
Starchy	½	½
Other	½	¾
<b>Subtotal</b>	<b>2¾</b>	<b>3½</b>
Additional vegetables required for weekly total (any subgroup)	2½	3½
<b>Total weekly vegetables</b>	<b>5¼</b>	<b>7</b>

### Weekly WGR Requirement at Lunch

At least 80 percent of the grains offered at lunch each week must be WGR. Grains that are not WGR must be enriched. The determination of whether the weekly lunch menu offers at least 80 percent WGR grains is based on the total oz eq of all grain items offered with all menu choices during the week.

SFAs may calculate the weekly menu’s percentage of WGR grains using the CSDE’s Excel worksheet, [Worksheet to Calculate the Weekly Percentage of Whole Grain-rich Menu Items in School Lunch and Breakfast Menus for Grades K-12](#). For additional guidance, refer to the CSDE’s resource, [Calculating the Weekly Percentage of Whole Grain-rich Menu Items in the National School Lunch Program and School Breakfast Program](#).

### Weekly Limit for Grain-based Desserts

The total amount of WGR and enriched grain-based desserts at lunch cannot exceed 2 oz eq per week. For example, the lunch menu may include a 2-oz eq grain-based dessert once per week or a 1-oz eq grain-based dessert twice per week.

The limit for grain-based desserts also applies to non-WGR grain products offered as extra foods at lunch. For example, an enriched fortune cookie that credits as at least ¼ oz eq also counts toward the weekly limit for grain-based desserts. For more information, refer to the CSDE’s resource, [Crediting Grain-based Desserts in the Meal Patterns for Grades K-12 in the School Nutrition Programs](#).



### Weekly Requirement for Grains and MMA at Lunch

The tables below show the weekly meal pattern requirements for the grains component and MMA component at lunch. The maximum oz eq are not required but provide a guide for planning age-appropriate meals that meet the weekly dietary specifications for calories, saturated fat, and sodium.

Menu planners may offer larger amounts of grains and MMA if the weekly menu meets the dietary specifications (refer to “[Dietary Specifications](#)” in section 1). Keep in mind that menus that consistently offer larger amounts of grains and MMA might exceed the weekly limits for calories, saturated fat, and sodium.

**Table 3-9. Required weekly oz eq of grains and MMA for five-day lunch menus**

Grades	Grains	MMA
K-5	8-9	8-10
6-8	8-10	9-10
9-12	10-12	10-12

**Table 3-10. Required weekly oz eq of grains and MMA for seven-day lunch menus**

Grades	Grains	MMA
K-5	11-12½	11-14
6-8	11-14	12½-14
9-12	14-17	14-17

### Calculating Weekly Grains and MMA at Lunch

SFAs must determine the total oz eq of grains and MMA in the weekly lunch menu by adding all planned daily oz eq for the week, separately for grains and MMA. If the menu offers a choice of more than one grain or MMA item on an individual day, the menu planner must use the smallest oz eq choice to count toward the weekly requirements. For example, if the lunch menu offers a 1½-oz eq grain item and a 2-oz eq grain item, the menu planner must count the 1½-oz eq grain item toward the weekly grain requirements.

When lunch menus include grain or MMA choices with different oz eq each day or over the week, SFAs must ensure that the weekly menu provides the minimum oz eq.

### Meeting Weekly Grains and MMA for Grades K-5 and 6-8

For grades K-5 and 6-8, menu planners must offer more than the minimum daily 1 oz eq of grains and MMA on some days to meet the weekly requirement. Lunch menus that offer only 1 oz eq do not meet the weekly requirements because the sum of the daily oz eq is less than the minimum weekly requirement. For example, offering 1 oz eq daily provides 5 oz eq for a five-day week and 7 oz eq for a seven-day week.

#### Example 1: Offering 1 oz eq of grains or MMA daily for grades K-5

Day 1	Day 2	Day 3	Day 4	Day 5	Weekly
1	1	1	1	1	5

- Meets daily grains or MMA for grades K-5 ( $\geq 1$  oz eq):  Yes  No
- Meets weekly grains or MMA for grades K-5 ( $\geq 8$  oz eq):  Yes  No

#### Example 2: Offering 1 oz eq of MMA daily for grades 6-8

Day 1	Day 2	Day 3	Day 4	Day 5	Weekly
1	1	1	1	1	5

- Meets daily MMA for grades 6-8 ( $\geq 1$  oz eq):  Yes  No
- Meets weekly MMA for grades 6-8 ( $\geq 9$  oz eq):  Yes  No

**Example 3: Offering more than 1 oz eq of grains or MMA daily for grades K-5**

Day 1	Day 2	Day 3	Day 4	Day 5	Weekly
1½	1½	2	1½	1½	8

- Meets daily grains and MMA for grades K-5 ( $\geq 1$  oz eq):  Yes  No
- Meets weekly grains and MMA for grades K-5 ( $\geq 8$  oz eq):  Yes  No

**Example 4: Offering more than 1 oz eq of MMA daily for grades 6-8**

Day 1	Day 2	Day 3	Day 4	Day 5	Weekly
2	2	2	1½	1½	9

- Meets daily MMA for grades K-5 ( $\geq 1$  oz eq):  Yes  No
- Meets weekly MMA for grades K-5 ( $\geq 9$  oz eq):  Yes  No

**Meeting Weekly Grains and MMA for Grades 9-12**

Lunch menus for grades 9-12 that offer only the minimum daily 2 oz eq of the grains component or MMA component will meet the minimum weekly requirement. The weekly sum of the daily oz for grades 9-12 eq is the same as the minimum weekly oz eq. For example, offering 2 oz eq daily provides 10 oz eq for a five-day week and 14 oz eq for a seven-day week.

The daily lunch menu for grades 9-12 may offer more than 2 oz eq of grains and MMA. However, menus that consistently offer larger amounts might exceed the weekly limits for calories, saturated fat, and sodium.

**Example 1: Offering 2 oz eq of grains or MMA daily for grades 9-12**

Day 1	Day 2	Day 3	Day 4	Day 5	Weekly
2	2	2	2	2	10

- Meets daily grains or MMA for grades 9-12 ( $\geq 2$  oz eq):  Yes  No
- Meets weekly grains or MMA for grades 9-12 ( $\geq 10$  oz eq):  Yes  No

### Offering Multiple Grain or MMA Choices with Different Oz Eq

When lunch menus offer multiple grain or MMA choices with different oz eq, the menu planner must use the smallest oz eq choice to determine the total weekly oz eq. Only the menu item with the smallest oz eq counts toward the weekly requirements.

#### Example 1: Different daily grain or MMA choices for grades K-5

A five-day lunch menu for grades K-5 offers three different grain or MMA choices that provide the same oz eq on an individual day. Days 1 through 4 offer three 1½-oz eq choices. Day 5 offers three 2-oz eq choices. This lunch menu offers a total of 8 oz eq and meets the minimum weekly requirement.

Menu	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly
Choice 1	1½	1½	1½	1½	2	8
Choice 2	1½	1½	1½	1½	2	8
Choice 3	1½	1½	1½	1½	2	8

- Meets daily grains and MMA for grades K-5 (≥ 1 oz eq):  Yes  No
- Meets weekly grains and MMA for grades K-5 (≥ 8 oz eq):  Yes  No

#### Example 2: Different daily MMA choices for grades 6-8

A five-day lunch menu for grades 6-8 offers three different daily MMA choices (1½ oz eq, 1¾ oz eq, and 2 oz eq). The menu planner must count the 1½-oz eq choice toward the weekly oz eq because it is the smallest oz eq. This lunch menu offers a total of 7½ oz eq and does not meet the minimum weekly requirement.

Menu	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly
<b>Choice 1</b>	<b>1½</b>	<b>1½</b>	<b>1½</b>	<b>1½</b>	<b>1½</b>	<b>7½</b>
Choice 2	1¾	1¾	1¾	1¾	1¾	8¾
Choice 3	2	2	2	2	2	10

- Meets daily MMA for grades 6-8 (≥ 1 oz eq):  Yes  No
- Meets weekly MMA for grades 6-8 (≥ 9 oz eq):  Yes  No

**Example 3: Different daily grain choices for grades 9-12**

A five-day lunch menu for grades 9-12 offers three grain choices that provide the same oz eq on an individual day. Days 1 through 4 offer three 2-oz eq choices. Day 5 offers three 2½-oz eq choices. This lunch menu offers a weekly total of 10½ oz eq and meets the minimum weekly requirement.

Menu	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly
Choice 1	2	2	2	2	2½	10½
Choice 2	2	2	2	2	2½	10½
Choice 3	2	2	2	2	2½	10½

- Meets daily grains for grades 9-12 ( $\geq 2$  oz eq):  Yes  No
- Meets weekly grains for grades 9-12 ( $\geq 10$  oz eq):  Yes  No

**Example 4: Different daily MMA choices for grades 9-12**

A five-day lunch menu for grades 9-12 offers three different MMA choices (2 oz eq, 2¼ oz eq, and 2½ oz eq) each day. The menu planner must count the 2 oz eq choice toward the weekly oz eq because it is the daily menu item with the smallest oz eq. This lunch menu offers a total of 10 oz eq and meets the minimum weekly requirement.

Menu	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly
<b>Choice 1</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>10</b>
Choice 2	2¼	2¼	2¼	2¼	2¼	11¼
Choice 3	2½	2½	2½	2½	2½	12½

- Meets daily MMA for grades 9-12 ( $\geq 2$  oz eq):  Yes  No
- Meets weekly MMA for grades 9-12 ( $\geq 10$  oz eq):  Yes  No

### 3 | Meeting the Weekly Requirements for Lunch

**Reminder:** When the lunch menu offers two or more daily choices with different oz eq, each choice must provide at least the minimum daily oz eq. The determination of whether the menu meets the minimum weekly requirement is based on the daily item with the smallest oz eq.



## 4 — Breakfast Meal Patterns

This section provides an overview of the requirements for the SBP meal patterns. For more information, refer to the CSDE's resource, [Overview of Menu Planning for Grades K-12 in the School Breakfast Program](#).

### Overview of Breakfast Meal Patterns

To claim reimbursement for breakfasts served to children, school menus must meet the SBP meal patterns. SFAs must offer the minimum daily and weekly servings of each meal component and breakfast menus must meet the weekly dietary specifications.

