

# Meal Pattern and Crediting Resources for the School Nutrition Programs

This list includes resources and websites to assist school food authorities (SFAs) with meeting the U.S. Department of Agriculture's (USDA) meal pattern and crediting requirements for grades K-12 and preschool in the [National School Lunch Program \(NSLP\)](#), [School Breakfast Program \(SBP\)](#), and [Afterschool Snack Program \(ASP\)](#) of the NSLP. The [Seamless Summer Option \(SSO\)](#) of the NSLP follows the NSLP, SBP, and ASP meal patterns.

For links to information on federal and state requirements and guidance, visit the CSDE's [Program Guidance for School Nutrition Programs](#) webpage. Additional resource lists are available on the CSDE's [Resources for Child Nutrition Programs](#) webpage. For additional guidance, contact the CSDE's [school nutrition programs staff](#).



# Meal Pattern and Crediting Resources for the School Nutrition Programs

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# Meal Pattern and Crediting Resources for the School Nutrition Programs

## Afterschool Snacks

[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)

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

[https://portal.ct.gov/-/media/sde/nutrition/asp/meal\\_pattern\\_asp\\_grades\\_k-12.pdf](https://portal.ct.gov/-/media/sde/nutrition/asp/meal_pattern_asp_grades_k-12.pdf)

[Afterschool Snack Program Menu Form for Grades K-12](#) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/asp/forms/menu\\_form\\_asp\\_grades\\_k-12.docx](https://portal.ct.gov/-/media/sde/nutrition/asp/forms/menu_form_asp_grades_k-12.docx)

[Afterschool Snack Program Menu Form for Preschool](#) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/asp/forms/menu\\_form\\_asp\\_preschool.docx](https://portal.ct.gov/-/media/sde/nutrition/asp/forms/menu_form_asp_preschool.docx)

[Afterschool Snack Program Preschool Meal Pattern](#) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/asp/meal\\_pattern\\_asp\\_preschool.pdf](https://portal.ct.gov/-/media/sde/nutrition/asp/meal_pattern_asp_preschool.pdf)

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

[https://portal.ct.gov/-/media/sde/nutrition/asp/sample\\_menu\\_asp\\_grades\\_k-12.pdf](https://portal.ct.gov/-/media/sde/nutrition/asp/sample_menu_asp_grades_k-12.pdf)

[Afterschool Snack Program Sample Preschool Menu for Ages 3-5](#) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/asp/sample\\_menu\\_asp\\_grades\\_k-12.pdf](https://portal.ct.gov/-/media/sde/nutrition/asp/sample_menu_asp_grades_k-12.pdf)

[Comparison of Afterschool Snack Program \(ASP\) Meal Pattern Requirements for Grades K-12 and Preschool](#) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/asp/comparison\\_preschool\\_grades\\_k-12\\_asp.pdf](https://portal.ct.gov/-/media/sde/nutrition/asp/comparison_preschool_grades_k-12_asp.pdf)

[Meal Patterns and Crediting](#) (CSDE's ASP webpage):

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

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

[https://portal.ct.gov/-/media/sde/nutrition/asp/sample\\_menu\\_asp\\_grades\\_k-12.pdf](https://portal.ct.gov/-/media/sde/nutrition/asp/sample_menu_asp_grades_k-12.pdf)

[Sample Afterschool Snack Program Preschool Menu for Ages 3-5](#) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/asp/sample\\_menu\\_asp\\_ages\\_3-5.pdf](https://portal.ct.gov/-/media/sde/nutrition/asp/sample_menu_asp_ages_3-5.pdf)

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## Child Nutrition (CN) Labels

[Accepting Product Documentation](#) (CSDE's Crediting Documentation for the Child Nutrition Program webpage):  
<https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs/accepting-product-documentation>

[Appendix C: The USDA Child Nutrition Labeling Program](#) (USDA's Food Buying Guide for Child Nutrition Programs):  
[https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/USDA\\_FBG\\_Appendix\\_C.pdf](https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/USDA_FBG_Appendix_C.pdf)

[Child Nutrition \(CN\) Labeling Manual](#) (USDA):  
<https://fns-prod.azureedge.us/sites/default/files/resource-files/child-nutrition-labeling-manual.pdf>

[Child Nutrition Authorized Labels and Manufacturers](#) (USDA):  
<https://www.fns.usda.gov/cn/labeling/authorized-labels-manufacturers>

[Child Nutrition Labels](#) (CSDE's Crediting Documentation for the Child Nutrition Program webpage):  
<https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs/child-nutrition-labels>

[CN Labeling Program](#) (USDA webpage):  
<https://www.fns.usda.gov/cn/labeling-program>

[Food Buying Guide Module 3: Product Formulation Statements \(PFS\)](#) (ICN):  
<https://theicn.docebosaas.com/learn/course/external/view/elearning/139/fbg-module-3-product-formulation-statements-pfs>

[Food Manufacturers/Industry](#) (USDA):  
<https://www.fns.usda.gov/cnlabeling/food-manufacturersindustry>

[Guide to Menu Documentation for the School Nutrition Programs](#) (CSDE):  
[https://portal.ct.gov/-/media/sde/nutrition/mpg/guide\\_menu\\_documentation\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/mpg/guide_menu_documentation_snp.pdf)

[Manufacturer's Product Formulation Statement: Is it Acceptable? Presentation Slides](#) (Institute of Child Nutrition and USDA):  
<https://theicn.org/resources/930/march-2016/109876/manufacturers-product-formulation-statement-pfs03-31-16.pdf>

# Meal Pattern and Crediting Resources for the School Nutrition Programs

[USDA Memo SP 05-2025, CACFP 04-2025, and SFSP 02-2025: Guidance for Accepting Processed Product Documentation for Meal Pattern Requirements:](#)

<https://www.fns.usda.gov/cn/labeling/guidance-accepting-processed-product-documentation>

[Using Child Nutrition \(CN\) Labels in the School Nutrition Programs](#) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/cn\\_labels\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/cn_labels_snp.pdf)

[What's in a Meal Module 8: Meal Pattern Documentation for Crediting Commercial Processed Products](#) (CSDE's Training Program, What's in a Meal: Meal Patterns for Grades K-12 in the School Nutrition Programs):

<https://portal.ct.gov/sde/nutrition/meal-pattern-training-materials#module8>

## Co-mingled Meals or Afterschool Snacks

[Co-mingled Meals and Afterschool Snacks](#) ("Meal Service" section of CSDE's Meal Patterns for Preschoolers in School Nutrition Programs webpage):

<https://portal.ct.gov/sde/nutrition/meal-patterns-preschoolers-in-school-nutrition-programs/meal-service#Comingled>

[Co-mingled Meals and Afterschool Snacks \(Section 4 of the CSDE's Guide to Meal Service Requirements for Preschoolers in the School Nutrition Programs\):](#)

[https://portal.ct.gov/-/media/sde/nutrition/nslp/preschool/guide\\_preschool\\_meal\\_service\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/preschool/guide_preschool_meal_service_snp.pdf)

[Meal Service \(CSDE's Meal Patterns for Preschoolers in School Nutrition Programs webpage\):](#)

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

[Preschool Meal Pattern Training for the School Nutrition Programs Module 2: Introduction to Preschool Meal Patterns](#) ("Preschool Meal Pattern Training" section of CSDE's Meal Patterns for Preschoolers in School Nutrition Programs webpage):

<https://portal.ct.gov/sde/nutrition/meal-patterns-preschoolers-in-school-nutrition-programs/preschool-meal-pattern-training>

[Serving School Meals to Preschoolers](#) (USDA):

<https://www.fns.usda.gov/tn/serving-school-meals-preschoolers>

[USDA Memo SP 37-2017: Flexibility for Co-Mingled Preschool Meals: Questions and Answers"](#)

<https://www.fns.usda.gov/cn/flexibility-co-mingled-preschool-meals-questions-and-answers>

# Meal Pattern and Crediting Resources for the School Nutrition Programs

## Comparison Charts

[Comparison of Afterschool Snack Program \(ASP\) Meal Pattern Requirements for Grades K-12 and Preschool](#) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/asp/comparison\\_preschool\\_grades\\_k-12\\_asp.pdf](https://portal.ct.gov/-/media/sde/nutrition/asp/comparison_preschool_grades_k-12_asp.pdf)

[Comparison of Lunch and Breakfast Meal Pattern Requirements for Grades K-12 and Preschool in the School Nutrition Programs](#) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/preschool/comparison\\_grades\\_k-12\\_preschool\\_nslp\\_sbp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/preschool/comparison_grades_k-12_preschool_nslp_sbp.pdf)

[Comparison of the Grains Component Requirements in the Meal Patterns for School Nutrition Programs](#) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/comparison\\_grain\\_crediting\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/comparison_grain_crediting_snp.pdf)

[Comparison of the Milk Component Requirements in the Meal Patterns for School Nutrition Programs](#) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/comparison\\_milk\\_requirements\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/comparison_milk_requirements_snp.pdf)

## Crediting Documentation

[Accepting Processed Product Documentation in the School Nutrition Programs](#) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/accepting\\_processed\\_product\\_documentation\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/accepting_processed_product_documentation_snp.pdf)

[Accepting Product Documentation](#) (CSDE's Crediting Documentation for the Child Nutrition Program webpage):

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

[Child Nutrition Labels](#) (CSDE's Crediting Documentation for the Child Nutrition Program webpage):

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

[Child Nutrition Programs Food Industry Toolkit: Resource Hub for Food Industry Partners](#) (USDA):

<https://www.fns.usda.gov/tn/cnp/food-industry-toolkit>

# Meal Pattern and Crediting Resources for the School Nutrition Programs

## [Child Nutrition Programs: Tips for Evaluating a Manufacturer's Product Formulation Statement](#)

(CSDE webpage):

<https://www.fns.usda.gov/cn/labeling/tips-evaluating-pfs>

## [Commercial Processed Products](#) (CSDE's Crediting Documentation for the Child Nutrition Program webpage):

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

## [Crediting Documentation for the Child Nutrition Programs](#) (CSDE webpage):

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

## [Food Buying Guide for Child Nutrition Programs](#) (USDA):

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

## [Foods Made from Scratch](#) (CSDE's Crediting Documentation for the Child Nutrition Program webpage):

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

## [Guide to Menu Documentation for the School Nutrition Programs](#) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/mpg/guide\\_menu\\_documentation\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/mpg/guide_menu_documentation_snp.pdf)

## [Navigating the Food Buying Guide FBG Calculator](#) (USDA webinar):

<https://www.fns.usda.gov/tn/navigating-food-buying-guide-fbg-calculator>

## [Product Formulation Statements](#) (CSDE's Crediting Documentation for the Child Nutrition Programs webpage):

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

## [Recipe Analysis Workbook \(RAW\) for Standardized Recipes](#) (USDA):

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

## [Records Retention Requirements for the School Nutrition Programs](#) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/records\\_retention\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/records_retention_snp.pdf)

## [Standardized Recipe Form for the School Nutrition Programs](#) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/standardized\\_recipe\\_form\\_schools.docx](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/standardized_recipe_form_schools.docx)

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[Standardized Recipes](#) (CSDE's Crediting Documentation for the Child Nutrition Program webpage):

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

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

<https://www.fns.usda.gov/cn/labeling/tips-evaluating-pfs>

[USDA Foods Database](#) (USDA):

<https://www.fns.usda.gov/usda-fis/usda-foods-database>

[USDA Memo SP 05-2025, CACFP 04-2025, and SFSP 02-2025: Guidance for Accepting Processed Product Documentation for Meal Pattern Requirements:](#)