- Required components:** Breakfasts must include all three components (milk, fruits including vegetable substitutions, and grains/MMA) in at least the minimum quantity for each grade group in the SBP meal pattern (refer to [table 4-1](#) and [table 4-2](#) in this section).
- Milk component:** SFAs must offer at least 1 cup of milk daily for all grade groups. Allowable types of milk include low-fat milk and fat-free milk, either unflavored or flavored. Milk choices must include a variety (at least two different choices) and at least one choice must be unflavored. This component also includes lactose free and lactose-reduced milk and allowable fluid milk substitutes that meet the USDA's nutrition standards for fluid milk substitutes. For more information, refer to the CSDE's resource, [Allowable Fluid Milk Substitutes for Non-Disability Reasons in the School Nutrition Programs](#).
- Fruits component:** SFAs must offer at least 1 cup of fruit daily for all grade groups. The fruits component includes fresh, frozen, and dried fruit; canned fruit in juice, light syrup, or water; and 100 percent fruit juice. Fruits credit based on volume (cups), except dried fruits credit as twice the volume served. Effective July 1, 2024, the USDA final rule, [Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans](#), continues to allow SFAs to substitute vegetables for fruits in the SBP and simplifies the vegetable variety requirement.
- Juice:** Fruit juice, vegetable juice, and fruit/vegetable juice blends must be pasteurized 100 percent full-strength juice. Fruit juice together with vegetable juice cannot exceed half of the weekly amount of fruits offered at breakfast. For example, if the weekly breakfast menu for grades 6-8 includes 5 cups of fruit, juice cannot exceed 2½ cups. All sources of juice served in school meals count toward the weekly limit, including juice that is fresh, frozen, and made from concentrate; frozen juice pops made from 100 percent juice; pureed fruits and vegetables in fruit/vegetable smoothies; and juice from canned

fruit served in 100 percent juice. For more information, refer to the CSDE's [Crediting Juice in the Meal Patterns for Grades K-12 in the School Nutrition Programs](#).

- Grains/MMA component:** Effective July 1, 2024, the USDA final rule, [Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans](#), establishes a combined grains and MMA component in the SBP meal pattern and removes the requirement to offer 1 oz eq of grains each day at breakfast. SFAs may offer 1 oz eq of grains, MMA, or a combination of both. Breakfast menus must also meet the minimum weekly oz eq for each grade group. The maximum weekly limit is not required but provides a guide to help menus stay within the weekly calorie range. At least 80 percent of grains must be WGR. Grains that are not WGR must be enriched. For more information, refer to the [CSDE's Crediting Enriched Grains in the School Nutrition Program](#) and [Guide to Meeting the Whole Grain-rich Requirement for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12](#).
- OVS:** To implement OVS at breakfast, SFAs must offer a minimum of four food items from the three meal components. The four food items may include one of the following: a) two servings of grains/MMA (either two of the same grain/MMA or two different grains/MMA); b) one serving of grains and one serving of MMA; or c) or two servings of fruits or vegetable substitutions (either two of the same fruit or vegetable, two different fruits or vegetables, or one fruit and one vegetable). The four food items cannot include two servings of milk. For a reimbursable meal with OVS, students must select at least three food items including ½ cup of fruit (or vegetable substitution, if offered) and the full serving of at least two other food items. For more information, refer to the CSDE's [Offer versus Serve Guide for School Meals](#) and visit the CSDE's [Offer versus Serve for Grades K-12 in School Nutrition Programs](#) webpage.

Table 4-1 shows the five-day breakfast meal pattern. SFAs that regularly operate on a seven-day week, such as RCCIs, must follow the seven-day meal pattern (refer to table 4-2). SFAs that regularly operate on three, four, or six days must follow the guidance in the CSDE's resource, [Menu Planning for Shorter or Longer Weeks in the National School Lunch Program and School Breakfast Program](#).

Breakfast meal patterns for four-day weeks, five-day weeks, and seven-day weeks for each grade group are available on the CSDE's [Meal Patterns for Grades K-12 in School Nutrition Programs](#) webpage. For three-day and six-day meal patterns, refer to Appendix 2C in the USDA's guide, [Menu Planner for School Meals](#).



Training on the breakfast meal patterns is available in “Module 2: Introduction to School Meal Patterns” and “Module 4: School Breakfast Program (SBP) Meal Pattern” of the CSDE’s training program, [What’s in a Meal: National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12](#).

**Table 4-1. Five-day breakfast meal pattern**

Meal components	K-5 Daily	K-5 Weekly	6-8 Daily	6-8 Weekly	9-12 Daily	9-12 Weekly
<b>Milk, fluid (cups)</b> Low-fat (1%) or fat-free milk, unflavored or flavored	1	5	1	5	1	5
<b>Fruits (cups)</b> Vegetables may substitute for fruits  Fruit juice together with vegetable juice cannot exceed half of the weekly fruits	1	5	1	5	1	5
<b>Grains, MMA or both (oz eq)</b> Grains must be WGR (≥ 80 percent) or enriched (≤ 20 percent)	1	7-10	1	8-10	1	9-10

**Dietary specifications:** Daily amount based on the average for a five-day week

Nutrient	K-5	6-8	9-12
Calories	350-500	400-550	450-600
Saturated fat (percentage of total calories)	< 10	< 10	< 10
Sodium (milligrams): Target 1 through June 30, 2027	≤ 540	≤ 600	≤ 640

For important menu planning notes, refer to the CSDE’s [School Breakfast Program \(SBP\) Five-day Breakfast Meal Patterns for Grades K-5, 6-8, and 9-12](#).

Table 4-2. Seven-day breakfast meal pattern

Meal components	K-5 Daily	K-5 Weekly	6-8 Daily	6-8 Weekly	9-12 Daily	9-12 Weekly
<b>Milk, fluid (cups)</b> Low-fat (1%) or fat-free milk, unflavored or flavored	1	7	1	7	1	7
<b>Fruits (cups)</b> Vegetables may substitute for fruits  Fruit juice together with vegetable juice cannot exceed half of the weekly fruits	1	7	1	7	1	7
<b>Grains, MMA or both (oz eq)</b> Grains must be WGR (≥ 80 percent) or enriched (≤ 20 percent)	1	10-14	1	11-14	1	12½-14

**Dietary specifications:** Daily amount based on the average for a seven-day week

Nutrient	K-5	6-8	9-12
Calories	350-500	400-550	450-600
Saturated fat (percentage of total calories)	< 10	< 10	< 10
Sodium (milligrams): Target 1 through June 30, 2027	≤ 540	≤ 600	≤ 640

For important menu planning notes, refer to the CSDE’s [School Breakfast Program \(SBP\) Seven-day Breakfast Meal Patterns for Grades K-5, 6-8, and 9-12](#).

## Optional Breakfast Meal Patterns for Grades K-12

The USDA permits three alternate menu planning options at breakfast that allows SFAs to use the same menu for grades K-12. This option applies to schools and institutions with grade configurations that prevent students from being separated into the required grade groups at breakfast. This option applies to any combination of grade groups at breakfast, such as grades K-8, grades K-12, and grades 6-12.

### Breakfast for schools with grades K-12

Table 4-3 compares the daily and weekly requirements for the five-day breakfast meal patterns for grades K-5 and 6-8. Table 4-4 compares this information for the seven-day breakfast meal patterns. The daily breakfast meal pattern requirements for both grade groups are the same and the weekly requirements overlap. This overlap allows SFAs to serve one breakfast menu with the same food quantities to both grade groups. The last two columns in each table indicate the daily and weekly requirements for the optional breakfast meal pattern for grades K-12.

The meal patterns for different grade groups overlap when the meal component servings, calories, saturated fat, and sodium do not exceed the highest level for each grade group or go below the lowest level for each grade group.

The four-day, five-day, and seven-day breakfast meal patterns for the grades K-12 option, grades K-8 option, and grades 6-12 option are available on the CSDE's [Meal Patterns for Grades K-12 in School Nutrition Programs](#) webpage.



Table 4-3. Comparison of five-day breakfast meal patterns for grades K-12

Meal components	K-5 Daily	K-5 Weekly	6-8 Daily	6-8 Weekly	Overlap: K-12 Daily	Overlap: K-12 Weekly
<b>Milk, fluid (cups)</b> Low-fat (1%) or fat-free, unflavored or flavored	1	5	1	5	1	5
<b>Fruits (cups)</b>	1	5	1	5	1	5
<b>Grains (oz eq)</b>	1	7-10	1	8-10	1	9-10

**Dietary specifications:** Daily amount based on the average for a five-day week

Nutrient	K-5	6-8	K-12
Calories	350-500	400-550	450-600
Saturated fat (percentage of total calories)	< 10	< 10	< 10
Sodium (milligrams) Target 1 through June 30, 2027	≤ 540	≤ 600	≤ 540

For important menu planning notes, refer to the CSDE's [School Breakfast Program \(SBP\) Five-day Breakfast Meal Patterns for Grades K-5, 6-8, and 9-12](#).

Table 4-4. Comparison of seven-day breakfast meal patterns for grades K-12

Meal components	K-5 Daily	K-5 Weekly	6-8 Daily	6-8 Weekly	Overlap: K-12 Daily	Overlap: K-12 Weekly
<b>Milk, fluid (cups)</b> Low-fat (1%) or fat-free, unflavored or flavored	1	7	1	7	1	7
<b>Fruits (cups)</b>	1	7	1	7	1	7
<b>Grains (oz eq)</b>	1	10-14	1	11-14	1	12½-14

**Dietary specifications:** Daily amount based on the average for a seven-day week

Nutrient	K-5	6-8	K-12
Calories	350-500	400-550	450-600
Saturated fat (percentage of total calories)	< 10	< 10	< 10
Sodium (milligrams) Target 1 through June 30, 2027	≤ 540	≤ 600	≤ 540

For important menu planning notes, refer to the CSDE's [School Breakfast Program \(SBP\) Seven-day Breakfast Meal Patterns for Grades K-5, 6-8, and 9-12](#).

## Considerations for Calories and Sodium

The table below summarizes the weekly calorie ranges for the three required grade groups and the three optional grade groups for the breakfast meal patterns.

**Table 4-5. Weekly calorie ranges for the SBP meal patterns**

Grade groups	Calories
K-5	350-500
6-8	400-550
9-12	450-600
K-8 option	400-500
6-12 option	450-550
K-12 option	450-500

The table below summarizes the current weekly sodium limits (Target 1) through June 30, 2027, for the three required grade groups and the three optional grade groups for the breakfast meal patterns.

**Table 4-6. Weekly sodium limits for the SBP meal patterns**

Grade groups	Sodium (Target 1) through June 30, 2027
K-5	≤ 540 milligrams
6-8	≤ 600 milligrams
9-12	≤ 640 milligrams
K-8 option	≤ 540 milligrams
6-12 option	≤ 600 milligrams
K-12 option	≤ 540 milligrams

It is important to note that the optional breakfast meal pattern for grades K-12 requires a narrower calorie range (450-500 calories) and more restrictive sodium limit (no more than 540 milligrams) than the individual meal patterns for each grade group. This is also true for the optional breakfast meal patterns for grades K-8 and grades 6-12. Menu planners must be careful to meet these more restrictive requirements when using one breakfast meal pattern for grades K-12.

## 5 — Meeting the Weekly Requirements for Breakfast

The weekly menu planning requirements for breakfast include minimum servings of the three meal components, a minimum percentage of WGR menu items, weekly requirements when vegetables substitute for fruits, and a juice limit. For specific guidance on the meal components for the breakfast meal patterns, refer to “[Overview of Breakfast Meal Patterns](#)” in section 4.

### Minimum Weekly Servings

In addition to the minimum daily servings, breakfast menus must meet the minimum weekly servings for the fruits component (including optional vegetable substitutions), milk component, and grains/MMA component. The tables below summarize the five-day and seven-day weekly meal pattern requirements for breakfast.

**Table 5-1. Five-day weekly breakfast meal pattern**

Meal components	Grades K-5	Grades 6-8	Grades 9-12
Milk (cups)	5	5	5
Fruits or optional vegetable substitutions (cups)	5	5	5
Grains, MMA, or combination (oz eq)	7-10	8-10	9-10

**Table 5-2. Seven-day weekly breakfast meal pattern**

Meal components	Grades K-5	Grades 6-8	Grades 9-12
Milk (cups)	7	7	7
Fruits or optional vegetable substitutions (cups)	7	7	7
Grains, MMA, or combination (oz eq)	10-14	11-14	12½-14

### Minimum weekly servings of fruits and milk

The weekly requirements for fruits (including optional vegetable substitutions) and milk for all grades are the sum of the daily requirements. For example, the daily milk requirement for a five-day breakfast menu is 1 cup and the weekly requirement is 5 cups.

### Minimum weekly servings of grains/MMA

The minimum weekly requirements for the grains/MMA component are different for each grade group and are more than the sum of the daily requirements. To meet the weekly requirement, SFAs must serve more than the minimum daily oz eq of grains/MMA on some days of the week. For example, a five-day breakfast menu that offers 1½ oz eq of grains/MMA daily (7½ oz eq per week) meets the weekly requirements for grades K-5 but not for grades 6-8 or grades 9-12.

The maximum weekly daily oz eq of grains/MMA are not required, but provide a guide to help schools plan age-appropriate meals that meet the weekly dietary specifications for calories, saturated fat, and sodium (refer to “[Dietary Specifications](#)” in section 1).





## Weekly Vegetables at Breakfast

The SBP meal pattern does not require the vegetables component but allows SFAs to substitute vegetables for the fruits component. Menus must meet certain requirements for the vegetable subgroups depending on the frequency of vegetable substitutions.

- **One day per school week:** SFAs that choose to offer vegetable substitutions on one day per school week may offer any vegetable from the five subgroups, including a starchy vegetable.
- **Two or more days per school week:** SFAs that choose to offer vegetable substitutions on two or more days per school week must offer vegetables from at least two different subgroups.

For more information, refer to “[Weekly Vegetable Subgroups](#)” in section 3.

Effective July 1, 2024, the USDA final rule, *Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans*, continues to allow SFAs to substitute vegetables for fruits in the SBP. The final rule also simplifies the variety requirement for the vegetable subgroups based on the frequency of vegetable substitutions offered at breakfast.



### Weekly Juice Limit at Breakfast

The weekly juice limit is based on the cups of fruits (and vegetables, if offered) that students are allowed to select at a given meal, regardless of the number of options or variety of fruits and vegetables available. The total cups of fruit juice together with vegetable juice (including fruit and vegetable juice blends) offered at breakfast during the week cannot exceed half of the total cups of fruits and vegetables offered at breakfast during the week. For example, a breakfast menu that offers 5 cups of the fruits component over the week may offer up to 2½ cups of juice over the week.

SFAs determine if the breakfast menu complies with the weekly juice limit by dividing the total cups of 100 percent fruit juice (and vegetable juice, if offered) that students may select at all breakfasts during the week by the total cups of fruits (and vegetables, if offered) that students may select at all breakfasts during the week. For a sample calculation of the weekly juice limit, refer to [“Juice limit calculation for lunch”](#) in section 4.

As a reminder, juice includes 100 percent fruit juice, frozen juice pops made from 100 percent juice, and pureed fruits and vegetables in fruit/vegetable smoothies.

The tables below show the weekly juice limits at breakfast, based on the minimum servings of the fruits component for the five-day and seven-day breakfast meal patterns.

**Table 5-3. Weekly juice limits for five-day breakfast menus**

Grade group	Required weekly servings of meal component	Maximum weekly juice contribution (50 percent)	Maximum weekly ½-cup juice servings
K-5	5 cups	2½ cups	5
6-8	5 cups	2½ cups	5
9-12	5 cups	2½ cups	5

Table 5-4. Weekly juice limits for seven-day breakfast menus

Grade group	Required weekly servings of meal component	Maximum weekly juice contribution (50 percent)	Maximum weekly ½-cup juice servings
K-5	7 cups	3½ cups	7
6-8	7 cups	3½ cups	7
9-12	7 cups	3½ cups	7

### Offering a variety of fruit and juice choices at breakfast

Breakfast menus must include at least 1 cup of the fruits component daily for all grades. If the breakfast menu offers a variety of ½-cup fruit and juice choices, and allows students to select any two choices, students cannot select more than one serving (½ cup) of juice to comply with the weekly juice limit. SFAs must provide clear signage regarding the fruit and juice choices that student may select at breakfast (refer to “[Required signage for juice limits at breakfast](#)” in this section).

### Offering more than the minimum daily fruits component at breakfast

If the breakfast menu offers more than 1 cup of the fruits component daily, the maximum amount of juice that may be served also increases. For example, a breakfast menu that offers 2 cups of the fruits component daily could offer 1 cup (8 fluid ounces) of juice daily. However, menu planners must be careful not to exceed the weekly calorie limits when offering juice daily, because juice contains more calories than whole fruits and vegetables.

Juice does not provide the same nutritional benefits as whole fruits and vegetables. Whole fruits and vegetables should be served most often, as recommended by the *Dietary Guidelines for Americans*. School menus might exceed the weekly calorie limits if juice is served frequently.

### Required signage for juice limits at breakfast

Cafeteria menus and signage must clearly indicate the specific amount of fruit and juice that students may select with each meal. Some examples of possible language to communicate the juice limit are indicated below.

- May choose any two fruit servings (no more than one juice).
- May select up to two servings of fruit (no more than one juice).
- May choose two fruit servings (no more than one juice).
- May choose two fruits or one fruit and one juice.
- May choose one fruit and one juice.

This type of language must be indicated on school menus and in signage on the serving line where the fruits, vegetables, and are located. For additional guidance on signage, refer to the CSDE's resources, [Signage Requirements for the National School Lunch Program and School Breakfast Program](#) and [Offer versus Serve Guide for School Meals](#).

### Weekly WGR Requirement at Breakfast

At least 80 percent of the grains offered at breakfast each week must be whole WGR. Grains that are not WGR must be enriched. The determination of whether the weekly breakfast menu offers at least 80 percent WGR grains is based on the total oz eq of all grain items offered with all menu choices during the week.

SFAs may calculate the weekly menu's percentage of WGR grains using the CSDE's Excel worksheet, [Worksheet to Calculate the Weekly Percentage of Whole Grain-rich Menu Items in School Lunch and Breakfast Menus for Grades K-12](#). For additional guidance, refer to the CSDE's resource, [Calculating the Weekly Percentage of WGR Menu Items in the National School Lunch Program and School Breakfast](#).

### Weekly Requirement for Grains/MMA at Breakfast

Table 5-5 shows the minimum weekly oz eq for the grains/MMA component at breakfast. The maximums are not required but provide a guide for planning age-appropriate meals that meet the weekly dietary specifications for calories, saturated fat, and sodium.

Menu planners may offer larger amounts of the grains/MMA component if the weekly menu meets the specifications (refer to "[Dietary Specifications](#)" in section 1). Keep in mind that menus that consistently offer larger amounts of grains and MMA might exceed the weekly limits for calories, saturated fat, and sodium.

Table 5-5. Required weekly oz eq of grains/MMA at breakfast

Grades	Five-day week	Seven-day week
K-5	7-10	10-14
6-8	8-10	11-14
9-12	9-10	12½-14

### Calculating Weekly Grains/MMA at Breakfast

SFAs must determine the total oz eq of grains/MMA in the weekly breakfast menu by adding all planned daily oz eq for the week. If the menu offers choices of grains/MMA on an individual day, the menu planner must use smallest oz eq choice to count toward the weekly requirements. For example, if the breakfast menu offers a 1½-oz eq item and a 2-oz eq item, the menu planner must count the 1½-oz eq item toward the weekly grain requirements.

When breakfast menus include grain/MMA choices with different oz eq each day or over the week, SFAs must ensure that weekly menu provides the minimum oz eq.



### Meeting Weekly Grains/MMA at Breakfast

Breakfast menus that offer only the minimum daily 1 oz eq of grains/MMA do not meet the weekly requirements because the sum of the daily oz eq is less than the minimum weekly requirement. For example, offering 1 oz eq daily provides 5 oz eq for a five-day week and 7 oz eq for a seven-day week. To meet the weekly requirement, the menu planner must offer more than the minimum daily 1 oz eq of grains/MMA on some days.

#### Example 1: Offering 1 oz eq of grains/MMA daily for grades 6-8

Day 1	Day 2	Day 3	Day 4	Day 5	Weekly
1	1	1	1	1	5

- Meets daily requirement for grades 6-8 ( $\geq 1$  oz eq):  Yes  No
- Meets weekly requirement for grades 6-8 ( $\geq 8$  oz eq):  Yes  No

#### Example 2: Offering more than 1 oz eq of grains/MMA daily for grades 6-8

Day 1	Day 2	Day 3	Day 4	Day 5	Weekly
1½	1½	1½	1½	1½	8

- Meets daily requirement for grades 6-8 ( $\geq 1$  oz eq):  Yes  No
- Meets weekly requirement for grades 6-8 ( $\geq 8$  oz eq):  Yes  No

## Offering Multiple Grain/MMA Choices with Different Oz Eq at Breakfast

When breakfast menus offer multiple grain/MMA choices with different oz eq, the menu planner must use the smallest oz eq choice to determine the total weekly oz eq of grains/MMA. Only the menu item with the smallest oz eq counts toward the weekly requirements.