<https://www.fns.usda.gov/cn/labeling/guidance-accepting-processed-product-documentation>

[USDA Recipe Standardization Guide for School Nutrition Programs](#) (Institute of Child Nutrition):

<https://theicn.org/cicn/usda-recipe-standardization-guide-for-school-nutrition-programs/>

[Using Child Nutrition \(CN\) Labels in the School Nutrition Programs](#) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/cn\\_labels\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/cn_labels_snp.pdf)

[Using Product Formulation Statements in the School Nutrition Programs](#) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/product\\_formulation\\_statements.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/product_formulation_statements.pdf)

[What's in a Meal Module 7: Meal Pattern Documentation for School Menus](#) (CSDE's Training Program, What's in a Meal: Meal Patterns for Grades K-12 in the School Nutrition Programs):

<https://portal.ct.gov/sde/nutrition/meal-pattern-training-materials#module7>

[What's in a Meal Module 8: Meal Pattern Documentation for Crediting Commercial Processed Products](#) (CSDE's Training Program, What's in a Meal: Meal Patterns for Grades K-12 in the School Nutrition Programs):

<https://portal.ct.gov/sde/nutrition/meal-pattern-training-materials#module8>

[When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs](#) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/when\\_commercial\\_grain\\_products\\_require\\_pfs\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/when_commercial_grain_products_require_pfs_snp.pdf)

[Yield Study Data Form for the Child Nutrition Programs](#) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/yield\\_study\\_form.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/yield_study_form.pdf)

# Meal Pattern and Crediting Resources for the School Nutrition Programs

## Crediting Foods

[Child Nutrition Programs: Tips for Evaluating a Manufacturer's Product Formulation Statement](#)

(CSDE webpage):

<https://www.fns.usda.gov/cn/labeling/tips-evaluating-pfs>

[Crediting Foods in School Nutrition Programs](#) (CSDE webpage):

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

[Crediting Guide for the School Nutrition Programs](#) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/mpg/guide\\_crediting\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/mpg/guide_crediting_snp.pdf)

[Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs](#)

(CSDE):

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

[Crediting Tip Sheets in Child Nutrition Programs](#) (USDA):

<https://www.fns.usda.gov/tn/cn/crediting-tipsheets>

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

<https://www.fns.usda.gov/tn/cn/crediting-updates-webinars>

[Exhibit A Grains Tool of the Food Buying Guide](#) (USDA):

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

[Food Buying Guide for Child Nutrition Programs](#) (USDA):

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

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

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

[Recipe Analysis Workbook \(RAW\) for Standardized Recipes](#) (USDA):

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

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

Meal Pattern Training for School Nutrition Programs webpage):

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

[Yield Study Data Form for the Child Nutrition Programs](#) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/yield\\_study\\_form.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/yield_study_form.pdf)

# Meal Pattern and Crediting Resources for the School Nutrition Programs

## Dietary Specifications at Breakfast and Lunch for Grades K-12

[Added Sugars](#) (USDA):

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

[Calories](#) (“Dietary Specifications” 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/dietary-specifications#Calories>

[Chapter 3: Menu Development](#) (“Checking for Dietary Specifications” in USDA’s Menu Planner for School Meals):

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

[Defining Added Sugars and How to Find Them on a Nutrition Facts Label](#) (USDA webinar):

<https://www.youtube.com/watch?v=R2EgjEu4-tk>

[Defining Added Sugars and How to Find Them on a Nutrition Facts Label](#) (USDA webinar):

<https://www.youtube.com/watch?v=R2EgjEu4-tk>

[Dietary Specifications](#) (CSDE’s Meal Patterns for Grades K-12 in School Nutrition Program webpage):

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

[Get the Facts: Sources of Sodium in Your Diet](#) (CDC):

<https://www.cdc.gov/salt/pdfs/Sources-of-Sodium.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)

[Identifying Sources of Added Sugars and Simple Swaps](#) (USDA webinar):

<https://www.youtube.com/watch?v=Uob-DBBKIGk>

[Identifying Sources of Added Sugars and Simple Swaps](#) (USDA webinar):

<https://www.youtube.com/watch?v=Uob-DBBKIGk>

# Meal Pattern and Crediting Resources for the School Nutrition Programs

[Lowering Sodium in School Foods](#) (American Heart Association):

[https://www.heart.org/idc/groups/heart-public/@wcm/@adv/documents/downloadable/ucm\\_472940.pdf](https://www.heart.org/idc/groups/heart-public/@wcm/@adv/documents/downloadable/ucm_472940.pdf)

[Reducing Added Sugars at School Breakfast](#) (USDA):

<https://www.fns.usda.gov/tn/sbp/reducing-added-sugars>

[Reducing Added Sugars at School Breakfast: Menu Planning Tips](#) (USDA webinar):

<https://www.youtube.com/watch?v=qVEHQSGicI>

[Reducing Added Sugars at School Breakfast: Menu Planning Tips](#) (USDA webinar):

<https://www.youtube.com/watch?v=qVEHQSGicI>

[Reducing Added Sugars in Recipes](#) (USDA webinar):

<https://www.youtube.com/watch?v=T25NQwTzZIo>

[Reducing Added Sugars in Recipes](#) (USDA webinar):

<https://www.youtube.com/watch?v=T25NQwTzZIo>

[Reducing Sodium in the Diets of American Children](#) (AHA):

[http://www.heart.org/idc/groups/heart-public/@wcm/@adv/documents/downloadable/ucm\\_433027.pdf](http://www.heart.org/idc/groups/heart-public/@wcm/@adv/documents/downloadable/ucm_433027.pdf)

[Reducing Sodium, Boosting Health for our Nation's Schoolchildren](#) (USDA):

<https://www.usda.gov/about-usda/news/blog/reducing-sodium-boosting-health-our-nations-schoolchildren>

[Shaking it Up initiative](#) (Institute of Child Nutrition):

<https://theicn.org/icn-resources-a-z/shaking-it-up/>

[Sodium and Children](#) (CDC):

[https://www.cdc.gov/salt/sodium\\_and\\_children.htm](https://www.cdc.gov/salt/sodium_and_children.htm)

[Sodium Limits for the National School Lunch Program and School Breakfast Program 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)

[USDA Final Rule \(83 FR 63775\): Child Nutrition Programs: Flexibilities for Milk, Whole Grains, and Sodium Requirements:](#)

<https://www.govinfo.gov/content/pkg/FR-2018-12-12/pdf/2018-26762.pdf>

# Meal Pattern and Crediting Resources for the School Nutrition Programs

[Using Nutrient Analysis Software for Added Sugars](#) (USDA webinar):

<https://www.youtube.com/watch?v=QQPeJQvkUBA>

[Using Nutrient Analysis Software for Added Sugars](#) (USDA webinar):

<https://www.youtube.com/watch?v=QQPeJQvkUBA>

[Weekly Calorie Ranges 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/mealpattern/calorie\\_ranges\\_nslp\\_sbp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/mealpattern/calorie_ranges_nslp_sbp.pdf)

[What's in a Meal Module 6: Dietary Specifications](#) (CSDE's Training Program,

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

<https://portal.ct.gov/sde/nutrition/meal-pattern-training-materials#module6>

[What's Shaking: Creative Ways to Boost Flavor with Less Sodium](#) (USDA):

<https://theicn.org/cnss/about-whats-shaking/>

## Fruits Component

[Crediting Fruits in the Child Nutrition Programs Tip Sheet](#) (USDA):

<http://https://www.fns.usda.gov/tn/crediting-fruits-child-nutrition-programs-tip-sheet>

[Crediting Juices in the School Nutrition Programs](#) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit\\_juices\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit_juices_snp.pdf)

[Crediting Smoothies in the School Nutrition Programs](#) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit\\_smoothies\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit_smoothies_snp.pdf)

[Crediting Vegetable Noodles and Coconut in the Child Nutrition Programs](#) (USDA webinar):

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

[CSDE Operational Memorandum No. 07-19: Compliance Issues with the Vegetables and Fruits Components for Grades K-12 in the National School Lunch Program and School Breakfast Program](#):

<https://portal.ct.gov/-/media/sde/nutrition/nslp/memos/om2019/om07-19.pdf>

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

[https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/USDA\\_FBG\\_Section3\\_Fruits.pdf](https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/USDA_FBG_Section3_Fruits.pdf)

# Meal Pattern and Crediting Resources for the School Nutrition Programs

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

[https://foodbuyingguide.fns.usda.gov/files/Reports/USDA\\_FBG\\_Section3\\_FruitsYieldTable.pdf](https://foodbuyingguide.fns.usda.gov/files/Reports/USDA_FBG_Section3_FruitsYieldTable.pdf)

[Fruits Component](#) (CSDE's Crediting Foods in School Nutrition Programs webpage):

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

[Offering Smoothies as Part of Reimbursable School Meals](#) (USDA):

<https://www.fns.usda.gov/tn/offering-smoothies-part-reimbursable-school-meals>

[Preschool Meal Pattern Training for the School Nutrition Programs, Module 7: Fruits Component](#)

("Preschool Meal Pattern Training" section of CSDE's Meal Patterns for Preschoolers in School Nutrition Programs webpage):

<https://portal.ct.gov/sde/nutrition/meal-patterns-preschoolers-in-school-nutrition-programs/preschool-meal-pattern-training#module7>

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

[https://fns-prod.azureedge.us/sites/default/files/resource-files/PFS\\_Veg\\_Subgroups\\_Fruits\\_Fillable\\_508.pdf](https://fns-prod.azureedge.us/sites/default/files/resource-files/PFS_Veg_Subgroups_Fruits_Fillable_508.pdf)

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

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

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

[https://www.fns.usda.gov/sites/default/files/resource-files/PFS\\_Total\\_Veg\\_Fruits\\_Fillable\\_508.pdf](https://www.fns.usda.gov/sites/default/files/resource-files/PFS_Total_Veg_Fruits_Fillable_508.pdf)

[Smoothies](#) (New England Dairy):

<https://www.newenglanddairy.com/smoothies/>

[Start with Half a Cup: Fresh Fruit Portioning Guide for Schools](#) (CSDE):

<https://portal.ct.gov/sde/nutrition/menu-planning/portion-control#StartHalfCup>

[Tools for Schools: Offering Fruits and Vegetables](#) (USDA):

<https://www.fns.usda.gov/school-meals/tools-schools-offering-fruits-and-vegetables>

# Meal Pattern and Crediting Resources for the School Nutrition Programs

[USDA Memo SP 02-2025: Substitution of Vegetables for Fruit Flexibility in the School Breakfast Program: Q&As for Program Operators:](#)

<https://www.fns.usda.gov/sbp/vegetables-fruit-flexibility-qas>

[USDA Memo SP 34-2019, CACFP 15-2019, and SFSP 15-2019: Crediting Coconut, Hominy, Corn Masa, and Masa Harina in the Child Nutrition Programs:](#)

<https://www.fns.usda.gov/cn/crediting-coconut-hominy-corn-masa-and-masa-harina-child-nutrition-programs>

[USDA Memo SP 40-2019, CACFP 17-2019, and SFSP 17-2019: Smoothies Offered in Child Nutrition Programs:](#)

<https://www.fns.usda.gov/cn/smoothies-offered>

[What's in a Meal Module 11: Fruits Component](#) (CSDE's Training Program,

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

<https://portal.ct.gov/sde/nutrition/meal-pattern-training-materials#module11>

## General Program Guidance

[Afterschool Snack Program](#) (CSDE webpage):