### Example 1: Different daily grain/MMA choices for grades K-5

A five-day breakfast menu for grades K-5 offers three grain/MMA choices that provide the same oz eq on an individual day. Days 1 and 2 offer three 1½-oz eq choices. Day 3 offers three 1-oz eq choices. Day 4 offers three 2-oz eq choices. Day 5 offers three 1¾-oz eq choices. This breakfast menu offers a total of 7¾ oz eq and meets the minimum weekly requirement.

Menu	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly
Choice 1	1½	1½	1	2	1¾	7¾
Choice 2	1½	1½	1	2	1¾	7¾
Choice 3	1½	1½	1	2	1¾	7¾

- Meets daily requirement for grades K-5 ( $\geq 1$  oz eq):  Yes  No
- Meets weekly requirement for grades K-5 ( $\geq 7$  oz eq):  Yes  No

### Example 2: Different daily grain/MMA choices for grades 6-8

A five-day breakfast menu for grades 6-8 offers three grain/MMA choices that provide different oz eq on an individual day. Each day includes three different grain/MMA choices (1½ oz eq, 1¾ oz eq, and 2 oz eq). The menu planner must count the 1½-oz eq grain/MMA item toward the weekly oz eq because it is the daily menu item with the smallest oz eq. This breakfast menu offers a total of 7½ oz eq and does not meet the minimum weekly requirement.

Menu	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly
<b>Choice 1</b>	<b>1½</b>	<b>1½</b>	<b>1½</b>	<b>1½</b>	<b>1½</b>	<b>7½</b>
Choice 2	1¾	1¾	1¾	1¾	1¾	8¾
Choice 3	2	2	2	2	2	10

- Meets daily requirement for grades 6-8 ( $\geq 1$  oz eq):  Yes  No
- Meets weekly requirement for grades 6-8 ( $\geq 8$  oz eq):  Yes  No

## 5 | Meeting the Weekly Requirements for Breakfast

### Example 3: Different daily grain/MMA choices for grades 9-12

A five-day breakfast menu for grades K-5 offers multiple grain/MMA choices that provide the same oz eq on an individual day. Days 1 through 4 offer three 2-oz eq choices. Day 5 offers three 2½-oz eq choices. This breakfast menu offers a weekly total of 10½ oz eq and meets the minimum weekly requirement.

Menu	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly
Choice 1	2	2	2	2	2½	10½
Choice 2	2	2	2	2	2½	10½
Choice 3	2	2	2	2	2½	10½

- Meets daily requirement for grades 9-12 ( $\geq 1$  oz eq):  Yes  No
- Meets weekly requirement for grades 9-12 ( $\geq 9$  oz eq):  Yes  No





## 6 — Resources

This section includes additional resources and websites to assist SFAs with meeting the NSLP and SBP meal patterns and the crediting, documentation, and meal service requirements for the school nutrition programs. More links to information on the federal and state requirements and guidance for school meals are available on the CSDE's [Program Guidance for School Nutrition Programs](#) webpages. For a list of resources on the NSLP and SBP meal patterns and crediting requirements for grades K-12, refer to the CSDE's [Resources for the School Meal Patterns for Grades K-12](#).

### CSDE Guides

Afterschool Snack Program Handbook (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/asp/asp\\_handbook.pdf](https://portal.ct.gov/-/media/sde/nutrition/asp/asp_handbook.pdf)

Crediting Guide for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12 (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/mpg/guide\\_crediting\\_nslp\\_sbp\\_k12.pdf](https://portal.ct.gov/-/media/sde/nutrition/mpg/guide_crediting_nslp_sbp_k12.pdf)

Guide to Meal Modifications in the School Nutrition Programs (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/specdiet/guide\\_meal\\_modifications\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/specdiet/guide_meal_modifications_snp.pdf)

Guide to the Meal Service Requirements for Grades K-12 in the National School Lunch Program and School Breakfast Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/mpg/guide\\_meal\\_service\\_nslp\\_sbp\\_k12.pdf](https://portal.ct.gov/-/media/sde/nutrition/mpg/guide_meal_service_nslp_sbp_k12.pdf)

Guide to Meeting the Whole Grain-rich Requirement for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12 (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/wgr\\_requirement\\_snp\\_grades\\_k-12.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/wgr_requirement_snp_grades_k-12.pdf)

Guide to Menu Documentation for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12 (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/mpg/guide\\_menu\\_records\\_nslp\\_sbp\\_k12.pdf](https://portal.ct.gov/-/media/sde/nutrition/mpg/guide_menu_records_nslp_sbp_k12.pdf)

Guide to the Dietary Specifications for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12 (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/mpg/guide\\_dietary\\_specifications\\_nslp\\_sbp\\_k12.pdf](https://portal.ct.gov/-/media/sde/nutrition/mpg/guide_dietary_specifications_nslp_sbp_k12.pdf)

Guide to the Meal Patterns for Grades K-12 in the National School Lunch Program and School Breakfast Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/mpg/guide\\_meal\\_patterns\\_nslp\\_sbp\\_k12.pdf](https://portal.ct.gov/-/media/sde/nutrition/mpg/guide_meal_patterns_nslp_sbp_k12.pdf)

Menu Planning Guidance for School Meals for Grades K-12 (CSDE webpage):  
<https://portal.ct.gov/sde/nutrition/menu-planning-guidance-for-school-meals>

Menu Planning Guidance for School Meals for Grades K-12 (CSDE webpage):  
<https://portal.ct.gov/sde/nutrition/menu-planning-guidance-for-school-meals>

Menu Planning Guide for the Preschool Meal Patterns of the School Nutrition Programs (CSDE):  
[https://portal.ct.gov/-/media/sde/nutrition/nslp/preschool/menu\\_planning\\_guide\\_preschool.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/preschool/menu_planning_guide_preschool.pdf)

Offer versus Serve Guide for School Meals (CSDE):  
[https://portal.ct.gov/sde/nutrition/-/media/sde/nutrition/nslp/ovs/ovs\\_guide\\_snp.pdf](https://portal.ct.gov/sde/nutrition/-/media/sde/nutrition/nslp/ovs/ovs_guide_snp.pdf)

### CSDE Resource Lists

Resource List for Child Nutrition Programs (CSDE):  
[https://portal.ct.gov/-/media/sde/nutrition/resources/resources\\_child\\_nutrition\\_programs.pdf](https://portal.ct.gov/-/media/sde/nutrition/resources/resources_child_nutrition_programs.pdf)

Resource List for Competitive Foods (CSDE):  
[https://portal.ct.gov/-/media/sde/nutrition/resources/resources\\_competitive\\_foods.pdf](https://portal.ct.gov/-/media/sde/nutrition/resources/resources_competitive_foods.pdf)

Resource List for Dietary Guidance and Nutrition Information (CSDE):  
[https://portal.ct.gov/-/media/sde/nutrition/resources/resources\\_dietary\\_guidance.pdf](https://portal.ct.gov/-/media/sde/nutrition/resources/resources_dietary_guidance.pdf)

Resource List for Food Safety in Child Nutrition Programs (CSDE):  
[https://portal.ct.gov/-/media/sde/nutrition/resources/resources\\_food\\_safety.pdf](https://portal.ct.gov/-/media/sde/nutrition/resources/resources_food_safety.pdf)

Resource List for Health and Achievement (CSDE):  
[https://portal.ct.gov/-/media/sde/nutrition/resources/resources\\_achievement.pdf](https://portal.ct.gov/-/media/sde/nutrition/resources/resources_achievement.pdf)

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](https://portal.ct.gov/-/media/sde/nutrition/resources/resources_menu_planning.pdf)

Resource List for Nutrition Education (CSDE):  
[https://portal.ct.gov/-/media/sde/nutrition/resources/resources\\_nutrition\\_education.pdf](https://portal.ct.gov/-/media/sde/nutrition/resources/resources_nutrition_education.pdf)

Resource List for Obesity Data and Preventions (CSDE):  
[https://portal.ct.gov/-/media/sde/nutrition/resources/resources\\_obesity.pdf](https://portal.ct.gov/-/media/sde/nutrition/resources/resources_obesity.pdf)

Resource List for Physical Activity and Physical Education (CSDE):  
[https://portal.ct.gov/-/media/sde/nutrition/resources/resources\\_physical\\_activity.pdf](https://portal.ct.gov/-/media/sde/nutrition/resources/resources_physical_activity.pdf)

Resource List for Special Diets in Child Nutrition Programs (CSDE):  
[https://portal.ct.gov/-/media/sde/nutrition/resources/resources\\_special\\_diets.pdf](https://portal.ct.gov/-/media/sde/nutrition/resources/resources_special_diets.pdf)

Resource List for Wellness Policies for Schools and Child Care (CSDE):  
[https://portal.ct.gov/-/media/sde/nutrition/resources/resources\\_wellness\\_policy.pdf](https://portal.ct.gov/-/media/sde/nutrition/resources/resources_wellness_policy.pdf)

Resources for Child Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/sde/nutrition/resources-for-child-nutrition-programs>

Resources for the School Meal Patterns for Grades K-12 (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/mealpattern/resources\\_school\\_meal\\_patterns\\_grades\\_k-12.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/mealpattern/resources_school_meal_patterns_grades_k-12.pdf)

## Meal Components and Crediting

Child Nutrition (CN) Labeling (USDA):

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

Crediting Commercial Processed Products (CSDE's Crediting Foods in School Nutrition Programs webpage):

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

Crediting Foods in School Nutrition Programs (CSDE webpage):

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

Crediting Foods Made from Scratch (CSDE's Crediting Foods in School Nutrition Programs webpage):

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

Crediting Summary Charts for the Meal Patterns for Grades K-12 in the School Nutrition Programs (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/crediting\\_summary\\_charts\\_snp\\_grades\\_k-12.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/crediting_summary_charts_snp_grades_k-12.pdf)

Fruits Component for Grades K-12 ("Documents/Forms" section of CSDE's Crediting Foods in School Nutrition Programs webpage):

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

Grains Component for Grades K-12 ("Documents/Forms" section of CSDE's Crediting Foods in School Nutrition Programs webpage):

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

Meats/Meat Alternates Component for Grades K-12 ("Documents/Forms" section of CSDE's Crediting Foods in School Nutrition Programs webpage):