<https://portal.ct.gov/sde/nutrition/afterschool-snack-program>

[Child Nutrition Programs](#) (CSDE webpage):

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

[Food and Nutrition Service \(FNS\) Documents & Resources](#) (USDA webpage):

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

[Forms for School Nutrition Programs](#) (CSDE webpage):

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

[Legislation and Regulations for Child Nutrition Programs](#) (USDA webpage):

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

[Manuals and Guides for Child Nutrition Programs](#) (CSDE webpage):

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

[National School Lunch Program](#) (CSDE webpage):

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

# Meal Pattern and Crediting Resources for the School Nutrition Programs

[Nutrition Education](https://portal.ct.gov/sde/nutrition/nutrition-education) (CSDE webpage):

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

[Operational Memoranda for School Nutrition Programs](https://portal.ct.gov/sde/lists/operational-memoranda-for-school-nutrition-programs) (CSDE webpage):

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

[Program Guidance for School Nutrition Programs](https://portal.ct.gov/sde/nutrition/program-guidance-school-nutrition-programs) (CSDE webpage):

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

[Resources for Child Nutrition Programs](https://portal.ct.gov/sde/nutrition/resources-for-child-nutrition-programs) (CSDE webpage):

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

[School Breakfast Program](https://portal.ct.gov/sde/nutrition/school-breakfast-program) (CSDE webpage):

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

[School Lunch Tray and Table Talk](https://portal.ct.gov/sde/nutrition/school-lunch-tray-and-table-talk) (CSDE webpage):

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

[School Nutrition Programs](https://portal.ct.gov/sde/nutrition/school-nutrition-programs) (CSDE webpage):

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

[Training for Child Nutrition Programs](https://portal.ct.gov/sde/nutrition/training-for-child-nutrition-programs) (CSDE):

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

## Grains Component

[Adding Whole Grains to Your CACFP Menu](https://www.fns.usda.gov/tn/adding-whole-grains-your-cacfp-menu) (USDA):

<https://www.fns.usda.gov/tn/adding-whole-grains-your-cacfp-menu>

[CACFP Grains Ounce Equivalents Resources](https://www.fns.usda.gov/tn/grains-ounce-equivalents-resources-cacfp) (USDA):

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

[Calculating the Added Sugars Limit for Breakfast Cereals in the Child and Adult Care Food Program](https://www.fns.usda.gov/tn/cacfp/calculating-sugar-limits-breakfast-cereals) (USDA):

<https://www.fns.usda.gov/tn/cacfp/calculating-sugar-limits-breakfast-cereals>

[Calculating the Weekly Percentage of Whole Grain-rich Menu Items in the Meal Patterns for Grades K-12](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/calculate_wgr_percentage_snp.pdf) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/calculate\\_wgr\\_percentage\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/calculate_wgr_percentage_snp.pdf)  
*Applies only to the meal patterns for grades K-12*

# Meal Pattern and Crediting Resources for the School Nutrition Programs

[Calculation Methods for Grain Ounce Equivalents in the School Nutrition Programs](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/grain_calculation_snp.pdf) (CSDE):  
[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/grain\\_calculation\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/grain_calculation_snp.pdf)

[Choose Breakfast Cereals That Are Lower in Added Sugars in the Child and Adult Care Food Program](https://www.fns.usda.gov/tn/cacfp/breakfast-cereals-lower-sugar) (USDA):  
<https://www.fns.usda.gov/tn/cacfp/breakfast-cereals-lower-sugar>

[Choosing Breakfast Cereals That Are Lower in Added Sugars for School Meals](https://www.youtube.com/watch?v=KkmlwmJiVYY) (USDA webinar):  
<https://www.youtube.com/watch?v=KkmlwmJiVYY>

[Choosing Breakfast Cereals That Are Lower in Added Sugars for School Meals](https://www.youtube.com/watch?v=KkmlwmJiVYY) (USDA webinar):  
<https://www.youtube.com/watch?v=KkmlwmJiVYY>

[Comparison of the Grains Component Requirements in the Meal Patterns for School Nutrition Programs](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/comparison_grain_requirements_snp.pdf) (CSDE):  
[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/comparison\\_grain\\_requirements\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/comparison_grain_requirements_snp.pdf)

[Crediting Breakfast Cereals in the School Nutrition Programs](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit_cereals_snp.pdf) (CSDE):  
[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit\\_cereals\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit_cereals_snp.pdf)

[Crediting Enriched Grains in the School Nutrition Programs](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit_enriched_grains_snp.pdf) (CSDE):  
[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit\\_enriched\\_grains\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit_enriched_grains_snp.pdf)

[Crediting Grain-based Desserts in the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit_grain_based_desserts_grades_k-12_nslp_sbp.pdf) (CSDE):  
[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit\\_grain\\_based\\_desserts\\_grades\\_k-12\\_nslp\\_sbp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit_grain_based_desserts_grades_k-12_nslp_sbp.pdf)  
*Applies only to the meal patterns for grades K-12*

[Crediting Grains in the Child Nutrition Programs Tip Sheets: Part 1: Creditable Grains in Child Nutrition Programs; Part 2: Identifying Grain Products that are Whole Grain-Rich; and Part 3: Program Requirements](https://www.fns.usda.gov/tn/crediting-grains) (USDA):  
<https://www.fns.usda.gov/tn/crediting-grains>

[Crediting Single-Serving Packages of Grains in the CACFP](https://www.fns.usda.gov/tn/crediting-single-serving-packages-grains-cacfp) (USDA):  
<https://www.fns.usda.gov/tn/crediting-single-serving-packages-grains-cacfp>

# Meal Pattern and Crediting Resources for the School Nutrition Programs

[Crediting Whole Grains in the School Nutrition Programs](#) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit\\_whole\\_grains\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit_whole_grains_snp.pdf)

[Exhibit A Grains Tool of the Food Buying Guide](#) (USDA):

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

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

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

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

(USDA):

[https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/USDA\\_FBG\\_Section4\\_Grains.pdf](https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/USDA_FBG_Section4_Grains.pdf)

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

[https://foodbuyingguide.fns.usda.gov/files/Reports/USDA\\_FBG\\_Section4\\_GrainsYieldTable.pdf](https://foodbuyingguide.fns.usda.gov/files/Reports/USDA_FBG_Section4_GrainsYieldTable.pdf)

[Grain Ounce Equivalents Chart for the School Nutrition Programs](#) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/grain\\_oz\\_eq\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/grain_oz_eq_snp.pdf)

[Grain-based Desserts in the Child and Adult Care Food Program](#) (USDA):

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

[Grains Component](#) (CSDE's Crediting Foods in School Nutrition Programs webpage):

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

[Guide to Meeting the Whole Grain-rich Requirement for the Child and Adult Care Food Program](#)

(CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/wgr\\_requirement\\_cacfp.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/wgr_requirement_cacfp.pdf)

*Applies only to the preschool meal patterns*

[Guide to Meeting the Whole Grain-rich Requirement for the Meal Patterns for Grades K-12 in the School Nutrition Programs](#) (CSDE):

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

*Applies only to the meal patterns for grades K-12*

# Meal Pattern and Crediting Resources for the School Nutrition Programs

## [How to Identify Creditable Grains for the Preschool Meal Patterns of the School Nutrition Programs](#) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/identify\\_creditable\\_grains\\_snp\\_preschool.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/identify_creditable_grains_snp_preschool.pdf)

*Applies only to the preschool meal patterns*

## [How to Spot Whole Grain-Rich Foods for the Child and Adult Care Food Program](#) (USDA):

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

*Applies only to the preschool meal patterns*

## [How to Use the Grain Ounce Equivalents Chart for the School Nutrition Programs](#) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/how\\_to\\_use\\_ounce\\_equivalents\\_chart\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/how_to_use_ounce_equivalents_chart_snp.pdf)

*Applies only to the preschool meal patterns*

## [Identifying Whole Grain-rich Foods for the Child and Adult Care Food Program](#) (USDA):

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

*Applies only to the preschool meal patterns*

## [Instructions for the Worksheet to Calculate the Weekly Percentage of Whole Grain-rich Menu Items in the Meal Patterns for Grades K-12](#) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/worksheet\\_calculate\\_wgr\\_percentage\\_snp\\_grades\\_k-12\\_instructions.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/worksheet_calculate_wgr_percentage_snp_grades_k-12_instructions.pdf)

*Applies only to the meal patterns for grades K-12*

## [Is My Recipe Whole Grain-Rich in the Child and Adult Care Food Program?](#) (USDA):

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

*Applies only to the preschool meal patterns*

## [Nutrition Standards for Added Sugars: Breakfast Cereals Fact Sheet](#) (Institute of Child Nutrition):

<https://theicn.org/resources/2582/sugar-reduction-for-schools-fact-sheets/127722/nutrition-standards-for-added-sugars-breakfast-cereals-fact-sheet.pdf>

*Applies only to the meal patterns for grades K-12*

## [Preschool Meal Pattern Training for the School Nutrition Programs Module 7: Grains Component](#) (“Preschool Meal Pattern Training” section of CSDE’s Meal Patterns for Preschoolers in School Nutrition Programs webpage):

<https://portal.ct.gov/sde/nutrition/meal-patterns-preschoolers-in-school-nutrition-programs/preschool-meal-pattern-training>

*Applies only to the preschool meal patterns*

# Meal Pattern and Crediting Resources for the School Nutrition Programs

[Product Formulation Statement for Documenting Grains Ounce Equivalents in Child Nutrition Programs](#) (USDA):

<https://www.fns.usda.gov/sites/default/files/resource-files/tn-grains-pfs-template-oz-eq.pdf>

[Product Formulation Statement for Documenting Grains Ounce Equivalents in Child Nutrition Programs: Completed Sample](#) (USDA):

<https://fns-prod.azureedge.us/sites/default/files/resource-files/tn-sample-pfs-grains-oz-eq.pdf>

[Product Formulation Statements](#) (CSDE's Crediting Documentation for the Child Nutrition Programs webpage):

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

[Recipe Analysis Workbook \(RAW\) for Standardized Recipes](#) (USDA):

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

[Serving Requirements](#) ("Grains" section of CSDE's Crediting Foods in School Nutrition Programs webpage):

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

[USDA Memo CACFP 05-2025: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers:](#)

<https://www.fns.usda.gov/cacfp/grain-requirements-qas>  
*Applies only to the preschool meal patterns*

[USDA Memo CACFP 16-2017: Grain-Based Desserts in the Child and Adult Care Food Program:](#)

<https://www.fns.usda.gov/cacfp/grain-based-desserts-child-and-adult-care-food-program>  
*Applies only to the preschool meal patterns*

[USDA Memo SP 23-2019, CACFP 10-2019, and SFSP 09-2019: Crediting Popcorn in the Child Nutrition Programs:](#)

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

[USDA Memo SP 34-2019, CACFP 15-2019, and SFSP 15-2019: Crediting Coconut, Hominy, Corn Masa, and Masa Harina in the Child Nutrition Programs:](#)

<https://www.fns.usda.gov/cn/crediting-coconut-hominy-corn-masa-and-masa-harina-child-nutrition-programs>

# Meal Pattern and Crediting Resources for the School Nutrition Programs

[Using Ounce Equivalents for Grains in the CACFP](https://www.fns.usda.gov/tn/using-ounce-equivalents-grains-cacfp) (USDA):

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

*Applies only to the preschool meal patterns*

[Using the WIC Food Lists to Identify Grains for the Child and Adult Care Food Program](https://www.fns.usda.gov/tn/using-wic-food-lists-identify-grains-cacfp) (USDA):