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

Milk Component for Grades K-12 (“Documents/Forms” section of CSDE’s Crediting Foods in School Nutrition Programs webpage):

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

Vegetables Component for Grades K-12 (“Documents/Forms” section of CSDE’s Crediting Foods in School Nutrition Programs webpage):

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

What’s in a Meal: National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12 (CSDE’s Meal Pattern Training for School Nutrition Programs webpage):

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

## **Meal Patterns and Menu Planning**

Breakfast Meal Patterns for Grades K-12 (“Documents/Forms” section of the CSDE’s Meal Patterns for Grades K-12 in School Nutrition Programs webpage):

<https://portal.ct.gov/Sde/nutrition/meal-patterns-school-nutrition-programs/documents#BreakfastMealPatterns>

Dietary Specifications (Nutrition Standards for School Meals) (“Documents/Forms” section of the CSDE’s Meal Patterns for Grades K-12 in School Nutrition Programs webpage):

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

Lunch Meal Patterns for Grades K-12 (“Documents/Forms” section of the CSDE’s Meal Patterns for Grades K-12 in School Nutrition Programs webpage):

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

Meal Patterns for Grades K-12 in School Nutrition Programs (“Documents/Forms” section of the CSDE’s Meal Patterns for Grades K-12 in School Nutrition Programs webpage):

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

Menu Planner for School Meals (USDA):

<https://www.fns.usda.gov/tn/menu-planner>

Menu Planning Checklists for Lunch for Grades K-12 (CSDE’s Forms for School Nutrition Programs webpage):

<https://portal.ct.gov/sde/nutrition/forms-for-school-nutrition-programs#MenuPlanningChecklistsLunchGradesK-12>

Menu Planning for Child Nutrition Programs (CSDE):

<https://portal.ct.gov/sde/nutrition/menu-planning>

Menu Planning for School Meals (“Related Resources” section of 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>

Nutrition Standards for School Meals (USDA webpage):

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

Overview of Menu Planning for Grades K-12 in the National School Lunch Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/mealpattern/overview\\_menu\\_planning\\_nslp\\_gradesk-12.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/mealpattern/overview_menu_planning_nslp_gradesk-12.pdf)

Overview of Menu Planning for Grades K-12 in the School Breakfast Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/sbp/overview\\_menu\\_planning\\_sbp\\_gradesk-12.pdf](https://portal.ct.gov/-/media/sde/nutrition/sbp/overview_menu_planning_sbp_gradesk-12.pdf)

Resources for the School Meal Patterns for Grades K-12 (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/mealpattern/resources\\_school\\_meal\\_patterns\\_gradesk-12.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/mealpattern/resources_school_meal_patterns_gradesk-12.pdf)

Sodium Limits for the NSLP and SBP Meal Patterns for School Meals for Grades K-12 (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/mealpattern/sodium\\_limits\\_nslp\\_sbp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/mealpattern/sodium_limits_nslp_sbp.pdf)

What's in a Meal: National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12 (CSDE's Meal Pattern Training for School Nutrition Programs webpage):

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

## Regulations and Policy

C.G.S. Section 10-221q. Sale of beverages:

[https://www.cga.ct.gov/current/pub/chap\\_170.htm#sec\\_10-221q](https://www.cga.ct.gov/current/pub/chap_170.htm#sec_10-221q)

Child Nutrition Programs Legislation and Regulations (USDA):

<https://www.fns.usda.gov/cn/legislation-regulations>

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

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

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

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

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

<https://portal.ct.gov/sde/nutrition/laws-and-regulations-for-child-nutrition-programs>

Questions and Answers on Connecticut Statutes for School Foods and Beverages (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/hfc/questions\\_answers\\_connecticut\\_statutes\\_school\\_foods\\_beverages.pdf](https://portal.ct.gov/-/media/sde/nutrition/hfc/questions_answers_connecticut_statutes_school_foods_beverages.pdf)

USDA Final Rule (77 FR 4087): Nutrition Standards in the National School Lunch and School Breakfast Programs:

<https://www.fns.usda.gov/school-meals/fr-012612>

USDA Final Rule (87 FR 6984): Child Nutrition Programs: Transitional Standards for Milk, Whole Grains, and Sodium:

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

USDA Final Rule Correction (87 FR 52329): Child Nutrition Programs: Transitional Standards for Milk, Whole Grains, and Sodium:

<https://www.federalregister.gov/documents/2022/08/25/2022-18220/child-nutrition-programs-transitional-standards-for-milk-whole-grains-and-sodium-correction>

USDA Final Rule: Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans (“Laws/Regulations” section of CSDE’s Meal Patterns for Grades K-12 in School Nutrition Programs):

[https://portal.ct.gov/sde/nutrition/meal-patterns-school-nutrition-programs/regulations#Final\\_Rule\\_Meal\\_Patterns\\_DGA](https://portal.ct.gov/sde/nutrition/meal-patterns-school-nutrition-programs/regulations#Final_Rule_Meal_Patterns_DGA)

USDA Memo SP 05-2022: Meal Requirements Under the NSLP & SBP: Q&A for Program Operators Updated to Support the Transitional Standards Effective July 1, 2022:

<https://www.fns.usda.gov/cn/sp052022-questions-answers-program-operators>

USDA Memo SP 17-2012: Procurement Questions and Answers to Assist in the Implementation of the final rule titled Nutrition Standards in the National School Lunch and School Breakfast Program:

<https://www.fns.usda.gov/cn/procurement-qas-assist-implementation-final-rule>

## Websites

Beverage Requirements (CSDE):

<https://portal.ct.gov/sde/nutrition/beverage-requirements>

Child Nutrition Programs (CSDE):

<https://portal.ct.gov/sde/nutrition/child-nutrition-programs>

Child Nutrition Sharing Site (ICN):

<https://theicn.org/cnss/>

Dietary Guidelines for Americans (USDA):

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

Farm to School (CSDE):

<https://portal.ct.gov/sde/nutrition/farm-to-school>

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

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

Food and Nutrition Service (FNS) Instructions (CSDE):

<https://portal.ct.gov/sde/nutrition/fns-instructions-for-child-nutrition-programs>

Food Labeling & Nutrition (FDA):

<https://www.fda.gov/food/food-labeling-nutrition>

Laws and Regulations for Child Nutrition Programs (CSDE):

<https://portal.ct.gov/sde/nutrition/laws-and-regulations-for-child-nutrition-programs>

Manuals and Guides for Child Nutrition Programs (CSDE):

<https://portal.ct.gov/sde/nutrition/manuals-and-guides-for-child-nutrition-programs>

National School Lunch Program (CSDE):

<https://portal.ct.gov/sde/nutrition/national-school-lunch-program>

Nutrition Education (CSDE):

<https://portal.ct.gov/sde/nutrition/nutrition-education>

Offer versus Serve for Grades K-12 in School Nutrition Programs (CSDE):

<https://portal.ct.gov/sde/nutrition/offer-versus-serve-for-school-nutrition-programs>

Operational Memoranda for School Nutrition Programs (CSDE):

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

Procurement for School Nutrition Programs (CSDE):

<https://portal.ct.gov/sde/nutrition/procurement-for-school-nutrition-programs>

Production Records for School Nutrition Programs (CSDE):

<https://portal.ct.gov/sde/nutrition/production-records-for-school-nutrition-programs>

Program Guidance for School Nutrition Programs (CSDE):

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

Resources for Child Nutrition Programs (CSDE):

<https://portal.ct.gov/sde/nutrition/resources-for-child-nutrition-programs>

School Breakfast Program (CSDE):

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

School Lunch Tray and Table Talk (CSDE):

<https://portal.ct.gov/sde/nutrition/school-lunch-tray-and-table-talk>

Seamless Summer Option of the NSLP (CSDE):

<https://portal.ct.gov/sde/nutrition/seamless-summer-option-sso-of-the-nslp>

Special Diets in School Nutrition Programs (CSDE):

<https://portal.ct.gov/sde/nutrition/special-diets-in-school-nutrition-programs>

Training for Child Nutrition Programs (CSDE):

<https://portal.ct.gov/sde/nutrition/training-for-child-nutrition-programs>



## Glossary

**added sugars:** Sugars and syrups added to foods in processing or preparation, as opposed to the naturally occurring sugars found in foods like fruits, vegetables, grains, and dairy products. Names for added sugars include brown sugar, corn sweetener, corn syrup, dextrose, fructose, fruit juice concentrates, glucose, high-fructose corn syrup, honey, invert sugar, lactose, malt syrup, maltose, molasses, raw sugar, sucrose, sugar, and syrup.

**Administrative Review (AR):** The state agency’s comprehensive offsite and onsite evaluation of all SFAs participating in the NSLP and SBP. The review cycle is every three years for each SFA and includes a review of critical and general areas. For more information, visit the CSDE’s [Administrative Review for School Nutrition Programs](#) webpage.

**Afterschool Snack Program (ASP):** The USDA’s federally assisted snack program implemented through the NSLP. The ASP provides cash reimbursement to help schools serve snacks to children in afterschool activities aimed at promoting the health and well-being of children and youth. Schools must provide children with regularly scheduled activities in an organized, structured, and supervised environment that includes educational or enrichment activities, e.g., mentoring/tutoring programs. Programs must meet state or local licensing requirements and health and safety standards. For more information, visit the CSDE’s [Afterschool Snack Program](#) webpage.

**afterschool snacks:** Reimbursable snacks offered in the Afterschool Snack Program (ASP). For more information, refer to “Afterschool Snack Program” in this section.

**age/grade groups:** The three grade groupings (K-5, 6-8, and 9-12) of the USDA’s meal breakfast and lunch patterns for grades K-12. The classification of grade groups is based on children’s nutritional needs and the ages that typically correspond with these grade levels (ages 5-10 for grades K-5, ages 11-13 for grades 6-8, and ages 14-18 for grades 9-12).

**alternate protein products (APPs):** Food ingredients processed from soy or other vegetable protein sources (e.g., dehydrated granules, particles, or flakes) that may be used alone or in combination with meat, poultry, or seafood. Some examples include soy flours, soy concentrates, soy isolates, whey protein concentrate, whey protein isolates, and casein. The USDA has specific requirements for the crediting of APPs in Child Nutrition Programs. For more information, refer to “[Seventh-day Adventist Sponsors](#)” in section 4, and the CSDE’s resource, [Requirements for Alternate Protein Products in the School Nutrition Programs](#).