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

[Webinar: How to Maximize the Exhibit A Grains Tool](https://www.fns.usda.gov/tn/how-maximize-exhibit-grains-tool) (USDA):

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

[What's in a Meal Module 13: Grains Component](https://portal.ct.gov/sde/nutrition/meal-pattern-training-materials#module13) (CSDE's Training Program,

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

<https://portal.ct.gov/sde/nutrition/meal-pattern-training-materials#module13>

[What's in a Meal Module 14: Whole Grain-rich Requirement](https://portal.ct.gov/sde/nutrition/meal-pattern-training-materials#module14) (CSDE's Training Program,

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

<https://portal.ct.gov/sde/nutrition/meal-pattern-training-materials#module14>

[What's in a Meal Module 15: Grains Ounce Equivalents](https://portal.ct.gov/sde/nutrition/meal-pattern-training-materials#module15) (CSDE's Training Program,

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

<https://portal.ct.gov/sde/nutrition/meal-pattern-training-materials#module15>

[When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/when_commercial_grain_products_require_pfs_snp.pdf) (CSDE):

[https://portal.ct.gov/-](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/when_commercial_grain_products_require_pfs_snp.pdf)

[/media/sde/nutrition/nslp/crediting/when\\_commercial\\_grain\\_products\\_require\\_pfs\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/when_commercial_grain_products_require_pfs_snp.pdf)

[Whole Grain Resource for the National School Lunch and School Breakfast Programs: A Guide to Meeting the Whole Grain-Rich Criteria](https://www.fns.usda.gov/tn/whole-grain-resource) (USDA):

<https://www.fns.usda.gov/tn/whole-grain-resource>

*Applies only to the meal patterns for grades K-12*

[Whole Grain-rich Requirement](https://portal.ct.gov/sde/nutrition/crediting-foods-in-school-nutrition-programs/grains#WGR) ("Grains" section of CSDE's Crediting Foods in School Nutrition Programs webpage):

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

[Worksheet to Calculate the Weekly Percentage of Whole Grain-rich Menu Items in the Meal Patterns for Grades K-12](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/worksheet_calculate_wgr_percentage_snp_grades_k-12.xlsx) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/worksheet\\_calculate\\_wgr\\_percentage\\_snp\\_grades\\_k-12.xlsx](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/worksheet_calculate_wgr_percentage_snp_grades_k-12.xlsx)

*Applies only to the meal patterns for grades K-12*

# Meal Pattern and Crediting Resources for the School Nutrition Programs

## Meal Modifications for Special Diets

[Accommodating Children with Disabilities in the School Meal Programs: Guidance for School Food Service Professionals](#) (USDA):

<https://www.fns.usda.gov/cn/2017-edition-accommodating-children-disabilities-school-meal-programs>

[Allowable Fluid Milk Substitutes for Non-disability Reasons in the School Nutrition Programs](#) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/specdiet/milk\\_substitutes\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/specdiet/milk_substitutes_snp.pdf)

[Connecticut General Statutes Section 10-212c: Life-threatening food allergies and glycogen storage disease: Guidelines; district plans:](#)

[https://www.cga.ct.gov/current/pub/chap\\_169.htm#sec\\_10-212c](https://www.cga.ct.gov/current/pub/chap_169.htm#sec_10-212c)

[CSDE Operational Memo No. 13-17: Requirements for Meal Modifications in the School Nutrition Programs:](#)

<https://portal.ct.gov/-/media/sde/nutrition/nslp/memos/om2017/om13-17.pdf>

[FNS Instruction 783-13, Revision 3: Variations in Meal Requirements for Religious Reasons: Jewish Schools, Institutions and Sponsors](#) (USDA):

<https://www.fns.usda.gov/cn/variations-in-meal-requirements-for-religious-reasons>

[Food Allergies](#) (CSDE's Special Diets in School Nutrition Programs webpage):

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

[Guidance for Special Diets](#) (CSDE's Special Diets in School Nutrition Programs webpage):

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

[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)

[Guidelines for Feeding and Swallowing Programs in Schools](#) (CSDE):

[https://portal.ct.gov/-/media/sde/special-education/feeding\\_and\\_swallowing.pdf](https://portal.ct.gov/-/media/sde/special-education/feeding_and_swallowing.pdf)

[Guidelines for Managing Life-threatening Food Allergies in Connecticut Schools](#) (CSDE):

<https://portal.ct.gov/sde/publications/managing-life-threatening-food-allergies-in-connecticut-schools>

# Meal Pattern and Crediting Resources for the School Nutrition Programs

[Identifying Products that Meet the USDA's Nutrition Standards for Fluid Milk Substitutes in the School Nutrition Programs](#) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/specdiet/identify\\_allowable\\_nondairy\\_milk\\_substitutes\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/specdiet/identify_allowable_nondairy_milk_substitutes_snp.pdf)

[Instructions for the Medical Statement for Meal Modifications in the School Nutrition Programs](#) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/specdiet/medical\\_statement\\_snp\\_instructions.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/specdiet/medical_statement_snp_instructions.pdf)

[Instructions for the Medical Statement for Meal Modifications in the School Nutrition Programs \(Spanish\): Instrucciones: Declaración médica para la modificación de alimentos en los programas de nutrición escolar](#) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/specdiet/medical\\_statement\\_snp\\_instructions\\_spanish.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/specdiet/medical_statement_snp_instructions_spanish.pdf)

[Medical Statement for Meal Modifications in the School Nutrition Programs](#) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/specdiet/medical\\_statement\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/specdiet/medical_statement_snp.pdf)

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

[https://portal.ct.gov/-/media/sde/nutrition/nslp/specdiet/medical\\_statement\\_snp\\_spanish.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/specdiet/medical_statement_snp_spanish.pdf)

[Medical Statements](#) (CSDE's Special Diets in School Nutrition Programs webpage):

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

[Milk Substitutes for Non-disability Reasons](#) (CSDE's Special Diets in School Nutrition Programs webpage):

<https://portal.ct.gov/sde/nutrition/special-diets-in-school-nutrition-programs/milk-substitutes-for-non-disability-reasons>

[Offering Lactose-Free and Lactose-Reduced Milk in the School Nutrition Programs](#) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/specdiet/lactose\\_free\\_reduced\\_milk\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/specdiet/lactose_free_reduced_milk_snp.pdf)

[NSLP regulations 7 CFR 210.10\(d\)\(2\): Fluid milk substitutes for non-disability reasons](#) (USDA):

[https://www.ecfr.gov/current/title-7/part-210#p-210.10\(d\)\(2\)](https://www.ecfr.gov/current/title-7/part-210#p-210.10(d)(2))

[NSLP regulations 7 CFR 210.10\(m\)\(1\): Modifications for disability reasons](#) (USDA):

[https://www.ecfr.gov/current/title-7/part-210#p-210.10\(m\)\(1\)](https://www.ecfr.gov/current/title-7/part-210#p-210.10(m)(1))

# Meal Pattern and Crediting Resources for the School Nutrition Programs

[NSLP regulations 7 CFR 210.10\(m\)\(2\): Variations for non-disability reason](https://www.ecfr.gov/current/title-7/part-210#p-210.10(m)(2)) (USDA):

[https://www.ecfr.gov/current/title-7/part-210#p-210.10\(m\)\(2\)](https://www.ecfr.gov/current/title-7/part-210#p-210.10(m)(2))

[Overview of the Requirements for Meal Modifications in the School Nutrition Programs](https://portal.ct.gov/-/media/sde/nutrition/nslp/specdiet/overview_meal_modifications_snp.pdf) (CSDE):

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

[Requirements for Procedural Safeguards for Meal Modifications in the School Nutrition Programs](https://portal.ct.gov/-/media/sde/nutrition/nslp/specdiet/procedural_safeguards_snp.pdf) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/specdiet/procedural\\_safeguards\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/specdiet/procedural_safeguards_snp.pdf)

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

[Resources for Special Diets in Child Nutrition Programs](https://portal.ct.gov/sde/nutrition/special-diets-in-school-nutrition-programs/documents) (“Documents/Forms” section of CSDE’s Special Diets in School Nutrition Programs webpage):

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

[Sample Action Plan: Developing District Policy for Meal Modifications in School Nutrition Programs](https://portal.ct.gov/-/media/sde/nutrition/nslp/specdiet/action_policy_meal_modifications_snp.pdf) (CSDE):

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

[Sample Action Plan: Promoting District Policy for Meal Modifications in School Nutrition Programs](https://portal.ct.gov/-/media/sde/nutrition/nslp/specdiet/action_promote_meal_modifications_snp.pdf) (CSDE):

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

[Sample Standard Operating Procedure \(SOP\) for Meal Modifications in the School Nutrition Programs](https://portal.ct.gov/-/media/sde/nutrition/nslp/specdiet/sample_sop_meal_modifications_snp.docx) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/specdiet/sample\\_sop\\_meal\\_modifications\\_snp.docx](https://portal.ct.gov/-/media/sde/nutrition/nslp/specdiet/sample_sop_meal_modifications_snp.docx)

[SBP regulations 7 CFR 220.8\(m\): Modifications and variations in reimbursable meals:](https://www.ecfr.gov/current/title-7/part-220#p-220.8(m))

[https://www.ecfr.gov/current/title-7/part-220#p-220.8\(m\)](https://www.ecfr.gov/current/title-7/part-220#p-220.8(m))

[Self-assessment of Local Practices for Meal Modifications in School Nutrition Programs](https://portal.ct.gov/-/media/sde/nutrition/nslp/specdiet/assessment_meal_modifications_snp.pdf) (CSDE):

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

# Meal Pattern and Crediting Resources for the School Nutrition Programs

[Special Diets in School Nutrition Programs](#) (CSDE webpage):

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

[Summary Charts of the Requirements for Meal Modifications in the School Nutrition Programs](#)  
(CSDE):

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

[USDA Memo SP 01-2026: Whole Milk for Healthy Kids Act of 2025 – Implementation Requirements for the National School Lunch Program:](#)

<https://www.fns.usda.gov/nslp/wmfhka-implementation>

[USDA Memo SP 26-2017: Accommodating Disabilities in the School Meal Programs: Guidance and Questions and Answers \(Q&As\):](#)

<https://www.fns.usda.gov/cn/accommodating-disabilities-school-meal-programs-guidance-qas>

[USDA Memo SP 59-2016: Policy Memorandum on Modifications to Accommodate Disabilities in the School Meal Programs:](#)

<https://www.fns.usda.gov/policy-memorandum-modifications-accommodate-disabilities-school-meal-programs>

# Meal Pattern and Crediting Resources for the School Nutrition Programs

## Meal Patterns for Grades K-12

[Afterschool Snack Program Meal Pattern for Grades K-12](https://portal.ct.gov/-/media/sde/nutrition/asp/meal_pattern_asp_grades_k-12.pdf) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/asp/meal\\_pattern\\_asp\\_grades\\_k-12.pdf](https://portal.ct.gov/-/media/sde/nutrition/asp/meal_pattern_asp_grades_k-12.pdf)

[Dietary Specifications](https://portal.ct.gov/sde/nutrition/meal-patterns-school-nutrition-programs/dietary-specificationsprograms/documents#DietarySpecifications) (CSDE's Meal Patterns for Grades K-12 in School Nutrition Programs webpage):