**beans, peas, and lentils (pulses):** The dried edible seeds of legumes (such as beans, lentils, chickpeas, and split peas) that are one of the five vegetable subgroups recommended by the Dietary Guidelines for Americans. Pulses include all beans, peas, and lentils cooked from dry, canned, or frozen, such as kidney beans, pinto beans, black beans, pink beans, black-eyed peas, garbanzo beans (chickpeas), split peas, pigeon peas, mung beans, and lentils. The meal patterns for Child Nutrition Programs allow beans, peas, and lentils to credit as either the MMA component or the vegetables component. Minimum weekly servings are required in the NSLP meal patterns for grades K-12. For more information, refer to the CSDE's resource, [Crediting Beans, Peas, and Lentils in the School Nutrition Programs](#).

**calories:** The measurement of energy provided by foods and beverages.

**cereal grains:** The seeds that come from grasses. Cereal grains can be whole grain (such as amaranth, barley, buckwheat, corn, millet, oats, quinoa, rice, rolled wheat, rye, sorghum, triticale, wheat, and wheat berries) or enriched (such as enriched cornmeal, corn grits, and farina).

**Child Nutrition (CN) label:** A statement that clearly identifies the contribution of a food product toward the meal pattern requirements, based on the USDA's evaluation of the product's formulation. Products eligible for CN labels include main dish entrees that provide at least ½ oz eq of the MMA component, e.g., beef patties, cheese or meat pizzas, meat or cheese and bean burritos, egg rolls, and breaded fish portions. CN labels usually indicate the contribution of other meal components (such as vegetables, grains, and fruits) that are part of these products. For more information, refer to the CSDE's resource, [Using Child Nutrition \(CN\) Labels in the School Nutrition Programs](#), and visit the "Child Nutrition (CN) Labels" section of the CSDE's [Crediting Foods in School Nutrition Programs](#) webpage.

**Child Nutrition Programs:** The USDA's federally funded programs that provide nutritious meals and snacks to children, including the National School Lunch Program (NSLP), School Breakfast Program (SBP), Afterschool Snack Program (ASP), Special Milk Program (SMP), Summer Food Service Program (SFSP), Seamless Summer Option (SSO) of the NSLP, Fresh Fruit and Vegetable Program (FFVP), and Child and Adult Care Food Program (CACFP). The CACFP also provides nutritious meals and snacks to the frail elderly in adult day care centers. For more information, visit the CSDE's [Child Nutrition Programs](#) webpage.

**creditable food:** A food or beverage that counts toward meeting the meal pattern requirements for reimbursable meals and afterschool snacks in the USDA's Child Nutrition Programs. For more information, refer to the CSDE's [Crediting Guide for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12](#) and visit the CSDE's [Crediting Foods in School Nutrition Programs](#) webpage.

**creditable grains:** The ingredients in a commercial grain product or standardized recipe that credit toward the grains component. Creditable grains include whole grains, enriched grains, bran, and germ. For more information, refer the CSDE's resources, [Crediting Whole Grains in the School Nutrition Programs](#) and [Crediting Enriched Grains in the School Nutrition Programs](#).

**cycle menu:** A series of menus planned for a specific period, with a different menu for each day. Cycle menus can help schools comply with the meal pattern requirements, control food cost, control inventory, improve staff efficiency, and save time and labor costs. For more information, refer to the CSDE's [Guide to Required Menu Records for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12](#)

**Dietary Guidelines for Americans:** A federal document that provides science-based advice for Americans ages 2 and older to promote health and reduce risk for chronic diseases through diet and physical activity. The U.S. Department of Health and Human Services and the USDA jointly publish the *Dietary Guidelines for Americans* every five years. This document forms the basis of federal food, nutrition education, and information programs. For more information, visit the [Dietary Guidelines for Americans](#) webpage.

**dietary specifications:** The USDA's nutrition standards for the NSLP and SBP meal patterns for grades K-12, that include weekly calorie ranges and weekly limits for saturated fat and sodium. For information on the specific dietary specifications for each grade group, visit the CSDE's [Meal Patterns for Grades K-12 in School Nutrition Programs](#) webpage. For guidance on meeting the dietary specifications, refer to the CSDE's [Guide to the Dietary Specifications for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12](#).

Effective with school year 2026-27 (beginning July 1, 2027), the USDA final rule, [Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans](#), requires a new weekly dietary specification for added sugars (less than 10 percent of calories). For more information, visit the "Upcoming Meal Pattern Changes" section of the CSDE's [Meal Patterns for Grades K-12 in School Nutrition Programs](#) webpage.

**disability:** A condition in which a person has a physical or mental impairment that substantially limits one or more major life activities, has a record of such an impairment, or is regarded as having such an impairment. For more information, refer to the CSDE's [Guide to Meal Modifications in School Nutrition Programs](#).

**edible portion:** The portion of a food that can be eaten after the nonedible parts are removed. Examples include cooked, lean meat without bone, and fruits without seeds or pits.

**enriched grains:** Refined grains (such as wheat, rice, and corn) and grain products (such as cereal, pasta, and bread) that have some vitamins and minerals added to replace the nutrients lost during processing. The five enrichment nutrients are added within limits specified by the FDA, and include thiamin (B<sub>1</sub>), riboflavin (B<sub>2</sub>), niacin (B<sub>3</sub>), folic acid, and iron. For more information, refer the CSDE's resource, [Crediting Enriched Grains in the School Nutrition Programs](#).

**enrichment:** Adding back nutrients (usually vitamins or minerals) originally present in a food that were lost during processing. Enrichment nutrients are added back in approximately the same levels as were originally present in the food. For more information, refer to “enriched grains” in this section.

**Exhibit A chart:** The USDA's [Exhibit A: Grain Requirements for Child Nutrition Programs](#) chart that indicates the required weight (groups A-G) or volume (groups H-I) for different types of grain foods to provide 1 oz eq of the grains component (applies to the NSLP and SBP meal patterns for grades K-12 and the NSLP, SBP, and ASP preschool meal patterns) or 1 serving of the grains/breads component (applies to the SFSP meal pattern and ASP meal pattern for grades K-12). The required amounts in Exhibit A chart are not the same for all Child Nutrition Programs because these programs have different meal patterns. The CSDE's resource, [Grain Ounce Equivalents for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12](#), indicates the Exhibit A grain oz eq that apply to grades K-12 in the NSLP and SBP.

Effective with school year 2025-26 (beginning July 1, 2025), the USDA final rule, [Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans](#), aligns the ASP meal pattern for grades K-12 with the CACFP snack meal pattern for children. The grains/breads component changes to the grains component and the required quantities change from grains/breads servings to grains oz eq. For more information, visit the “[Upcoming Meal Pattern Changes](#)” section of the CSDE's [Meal Patterns for Grades K-12 in School Nutrition Programs](#) webpage.

**flour:** Finely ground and sifted wheat or other grains such as rye, corn, rice, or buckwheat.

**fluid milk substitutes:** Plant-based beverages designed to replace cow's milk, such as soy milk, almond milk, rice milk, and oat milk. Fluid milk substitutes may replace regular cow's milk in reimbursable meals and afterschool snacks for children who do not consume milk due to non-disability reasons, if they meet the USDA's nutrition standards for fluid milk substitutes. Only certain brands of fluid milk substitutes meet these standards. For more information, refer to "nutrition standards for milk substitutes" in this section and the CSDE's resources, [Allowable Fluid Milk Substitutes for Non-Disability Reasons in the School Nutrition Programs](#) and [Determining if Nondairy Milk Substitutes Meet the USDA's Nutrition Standards for Fluid Milk Substitutes in School Nutrition Programs](#).

**food item:** A specific food offered within the meal components that comprise reimbursable meals in the USDA's school nutrition programs. A food item may contain one or more meal components or more than one serving of a single component. For example, an entree could provide 1 oz eq of the grains component and 1 oz eq of the MMA component. A 2-ounce whole grain or enriched bagel could provide 2 oz eq of the grains component.

**food-based menu planning:** A type of menu planning for the USDA's Child Nutrition Programs that uses a meal pattern with specific meal components in certain amounts based on specific age/grade groups. For more information, refer to "meal components" in this section.

**fortification:** Adding nutrients (usually vitamins or minerals) that were not originally present in a food or beverage, or adding nutrients at levels that are higher than originally present. Fortification is used for naturally nutrient-rich products based on scientifically documented health needs (such as fortifying milk with vitamin D to increase the body's absorption of calcium), or to enhance the perceived nutritional value of products with little or no natural nutritional value, e.g., fortifying "*energy*" bars made from processed flour with multiple vitamins and minerals. Fortification nutrients are added to products in varying amounts, from small percentages up to amounts greater than recommended intakes.

**fruits component:** The meal component of the USDA meal patterns that includes fruits (fresh, frozen, canned, and dried) and pasteurized full-strength juice. Fruit juice cannot exceed half of the weekly fruit offerings at lunch or breakfast. For more information, visit the "[Fruits Component](#)" section of the CSDE's Crediting Foods in School Nutrition Programs webpage.

**full meal component:** The daily quantity designated by the menu planner (no less than the established minimum) to meet the required weekly ranges.

**full serving:** Refer to "full meal component" in this section.

**full-strength fruit or vegetable juice:** An undiluted product obtained by extraction from sound fruit. Full-strength juice may be fresh, canned, frozen or reconstituted from concentrate and may be served in either liquid or frozen state or as an ingredient in a recipe. The name of the full-strength fruit juice on the label must include one of the following terms: "full-strength juice,"

“single-strength juice,” “100 percent juice,” “reconstituted juice,” or “juice from concentrate.” For more information, refer to the CSDE’s resource, [Crediting Juice in the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12](#).

**germ:** The vitamin-rich sprouting section of the whole-grain kernel. Germ credits the same as enriched grains.

**grade groups:** Refer to “age/grade groups” in this section.

**grain-based desserts:** Desserts made of grains, such as brownies, cookies, sweet crackers (e.g., graham crackers and animal crackers), cakes, cupcakes, coffee cakes, cinnamon streusel quick breads, piecrusts in sweet pies (e.g., apple, coconut, blueberry, and pecan), cinnamon rolls, doughnuts, cereal bars, granola bars, breakfast bars, sweet rolls, pastries, toaster pastries, sweet scones (e.g., blueberry, orange cranberry, and chocolate chip), sweet croissants (e.g., chocolate or almond filled), sweet rice puddings (e.g., cinnamon and vanilla), sweet bread puddings (e.g., made with cinnamon, fruits, chocolate, or icing), and sweet pita chips (e.g., cinnamon sugar). For more information, refer to the CSDE’s resource, [Crediting Grain-based Desserts in the Meal Patterns for Grades K-12 in the School Nutrition Programs](#).