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

[Guide to the Dietary Specifications for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12](https://portal.ct.gov/-/media/sde/nutrition/mpg/guide_dietary_specifications_nslp_sbp_k12.pdf) (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 National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12](https://portal.ct.gov/-/media/sde/nutrition/mpg/guide_meal_patterns_nslp_sbp_k12.pdf) (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)

[Meal Pattern Changes](https://portal.ct.gov/sde/nutrition/meal-patterns-school-nutrition-programs#Meal_Pattern_Changes) (CSDE's Meal Patterns for Grades K-12 in School Nutrition Programs webpage):

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

[Meal Pattern Exemption for RCCIs with Multiple Age Groups](https://portal.ct.gov/sde/nutrition/meal-patterns-school-nutrition-programs/meal-pattern-exemption-for-rccis) (CSDE's Meal Patterns for Grades K-12 in School Nutrition Programs webpage):

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

[Meal Pattern Training for School Nutrition Programs](https://portal.ct.gov/sde/nutrition/meal-pattern-training-materials) (CSDE webpage):

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

[Meal Patterns for Grades K-12 in School Nutrition Programs](https://portal.ct.gov/sde/nutrition/meal-patterns-school-nutrition-programs) (CSDE webpage):

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

[Menu Planner for School Meals](https://www.fns.usda.gov/tn/menu-planner) (USDA):

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

[Noncreditable Foods in the Meal Patterns for the School Nutrition Programs](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/noncreditable_foods_snp.pdf) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/noncreditable\\_foods\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/noncreditable_foods_snp.pdf)

# Meal Pattern and Crediting Resources for the School Nutrition Programs

[Nutrition Standards for School Meals](https://www.fns.usda.gov/cn/nutrition-standards-school-meals) (USDA webpage):

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

[Sodium Limits for the National School Lunch Program and School Breakfast Program Meal Patterns for School Meals for Grades K-12](https://portal.ct.gov/-/media/sde/nutrition/nslp/mealpattern/sodium_limits_nslp_sbp.pdf) (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)

[Summary of Final Rule Updates to the Meal Patterns for the School Nutrition Programs](https://portal.ct.gov/-/media/sde/nutrition/nslp/mealpattern/summary_final_rule_snp_meal_patterns.pdf) (CSDE):

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

[Updates to the School Nutrition Standards](https://www.fns.usda.gov/cn/school-nutrition-standards-updates) (USDA webpage):

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

[USDA Final Rule: Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans \(89 FR 31962\)](https://www.federalregister.gov/documents/2024/04/25/2024-08098/child-nutrition-programs-meal-patterns-consistent-with-the-2020-2025-dietary-guidelines-for):

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

[USDA Final Rule: Expanding Fluid Milk Options in Child Nutrition Programs \(91 FR 25073\)](https://www.federalregister.gov/documents/2026/05/08/2026-09212/expanding-fluid-milk-options-in-child-nutrition-programs):

<https://www.federalregister.gov/documents/2026/05/08/2026-09212/expanding-fluid-milk-options-in-child-nutrition-programs>

[USDA Final Rule: Nutrition Standards in the National School Lunch and School Breakfast Programs \(Final Rule 77 FR 4087\)](https://www.fns.usda.gov/cn/fr-012612):

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

[USDA Final Rule: Transitional Standards for Milk, Whole Grains, and Sodium \(87 FR 6984\)](https://www.federalregister.gov/documents/2022/02/07/2022-02327/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 Memo SP 05-2022: Meal Requirements Under the National School Lunch Program and School Breakfast Program: Questions and Answers for Program Operators Updated to Support the Transitional Standards for Milk, Whole Grains, and Sodium Effective July 1, 2022](https://www.fns.usda.gov/cn/sp052022-questions-answers-program-operators):

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

# Meal Pattern and Crediting Resources for the School Nutrition Programs

[USDA Memo SP 19-2024, CACFP 07-2024, and SFSP 12-2024: Initial Implementation Memorandum: Child Nutrition Programs: Meal Patterns Consistent With the 2020-2025 Dietary Guidelines for Americans:](#)

[https://fns-prod.azureedge.us/sites/default/files/resource-files/SP19\\_CACFP07\\_SFSP12-2024os.pdf](https://fns-prod.azureedge.us/sites/default/files/resource-files/SP19_CACFP07_SFSP12-2024os.pdf)

[USDA Memo SP 38-2019: Meal Requirements under the National School Lunch Program and School Breakfast Program: Q&As for Program Operators:](#)

<https://www.fns.usda.gov/cn/meal-requirements-under-national-school-lunch-program-and-school-breakfast-program>

[Weekly Calorie Ranges 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/mealpattern/calorie\\_ranges\\_nslp\\_sbp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/mealpattern/calorie_ranges_nslp_sbp.pdf)

[What's in a Meal Module 2: Introduction to School Meal Patterns](#) (CSDE's Training Program, What's in a Meal: Meal Patterns for Grades K-12 in the School Nutrition Programs):

<https://portal.ct.gov/sde/nutrition/meal-pattern-training-materials#module2>

[What's in a Meal Module 3: National School Lunch Program \(NSLP\) Meal Pattern](#) (CSDE's Training Program, What's in a Meal: Meal Patterns for Grades K-12 in the School Nutrition Programs):

<https://portal.ct.gov/sde/nutrition/meal-pattern-training-materials#module3>

[What's in a Meal Module 4: School Breakfast Program \(SBP\) Meal Pattern](#) (CSDE's Training Program, What's in a Meal: Meal Patterns for Grades K-12 in the School Nutrition Programs):

<https://portal.ct.gov/sde/nutrition/meal-pattern-training-materials#module4>

[What's in a Meal Module 5: Afterschool Snack Program \(ASP\) Meal Pattern](#) (CSDE's Training Program, What's in a Meal: Meal Patterns for Grades K-12 in the School Nutrition Programs):

<https://portal.ct.gov/sde/nutrition/meal-pattern-training-materials#module5>

# Meal Pattern and Crediting Resources for the School Nutrition Programs

## Meal Patterns for Preschool

[CACFP Meal Pattern Posters](#) (USDA):

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

[CACFP Meal Pattern Training Slides](#) (USDA):

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

[CACFP Meal Pattern Training Tools](#) (USDA):

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

[CACFP Meal Pattern Training Worksheets](#) (USDA):

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

[Guide to the Preschool Meal Patterns for the School Nutrition Programs](#) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/preschool/guide\\_preschool\\_meal\\_patterns.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/preschool/guide_preschool_meal_patterns.pdf)

[Meal Patterns](#) (CSDE's Meal Patterns for Preschoolers in School Nutrition Programs webpage):

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

[Meal Patterns for Preschoolers in School Nutrition Programs](#) (CSDE webpage):

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

[Menu Forms and Production Records](#) (CSDE's Meal Patterns for Preschoolers in School Nutrition Programs webpage):

<https://portal.ct.gov/sde/nutrition/meal-patterns-preschoolers-in-school-nutrition-programs/menu-forms-and-production-records>

[Menu Planning Guidance Series](#) (CSDE's Meal Patterns for Preschoolers in School Nutrition Programs webpage):

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

[Noncreditable Foods in the Meal Patterns for the School Nutrition Programs](#) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/noncreditable\\_foods\\_snp\\_grades\\_k-12.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/noncreditable_foods_snp_grades_k-12.pdf)

[Nutrition Standards for CACFP Meals and Snacks](#) (USDA):

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

# Meal Pattern and Crediting Resources for the School Nutrition Programs

[Preschool Meal Pattern Training for the School Nutrition Programs](#) (“Preschool Meal Pattern Training” section of CSDE’s Meal Patterns for Preschoolers in School Nutrition Programs webpage):

<https://portal.ct.gov/sde/nutrition/meal-patterns-preschoolers-in-school-nutrition-programs/preschool-meal-pattern-training>

[Updates to the School Nutrition Standards](#) (USDA webpage):

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

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

<https://www.federalregister.gov/documents/2016/11/01/2016-26339/child-and-adult-care-food-program-meal-pattern-revisions-related-to-the-healthy-hunger-free-kids-act>

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

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

[USDA Final Rule: Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans \(89 FR 31962\)](#):

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

[USDA Final Rule: Expanding Fluid Milk Options in Child Nutrition Programs \(91 FR 25073\)](#):

<https://www.federalregister.gov/documents/2026/05/08/2026-09212/expanding-fluid-milk-options-in-child-nutrition-programs>

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

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

[USDA Memo CACFP 15-2016: Optional Best Practices to Further Improve Nutrition in the CACFP](#):

<https://www.fns.usda.gov/cacfp/optional-best-practices-further-improve-nutrition-cacfp>

# Meal Pattern and Crediting Resources for the School Nutrition Programs

[USDA Memo SP 19-2024, CACFP 07-2024, and SFSP 12-2024: Initial Implementation Memorandum: Child Nutrition Programs: Meal Patterns Consistent With the 2020-2025 Dietary Guidelines for Americans:](#)  
[https://fns-prod.azureedge.us/sites/default/files/resource-files/SP19\\_CACFP07\\_SFSP12-2024os.pdf](https://fns-prod.azureedge.us/sites/default/files/resource-files/SP19_CACFP07_SFSP12-2024os.pdf)

## Meal Service for Grades K-12

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

Offer versus Serve for School Nutrition Programs: Refer to “[Offer versus Serve \(OVS\)](#)” in this document

## Meal Service for Preschool

[Family Style Dining Guide: A Mealtime Approach for Early Care and Education Programs](#) (Ohio Child Care Resource & Referral Association and The Nemours Foundation):  
<https://occr.org/wp-content/occr/spec/spec-fsd.pdf>

[Guide to Meal Service Requirements for Preschoolers in the School Nutrition Programs](#) (CSDE):  
[https://portal.ct.gov/-/media/sde/nutrition/nslp/preschool/guide\\_preschool\\_meal\\_service\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/preschool/guide_preschool_meal_service_snp.pdf)

[Meal Service for Preschoolers](#) (CSDE’s Meal Patterns for Preschoolers in School Nutrition Programs webpage):  
<https://portal.ct.gov/sde/nutrition/meal-patterns-preschoolers-in-school-nutrition-programs/meal-service>

[Mealtimes with Toddlers in the CACFP](#) (USDA):  
<https://www.fns.usda.gov/tn/mealtimes-toddlers-cacfp>

[Mealtimes with Toddlers in the CACFP](#) (USDA):  
<https://www.fns.usda.gov/tn/mealtimes-toddlers-family-handout>

# Meal Pattern and Crediting Resources for the School Nutrition Programs

[Preschool Meal Pattern Training for the School Nutrition Programs Module 8: Meal Service for Preschoolers](#) (“Preschool Meal Pattern Training” section of CSDE’s Meal Patterns for Preschoolers in School Nutrition Programs webpage):  
<https://portal.ct.gov/sde/nutrition/meal-patterns-preschoolers-in-school-nutrition-programs/preschool-meal-pattern-training>

[Support Family Style Meals \(Supplement E from Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program\)](#) (USDA):  
[https://fns-prod.azureedge.us/sites/default/files/tn/Supplement\\_E.PDF](https://fns-prod.azureedge.us/sites/default/files/tn/Supplement_E.PDF)

[The Basic Guide to Family Style Dining – Part 1](#) (ICN):  
<https://theicn.org/resources/382/2013-mealtime-memos/106229/august-2013-the-basic-guide-to-family-style-dining-part-1.pdf>

[USDA Memo SP 37-2017: Flexibility for Co-Mingled Preschool Meals: Questions and Answers:](#)  
<https://www.fns.usda.gov/school-meals/flexibility-co-mingled-preschool-meals-questions-and-answers>

## Meats/Meat Alternates Component

[Additional Meat/Meat Alternate Options for CNPs: Crediting Tempeh and Surimi](#) (USDA webinar):  
<https://www.fns.usda.gov/tn/additional-meat-meat-alternate-tempeh-and-surimi>

[Alternate Protein Products \(APPs\)](#) (“Meats and Meat Alternates” section of CSDE’s Crediting Foods in School Nutrition Programs webpage):  
<https://portal.ct.gov/sde/nutrition/crediting-foods-in-school-nutrition-programs/meats-and-meat-alternates#APP>

[Beans, Peas, and Lentils](#) (“Meats and Meat Alternates” section of CSDE’s Crediting Foods in School Nutrition Programs webpage):  
<https://portal.ct.gov/sde/nutrition/crediting-foods-in-school-nutrition-programs/meats-and-meat-alternates#BeansPeasLentils>

[Calculating the Added Sugars Limit for Yogurt in the Child and Adult Care Food Program](#) (USDA):  
<https://www.fns.usda.gov/tn/cacfp/calculating-sugar-limits-yogurt>

# Meal Pattern and Crediting Resources for the School Nutrition Programs

## [Choose Yogurt That Is Lower in Added Sugars in the Child and Adult Care Food Program](#)

(USDA):

<https://www.fns.usda.gov/tn/cacfp/choose-yogurts-lower-sugar>

## [Choosing Yogurt That Is Lower in Added Sugars for School Meals](#) (USDA webinar):

<https://www.youtube.com/watch?v=EjV7XBRRReFU>

## [Choosing Yogurt That Is Lower in Added Sugars for School Meals](#) (USDA webinar):

<https://www.youtube.com/watch?v=EjV7XBRRReFU>

## [Commercial Processed Products](#) (“Meats and Meat Alternates” section of CSDE’s Crediting Foods in School Nutrition Programs webpage):

<https://portal.ct.gov/sde/nutrition/crediting-foods-in-school-nutrition-programs/meats-and-meat-alternates#CommercialProcessedProducts>

## [Crediting Beans, Peas, and Lentils in the School Nutrition Programs](#) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit\\_beans\\_peas\\_lentils\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit_beans_peas_lentils_snp.pdf)

## [Crediting Commercial Meat/Meat Alternate Products in the School Nutrition Programs](#) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit\\_commercial\\_mma\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit_commercial_mma_snp.pdf)

## [Crediting Deli Meats in the School Nutrition Programs](#) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit\\_deli\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit_deli_snp.pdf)

## [Crediting Meats/Meat Alternates in the Child Nutrition Programs Tip Sheet](#) (USDA):

[https://fns-prod.azureedge.us/sites/default/files/resource-files/mma\\_tipsheet.pdf](https://fns-prod.azureedge.us/sites/default/files/resource-files/mma_tipsheet.pdf)

## [Crediting MMA at Breakfast](#) (“Meats and Meat Alternates” section of CSDE’s Crediting Foods in School Nutrition Programs webpage):

<https://portal.ct.gov/sde/nutrition/crediting-foods-in-school-nutrition-programs/meats-and-meat-alternates#MMABreakfast>

## [Crediting Nuts and Seeds in the School Nutrition Programs](#) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit\\_nuts\\_seeds\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit_nuts_seeds_snp.pdf)

## [Crediting Tofu and Tofu Products in the School Nutrition Programs](#) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit\\_tofu\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit_tofu_snp.pdf)

## [Crediting Yogurt in the School Nutrition Programs](#) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit\\_yogurt\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit_yogurt_snp.pdf)

# Meal Pattern and Crediting Resources for the School Nutrition Programs

[Dried Meats](#) (“Meats and Meat Alternates” section of CSDE’s Crediting Foods in School Nutrition Programs webpage):  
<https://portal.ct.gov/sde/nutrition/crediting-foods-in-school-nutrition-programs/meats-and-meat-alternates#DriedMeats>

[Food Buying Guide Section 1: Overview of Crediting Requirements for the Meats/Meat Alternates Component](#) (USDA):  
[https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/USDA\\_FBG\\_Section1\\_MeatsAndMeatAlternates.pdf](https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/USDA_FBG_Section1_MeatsAndMeatAlternates.pdf)

[Food Buying Guide Section 1: Yield Table for Meats/Meat Alternates](#) (USDA):  
[https://foodbuyingguide.fns.usda.gov/files/Reports/USDA\\_FBG\\_Section1\\_MeatsAndMeatAlternatesYieldTable.pdf](https://foodbuyingguide.fns.usda.gov/files/Reports/USDA_FBG_Section1_MeatsAndMeatAlternatesYieldTable.pdf)

[Meats and Meat Alternates Component](#) (CSDE’s Crediting Foods in School Nutrition Programs webpage):  
<https://portal.ct.gov/sde/nutrition/crediting-foods-in-school-nutrition-programs/meats-and-meat-alternates>

[Moving Forward: Update on Food Crediting in Child Nutrition Programs with Guidance for Dried Meat Products](#) (USDA webinar):  
<https://www.fns.usda.gov/tn/moving-forward-update-food-crediting-dried-meat-products>

[Nutrition Standards for Added Sugars: Yogurt Fact Sheet](#) (Institute of Child Nutrition):  
<https://theicn.org/resources/2582/sugar-reduction-for-schools-fact-sheets/127720/nutrition-standards-for-added-sugars-overview-fact-sheet.pdf>  
*Applies only to the meal patterns for grades K-12*

[Offering Meats and Meat Alternates at School Breakfast](#) (USDA):  
<https://www.fns.usda.gov/tn/offering-meats-and-meat-alternates-school-breakfast>  
*Applies only to the meal patterns for grades K-12*

[Preschool Meal Pattern Training for the School Nutrition Programs Module 5: Meats/Meat Alternates Component](#) (“Preschool Meal Pattern Training” section of CSDE’s Meal Patterns for Preschoolers in School Nutrition Programs webpage):  
<https://portal.ct.gov/sde/nutrition/meal-patterns-preschoolers-in-school-nutrition-programs/preschool-meal-pattern-training>  
*Applies only to the preschool meal patterns*

# Meal Pattern and Crediting Resources for the School Nutrition Programs

[Product Formulation Statement for Documenting Meats/Meat Alternates \(M/MA\) in Child Nutrition Programs](#) (USDA):

<https://fns-prod.azureedge.us/sites/default/files/resource-files/tn-mma-pfs-template.pdf>

[Product Formulation Statement for Documenting Meats/Meat Alternates \(M/MA\) in Child Nutrition Programs: Completed Sample](#) (USDA):

<https://fns-prod.azureedge.us/sites/default/files/resource-files/tn-mma-pfs-sample-meats-app.pdf>

[Questions and Answers on Alternate Protein Products \(APP\)](#) (USDA):

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

[Requirements for Alternate Protein Products in the School Nutrition Programs](#) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/app\\_requirements\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/app_requirements_snp.pdf)

[School Lunch Menu Flexibilities: Beans, Peas, and Lentils](#) (USDA webinar):

<https://www.youtube.com/watch?v=IJGC9zvx9Zk>

[Serving Meat and Meat Alternates at Breakfast in the CACFP](#) (USDA):

<https://www.fns.usda.gov/tn/serving-meats-and-meat-alternates-breakfast-cacfp>  
*Applies only to the preschool meal patterns*

[Serving Meats and Meat Alternates at Lunch and Supper in the USDA CACFP](#) (USDA):

<https://www.fns.usda.gov/tn/serving-meats-meat-alternates-lunch-supper-cacfp>  
*Applies only to the preschool meal patterns*

[Tofu and Tofu Products](#) (“Meats and Meat Alternates” section of CSDE’s Crediting Foods in School Nutrition Programs webpage):

<https://portal.ct.gov/sde/nutrition/crediting-foods-in-school-nutrition-programs/meats-and-meat-alternates#Tofu>

[USDA Memo SP 02-2024, CACFP 02-2024, and SFSP 02-2024: Revised: Crediting Tofu and Soy Yogurt Products in the School Meals Programs, Child and Adult Care Food Program, and Summer Food Service Program:](#)

<https://www.fns.usda.gov/cn/crediting-tofu-soy-yogurt-products-school-meals-cacfp>

[USDA Memo SP 21-2019, CACFP 08-2019, and SFSP 07-2019: Crediting Shelf-Stable, Dried and Semi-Dried Meat, Poultry, and Seafood Products in the Child Nutrition Programs:](#)

<https://www.fns.usda.gov/cn/crediting-shelf-stable-dried-and-semi-dried-meat-poultry-and-seafood-products-child-nutrition>

# Meal Pattern and Crediting Resources for the School Nutrition Programs

[USDA Memo SP 24-2019, CACFP 11-2019, and SFSP 10-2019: Crediting Surimi Seafood in the Child Nutrition Programs:](#)

<https://www.fns.usda.gov/cn/crediting-surimi-seafood-child-nutrition-programs>

[USDA Memo SP 25-2019, CACFP 12-2019, and SFSP 11-2019: Crediting Tempeh in the Child Nutrition Programs:](#)

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

[USDA Memo SP 26-2019, CACFP 13-2019, and SFSP 12-2019: Crediting Pasta Products Made of Vegetable Flour in the Child Nutrition Programs:](#)

<https://www.fns.usda.gov/cn/crediting-pasta-products-made-vegetable-flour-child-nutrition-programs>

[USDA Memo SP 53-2016 and CACFP 21-2016: Crediting Tofu and Soy Yogurt Products in the School Meal Programs and the CACFP:](#)

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

[What's in a Meal Module 10: Meats/Meat Alternates Component](#) (CSDE's Training Program, What's in a Meal: Meal Patterns for Grades K-12 in the School Nutrition Programs):

<https://portal.ct.gov/sde/nutrition/meal-pattern-training-materials#module10>

[Yogurt and Soy Yogurt](#) ("Meats and Meat Alternates" section of CSDE's Crediting Foods in School Nutrition Programs webpage):

<https://portal.ct.gov/sde/nutrition/crediting-foods-in-school-nutrition-programs/meats-and-meat-alternates#Yogurt>

## Menu Planning for Grades K-12

[Afterschool Snack Program Menu Form for Grades K-12](#) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/asp/forms/menu\\_form\\_asp\\_grades\\_k-12.docx](https://portal.ct.gov/-/media/sde/nutrition/asp/forms/menu_form_asp_grades_k-12.docx)

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

[https://portal.ct.gov/-/media/sde/nutrition/asp/sample\\_menu\\_asp\\_grades\\_k-12.pdf](https://portal.ct.gov/-/media/sde/nutrition/asp/sample_menu_asp_grades_k-12.pdf)

[Basics at a Glance Portion Control Poster](#) (Institute of Child Nutrition):

<https://theicn.org/icn-resources-a-z/basics-at-a-glance/>

[Cycle Menus](#) (CSDE's Menu Planning for Child Nutrition Programs webpage):

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

# Meal Pattern and Crediting Resources for the School Nutrition Programs

[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#m>

[Menu Planning for Child Nutrition Programs](#) (CSDE webpage):

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

[Menu Planning for Shorter or Longer Weeks](#) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/mealpattern/weekly\\_adjustments\\_nslp\\_sbp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/mealpattern/weekly_adjustments_nslp_sbp.pdf)

[Menu Planning for the Afterschool Snack Program](#) (CSDE's Afterschool Snack Program (ASP) webpage):

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

[Menu Planning Guidance for School Meals for Grades K-12](#) (CSDE webpage):