**grains:** Plants in the grass family that produce a dry, edible fruit commonly called a kernel, grain, or berry.

**grains component:** The meal component of the USDA meal patterns that includes cereal grains and products made from their flours. Creditable grain foods include products and recipes that are WGR or enriched. Creditable cooked and ready-to-eat (RTE) breakfast cereals include products that are WGR, enriched, or fortified. For more information, visit the “[Grains Component](#)” section of the CSDE’s Crediting Foods in School Nutrition Programs webpage.

**juice drink:** A product resembling juice that contains full-strength juice along with added water and possibly other ingredients, such as sweeteners, spices, or flavorings. Juice drinks do not credit toward the meal pattern requirements.

**legumes:** A type of plant that includes pods, e.g., soybeans, peanuts, fresh peas, fresh beans, and pulses (beans, peas, and lentils). For more information, refer to “beans, peas, and lentils (pulses)” and “pulses” in this section.

**local educational agency (LEA):** A public board of education or other public or private nonprofit authority legally constituted within a state for either administrative control or direction of, or to perform a service function for, public or private nonprofit elementary schools or secondary schools in a city, county, township, school district, or other political subdivision of a state, or for a combination of school districts or counties that is recognized in a state as an administrative agency for its public or private nonprofit elementary schools or secondary schools. The term also includes any other public or private nonprofit institution or agency having administrative control and direction of a public or private nonprofit elementary school or secondary school, including residential child care institutions, Bureau of Indian Affairs schools, and educational service agencies and consortia of those agencies, as well as the state educational agency in a state or territory in which the state educational agency is the sole educational agency for all public or private nonprofit schools.

**main dish:** The main food item in the menu, which is complemented by the other food items. Examples of main dish items include pizza, chicken stir-fry, and chef's salad with ham, hard-boiled egg, and cheese.

**meal components:** The five food groups that comprise reimbursable meals in the NSLP (milk, fruits, vegetables, grains, and MMA) and the three food groups that comprise reimbursable breakfasts in the SBP (grains/MMA, fruits with optional vegetable substitutions, and milk). For information on the crediting requirements for each meal component, refer to the CSDE's [Crediting Guide for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12](#) and visit the CSDE's [Crediting Foods in School Nutrition Programs](#) webpage.

**meal pattern:** The required meal components and minimum servings that schools and institutions participating in the USDA's Child Nutrition Programs must provide to receive federal reimbursement for meals and afterschool snacks served to children. For more information, visit the CSDE's [Meal Patterns for Grades K-12 in School Nutrition Programs](#) webpage.

**meal:** A grain made by coarsely grinding corn, oats, wheat, or other grains. Whole grain, enriched, or fortified meal credits toward the grains component of the USDA's meal patterns.

**meals:** Refer to "reimbursable meals" in this section.

**meat alternates:** Foods that provide a similar protein content to meat. Meat alternates include alternate protein products, cheese, eggs, cooked dry beans and peas, nuts and seeds and their butters (except for acorn, chestnut, and coconut), yogurt, soy yogurt, commercial tofu containing at least 5 grams of protein in a ¼-cup (2.2 ounces) serving, and tempeh. For more information, visit the "[Meats/Meat Alternates Component](#)" section of the CSDE's [Crediting Foods in School Nutrition Programs](#) webpage.

**meats/meat alternates (MMA) component:** The meal component of the USDA meal patterns that includes meats (e.g., beef, poultry, and fish) and meat alternates, such as eggs, cheese, yogurt, beans, peas, and lentils, nuts, and seeds. For more information, visit the [“Meats/Meat Alternates Component”](#) section of the CSDE’s Crediting Foods in School Nutrition Programs webpage.

**medical statement:** A document that identifies the specific medical conditions and appropriate dietary accommodations for children with special dietary needs. For more information, refer to the CSDE’s [Guide to Meal Modifications in School Nutrition Programs](#) and visit the CSDE’s [Special Diets in School Nutrition Programs](#) webpage.

**menu item:** Any planned main dish, vegetable, fruit, bread, grain, or milk that is part of the reimbursable meal. Menu items consist of food items. For more information, refer to “food item” in this section.

**milk component:** The meal component of the USDA meal patterns that includes pasteurized fluid milk that meets federal and state regulations. The milk component also includes fluid milk substitutes that meet the USDA’s nutrition standards for fluid milk substitutes. For more information, refer to “fluid milk substitutes” and “nutrition standards for fluid milk substitutes” in this section, and visit the [“Milk Component”](#) section of the CSDE’s Crediting Foods in School Nutrition Programs webpage.

**National School Lunch Program (NSLP):** The USDA’s federally assisted meal program operating in public and nonprofit private schools and residential child care institutions. The NSLP provides nutritionally balanced, low-cost, or free lunches to children each school day. The NSLP was established under the National School Lunch Act, signed by President Harry Truman in 1946. For more information, visit the CSDE’s [National School Lunch Program](#) webpage.

**noncreditable foods:** Foods and beverages that do not contribute toward the meal patterns for the USDA’s Child Nutrition Programs. Noncreditable foods and beverages are either in amounts too small to credit (i.e., foods and beverages that do not provide the minimum creditable amount of a meal component) or they do not belong to the meal components. For more information, refer to the CSDE’s resource, [Noncreditable Foods in the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12](#).

**noncreditable grains:** Grain ingredients that do not contribute to the grains component. Examples include oat fiber, corn fiber, wheat starch, corn starch, and modified food starch (including potato, legume, and other vegetable flours). For more information, refer to the CSDE’s [Guide to Meeting the Whole Grain-rich Requirement for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12](#).



**nutrient assessment:** A review of school menu records to determine whether they meet the USDA’s weekly dietary specifications for calories, saturated fat, and sodium. For more information, refer to “dietary specifications” in this section.

**nutrient-dense foods:** Foods and beverages that provide vitamins, minerals, and other substances that contribute to adequate nutrient intakes or may have positive health effects, and contain little or no solid fats, added sugars, refined starches, or sodium. Ideally, these foods and beverages are also in forms that retain naturally occurring components, such as dietary fiber. Examples include all vegetables, fruits, whole grains, seafood, eggs, beans and peas, unsalted nuts and seeds, fat-free and low-fat dairy products, and lean meats and poultry (when prepared with little or no added solid fats, sugars, refined starches, and sodium). The term “nutrient dense” indicates the nutrients and other beneficial substances in a food have not been “diluted” by the addition of calories from added solid fats, sugars, or refined starches, or by the solid fats naturally present in the food.

**nutrient-rich foods:** Refer to “nutrient-dense foods” in this section.

**nutrition standards for fluid milk substitutes:** The nutrition requirements for plant-based beverages (such as soy milk) used as fluid milk substitutes in the USDA Child Nutrition Programs. The USDA requires that any fluid milk substitutes are nutritionally equivalent to cow’s milk and meet the following nutrients per cup (8 fluid ounces): 276 milligrams (mg) of calcium; 8 grams (g) of protein; 150 micrograms (mcg) retinol activity equivalents (RAE) of vitamin A; 2.5 mcg of vitamin D; 24 mg of magnesium; 222 mg of phosphorus; 349 mg of potassium; 0.44 mg of riboflavin; and 1.1 micrograms (mcg) of vitamin B-12. For more information, refer to the CSDE’s resource, [Allowable Fluid Milk Substitutes for Non-Disability Reasons in the School Nutrition Programs](#).

**offer versus serve (OVS):** A provision that applies to menu planning and the determination of reimbursable meals for grades K-12 in the NSLP and SBP. OVS allows students to decline a certain number of meal components or food items in the meal. SFAs must offer the required meal components to each student. For the NSLP, students must select at least ½ cup of fruits or vegetables and the full serving of at least two other meal components. For the SBP, students must select at least three food items including at least ½ cup of fruit (or vegetable substitutions, if offered). OVS must be implemented in senior high schools for lunch but is optional for breakfast. OVS is optional for breakfast and lunch in junior high, middle, and elementary schools. OVS does not apply to the SMP or ASP, or to preschool meals in the NSLP and SBP. For more information, refer to the CSDE’s [Offer versus Serve Guide for School Meals](#) and visit the CSDE’s [OVS](#) webpage.

**ounce equivalent (oz eq):** A weight-based unit of measure for the grains component and MMA component of the NSLP and the SBP meal patterns for grades K-12. Oz eq account for dry versus cooked grains and variations in MMA. One oz eq of the MMA component is sometimes more than a measured ounce, depending on the food’s density and nutritional content. One oz eq of the grains component is less than a measured ounce for some grain foods (e.g., pretzels, breadsticks, and crackers), equal to a measured ounce for some grain foods (e.g., bagels, biscuits, bread, rolls, cereal grains, and RTE breakfast cereals), and more than a measured ounce for some grain foods (e.g., muffins and pancakes). For more information, refer to the CSDE’s resources, [Crediting Commercial Meat/Meat Alternate Products in the School Nutrition Programs](#) and [Grain Ounce Equivalents for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12](#).

**point-of-service meal count:** The point in the food service operation where a determination can accurately be made that a reimbursable free, reduced-price, or paid lunch has been served to an eligible child.

**product formulation statement (PFS):** An information statement developed by manufacturers that provides specific information about how a product credits toward the USDA’s meal patterns, and documents how this information is obtained citing Child Nutrition Program resources or regulations. All creditable ingredients in this statement must match a description in the USDA’s [Food Buying Guide for Child Nutrition Programs](#). The PFS must be prepared on company letterhead with the signature of a company official and the date of issue. A PFS does not provide any warranty against audit claims. SFAs must check the manufacturer’s crediting information for accuracy prior to including the product in reimbursable meals. For more information, refer to the CSDE’s resources, [Using Product Formulation Statements in the School Nutrition Programs](#) and [Accepting Processed Product Documentation in the School Nutrition Programs](#).

**pulses:** The edible dry seeds from legumes, such as beans, peas, and lentils. For more information, refer to “beans, peas, and lentils (pulses)” and “legumes” in this section.

**refined grains:** Grains that have been processed to remove the bran and germ, making the product less nutritious than whole grains. Refined grains may or may not be enriched. For more information, refer to “enriched grains” in this section.