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

[Noncreditable Foods in the Meal Patterns for the School Nutrition Programs](#) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/noncreditable\\_foods\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/noncreditable_foods_snp.pdf)

[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\\_grades\\_k-12.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/mealpattern/overview_menu_planning_nslp_grades_k-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\\_grades\\_k-12.pdf](https://portal.ct.gov/-/media/sde/nutrition/sbp/overview_menu_planning_sbp_grades_k-12.pdf)

[Portion Control](#) (CSDE's Menu Planning for Child Nutrition Programs webpage):

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

[Reducing Added Sugars at School Breakfast: Menu Planning Tips](#) (USDA webinar):

<https://www.youtube.com/watch?v=qVEHQSGicI>

[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)

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

[https://portal.ct.gov/-/media/sde/nutrition/asp/sample\\_menu\\_asp\\_grades\\_k-12.pdf](https://portal.ct.gov/-/media/sde/nutrition/asp/sample_menu_asp_grades_k-12.pdf)

# Meal Pattern and Crediting Resources for the School Nutrition Programs

[The Road to Successful Menu Planning for School Meals Training Series](https://www.fns.usda.gov/tn/schoolmeals/training/menu-planning) (USDA):

<https://www.fns.usda.gov/tn/schoolmeals/training/menu-planning>

[Weights and Measures](https://portal.ct.gov/sde/nutrition/menu-planning/portion-control#WeightsMeasures) (“Portion Control” section of CSDE’s Menu Planning for Child Nutrition Programs webpage):

<https://portal.ct.gov/sde/nutrition/menu-planning/portion-control#WeightsMeasures>

## Menu Planning for Preschool

[ASP Preschool Menu Form](https://portal.ct.gov/-/media/sde/nutrition/asp/forms/menu_form_asp_preschool.docx) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/asp/forms/menu\\_form\\_asp\\_preschool.docx](https://portal.ct.gov/-/media/sde/nutrition/asp/forms/menu_form_asp_preschool.docx)

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

<https://theicn.org/icn-resources-a-z/basics-at-a-glance/>

[Choking Prevention](https://portal.ct.gov/sde/nutrition/food-safety-for-child-nutrition-programs/documents#ChokingPrevention) (CSDE’s Food Safety for Child Nutrition Programs webpage):

<https://portal.ct.gov/sde/nutrition/food-safety-for-child-nutrition-programs/documents#ChokingPrevention>

[Five-day Preschool Breakfast Menu Planning Form for Ages 1-2](https://portal.ct.gov/-/media/sde/nutrition/nslp/preschool/forms/menu_form_breakfast_5day_ages_1-2.docx) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/preschool/forms/menu\\_form\\_breakfast\\_5day\\_ages\\_1-2.docx](https://portal.ct.gov/-/media/sde/nutrition/nslp/preschool/forms/menu_form_breakfast_5day_ages_1-2.docx)

[Five-day Preschool Breakfast Menu Planning Form for Ages 3-5](https://portal.ct.gov/-/media/sde/nutrition/nslp/preschool/forms/menu_form_breakfast_5day_ages_3-5.docx) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/preschool/forms/menu\\_form\\_breakfast\\_5day\\_ages\\_3-5.docx](https://portal.ct.gov/-/media/sde/nutrition/nslp/preschool/forms/menu_form_breakfast_5day_ages_3-5.docx)

[Five-day Preschool Lunch Planning Form for Ages 1-2](https://portal.ct.gov/-/media/sde/nutrition/nslp/preschool/forms/menu_form_lunch_5day_ages_1-2.docx) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/preschool/forms/menu\\_form\\_lunch\\_5day\\_ages\\_1-2.docx](https://portal.ct.gov/-/media/sde/nutrition/nslp/preschool/forms/menu_form_lunch_5day_ages_1-2.docx)

[Five-day Preschool Lunch Planning Form for Ages 3-5](https://portal.ct.gov/-/media/sde/nutrition/nslp/preschool/forms/menu_form_lunch_5day_ages3-5.docx) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/preschool/forms/menu\\_form\\_lunch\\_5day\\_ages3-5.docx](https://portal.ct.gov/-/media/sde/nutrition/nslp/preschool/forms/menu_form_lunch_5day_ages3-5.docx)

[Menu Forms and Production Records](https://portal.ct.gov/sde/nutrition/meal-patterns-preschoolers-in-school-nutrition-programs/menu-forms-and-production-records) (CSDE’s Meal Patterns for Preschoolers in School Nutrition Programs webpage):

<https://portal.ct.gov/sde/nutrition/meal-patterns-preschoolers-in-school-nutrition-programs/menu-forms-and-production-records>

# Meal Pattern and Crediting Resources for the School Nutrition Programs

[Menu Planning for Child Nutrition Programs](#) (CSDE):

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

[Menu Planning](#) (CSDE's Meal Patterns for Preschoolers in School Nutrition Programs webpage):

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

[Methods for Healthy Cooking](#) (USDA):

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

[Portion Control](#) (CSDE's Menu Planning for Child Nutrition Programs webpage):

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

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

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

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

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

[Sample Afterschool Snack Program Preschool Menu for Ages 3-5](#) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/asp/sample\\_menu\\_asp\\_ages\\_3-5.pdf](https://portal.ct.gov/-/media/sde/nutrition/asp/sample_menu_asp_ages_3-5.pdf)

[Sample CACFP Menus](#) ("Menu Planning" section of the CSDE's Meal Patterns for CACFP Child Care Programs webpage):

<https://portal.ct.gov/sde/nutrition/meal-patterns-cacfp-child-care-programs/menu-planning#SampleCACFPMenus>

[Serving Snacks in the CACFP](#) (USDA):

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

[Seven-day Breakfast Menu Planning Form for Ages 1-2](#) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/preschool/forms/menu\\_form\\_breakfast\\_7day\\_ages\\_1-2.docx](https://portal.ct.gov/-/media/sde/nutrition/nslp/preschool/forms/menu_form_breakfast_7day_ages_1-2.docx)

[Seven-day Breakfast Menu Planning Form for Ages 3-5](#) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/preschool/forms/menu\\_form\\_breakfast\\_7day\\_ages\\_3-5.docx](https://portal.ct.gov/-/media/sde/nutrition/nslp/preschool/forms/menu_form_breakfast_7day_ages_3-5.docx)

# Meal Pattern and Crediting Resources for the School Nutrition Programs

[Seven-day Lunch Planning Form for Ages 3-5](#) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/preschool/forms/menu\\_form\\_lunch\\_7day\\_ages\\_3-5.docx](https://portal.ct.gov/-/media/sde/nutrition/nslp/preschool/forms/menu_form_lunch_7day_ages_3-5.docx)

[Using the Nutrition Facts Label in the CACFP](#) (USDA):

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

[Weights and Measures](#) (“Portion Control” section of CSDE’s Menu Planning for Child Nutrition Programs webpage):

<https://portal.ct.gov/sde/nutrition/menu-planning/portion-control#WeightsMeasures>

## Milk Component

[Allowable Fluid Milk Substitutes for Non-Disability Reasons in the School Nutrition Programs](#) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/specdiet/milk\\_substitutes\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/specdiet/milk_substitutes_snp.pdf)

[Choosing Flavored Milk That Is Lower in Added Sugars for School Meals](#) (USDA webinar):

<https://www.youtube.com/watch?v=ICvARHgtC-g>

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

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/comparison\\_milk\\_requirements\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/comparison_milk_requirements_snp.pdf)

[Crediting Fluid Milk in the Child Nutrition Programs Tip Sheet](#) (USDA)

<http://https://www.fns.usda.gov/tn/crediting-milk-child-nutrition-programs-tip-sheet>

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

[https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/USDA\\_FBG\\_Section5\\_Milk.pdf](https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/USDA_FBG_Section5_Milk.pdf)

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

[https://foodbuyingguide.fns.usda.gov/files/Reports/USDA\\_FBG\\_Section5\\_MilkYieldTable.pdf](https://foodbuyingguide.fns.usda.gov/files/Reports/USDA_FBG_Section5_MilkYieldTable.pdf)

[Identifying Products that Meet the USDA’s Nutrition Standards for Fluid Milk Substitutes in the School Nutrition Programs](#) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/specdiet/identify\\_allowable\\_nondairy\\_milk\\_substitutes\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/specdiet/identify_allowable_nondairy_milk_substitutes_snp.pdf)

# Meal Pattern and Crediting Resources for the School Nutrition Programs

[Milk Component](https://portal.ct.gov/sde/nutrition/crediting-foods-in-school-nutrition-programs/milk) (CSDE's Crediting Foods in School Nutrition Programs webpage):

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

[Milk Substitutes](https://portal.ct.gov/sde/nutrition/special-diets-in-school-nutrition-programs/milk-substitutes) (CSDE's Special Diets in School Nutrition Programs webpage):

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

[Nutrition Standards for Added Sugars: Flavored Milk Fact Sheet](https://theicn.org/resources/2582/sugar-reduction-for-schools-fact-sheets/127719/nutrition-standards-for-added-sugars-flavored-milk-fact-sheet.pdf) (Institute of Child Nutrition):

<https://theicn.org/resources/2582/sugar-reduction-for-schools-fact-sheets/127719/nutrition-standards-for-added-sugars-flavored-milk-fact-sheet.pdf>

*Applies only to the meal patterns for grades K-12*

[Offering Lactose-Free and Lactose-Reduced Milk in the School Nutrition Programs](https://portal.ct.gov/-/media/sde/nutrition/nslp/specdiet/lactose_free_reduced_milk_snp.pdf) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/specdiet/lactose\\_free\\_reduced\\_milk\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/specdiet/lactose_free_reduced_milk_snp.pdf)

[Preschool Meal Pattern Training for the School Nutrition Programs Module 4: Milk Component](https://portal.ct.gov/sde/nutrition/meal-patterns-preschoolers-in-school-nutrition-programs/preschool-meal-pattern-training#module4)

("Preschool Meal Pattern Training" section of CSDE's Meal Patterns for Preschoolers in School Nutrition Programs webpage):

<https://portal.ct.gov/sde/nutrition/meal-patterns-preschoolers-in-school-nutrition-programs/preschool-meal-pattern-training#module4>

[Serving Milk in the CACFP](https://www.fns.usda.gov/tn/cacfp/serving-milk) (USDA):

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

*Applies only to the preschool meal patterns*

[USDA Final Rule: Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans \(89 FR 31962\):](https://www.federalregister.gov/documents/2024/04/25/2024-08098/child-nutrition-programs-meal-patterns-consistent-with-the-2020-2025-dietary-guidelines-for)

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

[USDA Final Rule: Expanding Fluid Milk Options in Child Nutrition Programs \(91 FR 25073\):](https://www.federalregister.gov/documents/2026/05/08/2026-09212/expanding-fluid-milk-options-in-child-nutrition-programs)

<https://www.federalregister.gov/documents/2026/05/08/2026-09212/expanding-fluid-milk-options-in-child-nutrition-programs>

[USDA Final Rule: Fluid Milk Substitutions in the School Nutrition Programs \(73 FR 52903\):](https://www.fns.usda.gov/school-meals/fr-091208)

<https://www.fns.usda.gov/school-meals/fr-091208>

[USDA Memo SP 01-2025: Fluid Milk Requirements for School Meals:](https://www.fns.usda.gov/cn/fluid-milk-requirements-schools)

<https://www.fns.usda.gov/cn/fluid-milk-requirements-schools>

# Meal Pattern and Crediting Resources for the School Nutrition Programs

[USDA Memo SP 08-2026 and CACFP 04-2026: Expanding Fluid Milk Options in Child Nutrition Programs:](#)