**registered dietitian (RD) or registered dietitian nutritionist (RDN):** An individual who meets the following requirements: 1) completed a minimum of a graduate degree at a U.S. regionally accredited university or college and course work accredited by the [Accreditation Council for Education in Nutrition and Dietetics of the Academy of Nutrition and Dietetics \(ACEND\)](#); 2) completed an ACEND®-accredited supervised practice program at a health-care facility, community agency, or a foodservice corporation or combined with undergraduate or graduate studies; 3) passed a national examination administered by the Commission on Dietetic Registration (CDR); and 4) completed continuing professional educational requirements to maintain registration. For more information, visit the Academy of Nutrition and Dietetics' (AND) [Registered Dietitian Nutritionist Fact Sheet](#) website.

**reimbursable meals:** Meals that offer the required meal components and minimum servings for each grade group, as defined by the NSLP and SBP meal patterns.

**residential child care institution (RCCI):** RCCIs include, but are not limited to homes for the mentally, emotionally or physically impaired, and unmarried mothers and their infants; group homes; halfway houses; orphanages; temporary shelters for abused children and for runaway children; long-term care facilities for chronically ill children; and juvenile detention centers. A long-term care facility is a hospital, skilled nursing facility, intermediate care facility, or distinct part thereof, which is intended for the care of children confined for 30 days or more.

**saturated fat:** A type of fat that raises blood cholesterol, which is a risk factor for cardiovascular disease. Major sources of saturated fat include coconut oil, palm oil, palm kernel oil, butter, and beef fat. Saturated fat is also found in other animal fats, such as pork and chicken fats, and in other plant fats, such as nuts. For more information, refer to “solid fats” in this section.

**School Breakfast Program (SBP):** The USDA's federally assisted meal program operating in public and nonprofit private schools and residential child care institutions. The SBP provides nutritionally balanced, low-cost, or free breakfasts to children each school day. The SBP was established under the Child Nutrition Act of 1966 to ensure that all children have access to a healthy breakfast at school to promote learning readiness and healthy eating behaviors. For more information, visit the CSDE's [School Breakfast Program](#) webpage.

**school food authority (SFA):** The governing body that is responsible for the administration of one or more schools and has the legal authority to operate the USDA's school nutrition programs.

**school nutrition programs:** The USDA's school nutrition programs include the National School Lunch Program (NSLP), School Breakfast Program (SBP), Afterschool Snack Program (ASP) of the NSLP, Seamless Summer Option (SSO) of the NSLP, Special Milk Program (SMP), Fresh Fruit and Vegetable Program (FFVP), and Child and Adult Care Food Program (CACFP) At-risk Supper Program implemented in schools. For more information, visit the CSDE's [School Nutrition Programs](#) webpage.

**Seamless Summer Option (SSO) of the NSLP:** The USDA’s federally assisted summer feeding program that combines features of the NSLP, SBP, and SFSP, and serves meals free of charge to children ages 18 and younger from low-income areas. School districts participating in the NSLP or SBP are eligible to apply to the CSDE to participate in the SSO. SSO meals follow the NSLP and SBP meal patterns. For more information, visit the [Seamless Summer Option of the NSLP](#) webpage.

**serving size or portion:** The weight, measure, number of pieces, or slices of a food or beverage. SFAs must provide the minimum serving sizes specified in the USDA meal patterns for meals and afterschool snacks to be reimbursable.

**simple carbohydrates (sugars):** Carbohydrates consisting of one sugar (e.g., fructose and galactose) or two sugars (e.g., lactose, maltose, and sucrose). Sugars can be naturally present in foods (such as fructose in fruit or lactose in milk) or added to foods (such as sucrose or table sugar). Foods that naturally contain simple carbohydrates (such as fruits, milk, and milk products, and some vegetables) also contain vitamins and minerals. Foods that contain large amounts of added sugars (such as cookies, candy, pastries, sweetened baked goods, regular soft drinks, and other sweetened drinks) provide calories with few, if any, nutrients. For more information, refer to “added sugars” in this section.

**sodium:** A mineral that helps maintain the body’s fluid balance and blood pressure. Diets that are high in sodium can increase the risk of high blood pressure in individuals who are sodium sensitive.

**solid fats:** Fats that are usually not liquid at room temperature. Solid fats are found in most animal foods but also can be made from vegetable oils through hydrogenation. Some common solid fats include butter, beef fat (tallow, suet), chicken fat, pork fat (lard), stick margarine, coconut oil, palm oil, and shortening. Foods high in solid fats include full-fat (regular) cheese, cream, whole milk, ice cream, well-marbled cuts of meats, regular ground beef, bacon, sausages, poultry skin, and many baked goods (such as cookies, crackers, donuts, pastries, and croissants). Solid fats contain more saturated fat. For more information, refer to “saturated fat” in this section.

**Special Milk Program (SMP):** The USDA’s federally assisted program that provides milk to children in schools and child care institutions that do not participate in other federal meal service programs. The SMP reimburses schools for the milk they serve. Schools in the NSLP or SBP may also participate in the SMP to provide milk to children in half-day pre-kindergarten and kindergarten programs where children do not have access to the school meal programs. For more information, visit the CSDE’s [Special Milk Program](#) webpage.

**standardized recipe:** A recipe that been tried, adapted, and retried at least three times and has been found to produce the same good results and yield every time when the exact procedures are used with the same type of equipment and the same quantity and quality of ingredients. Standardized recipes include specific information such as ingredients, weights and measures, preparation directions, serving directions, yield, and portion size. For more information, refer to the Culinary Institute of Child Nutrition's [USDA Recipe Standardization Guide for School Nutrition Programs](#), the CSDE's [Guide to Menu Documentation for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12](#), and visit the "Standardized Recipes" section of the CSDE's [Crediting Foods in School Nutrition Programs](#) webpage.

**state licensed healthcare professional:** An individual who is authorized to write medical prescriptions under state law and is recognized by the State Department of Public Health (DPH). In Connecticut, this includes physicians (MD), physician assistants (PA) and certified physician assistants (PAC), doctors of osteopathy (DO), and advanced practice registered nurses (APRN), i.e., nurse practitioners, clinical nurse specialists, and certified nurse anesthetists who are licensed as APRNs. For more information, refer to the CSDE's [Guide to Meal Modifications in School Nutrition Programs](#).

**sucrose:** Another name for table sugar. Sucrose contains glucose and fructose. For more information, refer to "simple carbohydrates (sugars) in this section.

**sugars:** Refer to "added sugars" and "simple carbohydrates" in this section.

**Summer Food Service Program (SFSP):** The USDA's federally assisted summer feeding program for children ages 18 and younger that provides nutritious meals when schools end for the summer. For more information, visit the CSDE's [Summer Food Service Program](#) webpage.

**surimi:** Pasteurized, ready-to-eat, restructured seafood usually made from pollock (fish). A 3-ounce serving of surimi credits as 1 oz eq of the MMA component.

**tempeh:** A highly nutritious fermented soybean cake traditionally made from whole soybeans. A 1-ounce serving of tempeh credits as 1 oz eq of the MMA component. This method of crediting applies only to tempeh products whose ingredients are limited to soybeans (or other beans, peas, and lentils), water, tempeh culture, and for some varieties, vinegar, seasonings, and herbs. SFA must obtain a PFS for tempeh products that contain different ingredients.

**USDA Foods:** Foods available to the USDA Child Nutrition Programs through the CSDE's Food Distribution Program. USDA Foods are available to schools in several ways, including Direct Delivery USDA Foods, Further Processed USDA Foods, the USDA Department of Defense (DoD) Fresh Fruit and Vegetable Program, the Fresh Fruit and Vegetable Program Pilot, and the SFSP USDA DoD Pilot. For more information, visit the USDA's [USDA Foods Programs](#) webpage and the CSDE's [Food Distribution Program](#) webpage.

**vegetable subgroups:** The five categories of vegetables within the vegetables component that are required over the week in the NSLP meal patterns for grades K-12. The subgroups include dark green, red/orange, beans, peas, and lentils, starchy, and other vegetables. For more information, refer to the CSDE’s resource, [Vegetable Subgroups in the National School Lunch Program](#), and visit the “[Vegetables Component](#)” section of the CSDE’s Crediting Foods in School Nutrition Programs webpage.

**vegetables component:** The meal component of the USDA meal patterns that includes vegetables (fresh, frozen, canned, and dried) and pasteurized full-strength juice; and includes five subgroups. Vegetable juice cannot exceed half of the weekly vegetable offerings at lunch or breakfast. For more information, visit the “[Vegetables Component](#)” section of the CSDE’s Crediting Foods in School Nutrition Programs webpage.

**whole foods:** Foods that are unprocessed or minimally processed and do not contain added ingredients such as fat, sugars, or sodium.

**whole fruits and vegetables:** Fresh, frozen, canned, and dried fruits and vegetables that are unprocessed or minimally processed, and do not contain added ingredients such as fat, sugars, and sodium.

**whole grain-rich:** For the NSLP and SBP meal patterns for grades K-12, a food is WGR if meets two criteria: 1) the food is 100 percent whole grain or contains a blend of whole and enriched grains that is at least 50 percent whole grain; and 2) any noncreditable grains are less than 2 percent of the product formula (or less than ¼ oz eq per portion), i.e., no more than 3.99 grams per portion for groups A-G (baked goods) or 6.99 grams per portion for groups H (cereal grains). Ready-to-eat (RTE) breakfast cereals meet the WGR criteria if: 1) the first ingredient is a whole grain and the cereal is fortified, or the cereal is 100 percent whole grain; and 2) noncreditable grains do not exceed 6.99 grams per portion. Fortification is not required for 100 whole grain cereals. For more information, refer to the CSDE’s [Guide to Meeting the Whole Grain-rich Requirement for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12](#).

**whole grains:** Grains that consist of the entire kernel, including the starchy endosperm, the fiber-rich bran, and the nutrient-rich germ. All grains start out as whole grains, but many are processed to remove the bran and germ, which also removes many of the nutrients. Whole grains are nutrient rich, containing vitamins, minerals, fiber, antioxidants, and health-enhancing phytonutrients such as lignans and flavonoids. Examples of whole grains include whole wheat, whole oats, oatmeal, whole-grain cornmeal, brown rice, whole rye, whole barley, wild rice, buckwheat, and bulgur (cracked wheat). For more information, refer to the CSDE’s resource, [Crediting Whole Grains in the School Nutrition Programs](#).

**whole-grain flour:** Flour made by grinding the entire whole-grain kernel, including the fiber-rich bran, nutrient-rich germ, and starchy endosperm. Flour or meal that does not contain all parts of the grain is not whole grain, e.g., degermed corn, milled rice, and wheat flour. For more information, refer the CSDE's resource, [Crediting Whole Grains in the School Nutrition Programs](#).









**CONNECTICUT**  
Education