<https://www.usda.gov/sites/default/files/guidance-documents/fns-SP08-CACFP04-2026expandingFluidMilkOptions.pdf>

[USDA Memo SP 01-2026: Whole Milk for Healthy Kids Act of 2025 – Implementation Requirements for the National School Lunch Program:](#)

<https://www.fns.usda.gov/nslp/wmfhka-implementation>

[USDA Memo SP 02-2009: Final Fluid Milk Substitution Rule:](#)

<https://www.fns.usda.gov/final-fluid-milk-substitution-rule>

[USDA Memo SP 07-2010, CACFP 04-2010, and SFSP 05-2010: Questions and Answers: Fluid Milk Substitutions:](#)

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

[USDA Memo SP 39-2019: Clarification on the Milk and Water Requirements in the School Meal Program:](#)

<https://www.fns.usda.gov/school-meals/clarification-milk-and-water-requirements-school-meal-program>

[What's in a Meal Module 9: Milk Component](#) (CSDE's Training Program, What's in a Meal: Meal Patterns for Grades K-12 in the School Nutrition Programs K-12):

<https://portal.ct.gov/sde/nutrition/meal-pattern-training-materials#module9>

[Whole Milk for Healthy Kids Act of 2025:](#)

<https://www.congress.gov/bill/119th-congress/senate-bill/222/text>

## Offer versus Serve (OVS) for Grades K-12

[Lunch Meal Pattern Components Poster](#) (CSDE):

<https://portal.ct.gov/sde/nutrition/-/media/sde/nutrition/nslp/ovs/lunchpostercomp.pdf>

[Lunch Offer versus Serve Poster](#) (CSDE):

<https://portal.ct.gov/sde/nutrition/-/media/sde/nutrition/nslp/ovs/lunchposterovs.pdf>

[Offer versus Serve for School Nutrition Programs](#) (CSDE webpage):

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

# Meal Pattern and Crediting Resources for the School Nutrition Programs

[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)

[Offer versus Serve Lunch Poster for Elementary Schools](#) (USDA):

[https://fns-prod.azureedge.us/sites/default/files/resource-files/OVS\\_ElemPoster.pdf](https://fns-prod.azureedge.us/sites/default/files/resource-files/OVS_ElemPoster.pdf)

[Offer versus Serve Lunch Poster for High Schools](#) (USDA):

[https://fns-prod.azureedge.us/sites/default/files/resource-files/OVS\\_HS-Poster.pdf](https://fns-prod.azureedge.us/sites/default/files/resource-files/OVS_HS-Poster.pdf)

[Offer versus Serve Lunch Poster for Middle Schools](#) (USDA):

[https://fns-prod.azureedge.us/sites/default/files/resource-files/OVS\\_MiddlePoster.pdf](https://fns-prod.azureedge.us/sites/default/files/resource-files/OVS_MiddlePoster.pdf)

[Offer versus Serve NSLP Posters](#) (USDA):

<https://www.fns.usda.gov/tn/offer-versus-serve-national-school-lunch-program-posters>

[Offer versus Serve Posters for Breakfast and Lunch](#) (USDA):

<https://www.fns.usda.gov/tn/nslp/offer-versus-serve-posters>

[Offer versus Serve Tip Sheet for School Food Service Managers: National School Lunch Program](#) (USDA):

<https://www.fns.usda.gov/tn/offer-vs-serve-lunch-program-tip-sheet>

[Offer versus Serve Tip Sheet for School Food Service Managers: School Breakfast Program](#) (USDA):

<https://www.fns.usda.gov/tn/offer-vs-serve-breakfast-program-tip-sheet>

[Overview of Offer versus Serve in the National School Lunch Program](#) (CSDE):

[https://portal.ct.gov/sde/nutrition/-/media/sde/nutrition/nslp/ovs/overview\\_ovs\\_nslp.pdf](https://portal.ct.gov/sde/nutrition/-/media/sde/nutrition/nslp/ovs/overview_ovs_nslp.pdf)

[Overview of Offer versus Serve in the School Breakfast Program](#) (CSDE):

[https://portal.ct.gov/sde/nutrition/-/media/sde/nutrition/nslp/ovs/overview\\_ovs\\_sbp.pdf](https://portal.ct.gov/sde/nutrition/-/media/sde/nutrition/nslp/ovs/overview_ovs_sbp.pdf)

[Salad Bars and OVS](#) (CSDE's Offer versus Serve for School Nutrition Programs webpage):

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

[Signage Requirements for the National School Lunch Program and School Breakfast Program](#) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/ovs/signage\\_requirements\\_nslp\\_sbp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/ovs/signage_requirements_nslp_sbp.pdf)

# Meal Pattern and Crediting Resources for the School Nutrition Programs

[USDA Memo SP 14-2025: Offer versus Serve Flexibilities for the National School Lunch Program and School Breakfast Program:](https://www.fns.usda.gov/schoolmeals/offer-vs-serve-flexibilities)

<https://www.fns.usda.gov/schoolmeals/offer-vs-serve-flexibilities>

[USDA Memo SP 35-2011 and CACFP 23-2011: Clarification on the Use of Offer versus Serve and Family Style Meal Service:](https://www.fns.usda.gov/clarification-use-offer-vs-serve-and-family-style-meal-service)

<https://www.fns.usda.gov/clarification-use-offer-vs-serve-and-family-style-meal-service>

[USDA Memo SP 41-2015: Updated Offer vs Serve Guidance for the NSLP and SBP Beginning SY 2015-16:](https://www.fns.usda.gov/cn/updated-offer-vs-serve-guidance-nslp-and-sbp-beginning-sy2015-16)

<https://www.fns.usda.gov/cn/updated-offer-vs-serve-guidance-nslp-and-sbp-beginning-sy2015-16>

[USDA Regulations for the NSLP: Offer versus serve for grades K through 12 \(7 CFR 210.10\(e\)\):](https://www.ecfr.gov/current/title-7/subtitle-B/chapter-II/subchapter-A/part-210#p-210.10(e))

[https://www.ecfr.gov/current/title-7/subtitle-B/chapter-II/subchapter-A/part-210#p-210.10\(e\)](https://www.ecfr.gov/current/title-7/subtitle-B/chapter-II/subchapter-A/part-210#p-210.10(e))

[USDA Regulations for the SBP: Offer versus serve for grades K through 12 \(7 CFR 220.8\(e\)\):](https://www.ecfr.gov/current/title-7/subtitle-B/chapter-II/subchapter-A/part-220#p-220.8(e))

[https://www.ecfr.gov/current/title-7/subtitle-B/chapter-II/subchapter-A/part-220#p-220.8\(e\)](https://www.ecfr.gov/current/title-7/subtitle-B/chapter-II/subchapter-A/part-220#p-220.8(e))

[What's in a Meal Module 17: Offer versus Serve \(OVS\) in the National School Lunch Program](https://portal.ct.gov/sde/nutrition/meal-pattern-training-materials#module17)

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

<https://portal.ct.gov/sde/nutrition/meal-pattern-training-materials#module17>

[What's in a Meal Module 18: Offer versus Serve \(OVS\) in the School Breakfast Program](https://portal.ct.gov/sde/nutrition/meal-pattern-training-materials#module18)

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

<https://portal.ct.gov/sde/nutrition/meal-pattern-training-materials#module18>

## Product Formulation Statements

[Food Buying Guide Module 3: Product Formulation Statements](https://theicn.docebosaa.com/learn/course/external/view/elearning/139/fbg-module-3-product-formulation-statements-pfs) (PFS) (ICN):

<https://theicn.docebosaa.com/learn/course/external/view/elearning/139/fbg-module-3-product-formulation-statements-pfs>

[Guide to Menu Documentation for the School Nutrition Programs](https://portal.ct.gov/-/media/sde/nutrition/mpg/guide_menu_documentation_snp.pdf) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/mpg/guide\\_menu\\_documentation\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/mpg/guide_menu_documentation_snp.pdf)

# Meal Pattern and Crediting Resources for the School Nutrition Programs

[Manufacturer's Product Formulation Statement: Is it Acceptable?](#) (ICN and USDA):

<https://www.youtube.com/watch?v=xtUo70IP9cc>

[Manufacturer's Product Formulation Statement: Is it Acceptable? Presentation Slides](#) (ICN and USDA):

<https://theicn.org/resources/930/march-2016/109876/manufacturers-product-formulation-statement-pfs03-31-16.pdf>

[Product Formulation Statement for Documenting Grains Ounce Equivalents in Child Nutrition Programs](#) (USDA):

<https://www.fns.usda.gov/sites/default/files/resource-files/tn-grains-pfs-template-oz-eq.pdf>

[Product Formulation Statement for Documenting Grains Ounce Equivalents in Child Nutrition Programs: Completed Sample](#) (USDA):

<https://fns-prod.azureedge.us/sites/default/files/resource-files/tn-sample-pfs-grains-oz-eq.pdf>

[Product Formulation Statement for Documenting Meats/Meat Alternates \(M/MA\) in Child Nutrition Programs](#) (USDA):

<https://fns-prod.azureedge.us/sites/default/files/resource-files/tn-mma-pfs-template.pdf>

[Product Formulation Statement for Documenting Meats/Meat Alternates \(M/MA\) in Child Nutrition Programs: Completed Sample](#) (USDA):

<https://fns-prod.azureedge.us/sites/default/files/resource-files/tn-mma-pfs-sample-meats-app.pdf>

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

<https://fns-prod.azureedge.us/sites/default/files/resource-files/tn-veg-fruit-pfs-template-schoolmeals-veg-subgroups.pdf>

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

<https://www.fns.usda.gov/sites/default/files/resource-files/tn-veg-fruit-pfs-sample-schoolmeals-veg-subgroup.pdf>

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

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

# Meal Pattern and Crediting Resources for the School Nutrition Programs

[Product Formulation Statement for Documenting Vegetables and Fruits in the Child and Adult Care Food Program, Summer Food Service Program, and NSLP Afterschool Snacks](https://www.fns.usda.gov/sites/default/files/resource-files/tn-veg-fruit-pfs-template-cacfp-sfsp.pdf) (USDA):  
<https://www.fns.usda.gov/sites/default/files/resource-files/tn-veg-fruit-pfs-template-cacfp-sfsp.pdf>

[Product Formulation Statements](https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs/product-formulation-statements) (CSDE's Crediting Documentation for the Child Nutrition Programs webpage):  
<https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs/product-formulation-statements>

[Tips for Evaluating a Manufacturer's Product Formulation Statement](https://www.fns.usda.gov/cn/labeling/tips-evaluating-pfs) (USDA):  
<https://www.fns.usda.gov/cn/labeling/tips-evaluating-pfs>

[USDA Memo SP 05-2025, CACFP 04-2025, and SFSP 02-2025: Guidance for Accepting Processed Product Documentation for Meal Pattern Requirements:](https://www.fns.usda.gov/cn/labeling/guidance-accepting-processed-product-documentation)  
<https://www.fns.usda.gov/cn/labeling/guidance-accepting-processed-product-documentation>

[Using Product Formulation Statements in the School Nutrition Programs](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/product_formulation_statements.pdf) (CSDE):  
[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/product\\_formulation\\_statements.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/product_formulation_statements.pdf)

[What's in a Meal Module 8: Meal Pattern Documentation for Crediting Commercial Processed Products](https://portal.ct.gov/sde/nutrition/meal-pattern-training-materials#module8) (CSDE's Training Program, What's in a Meal: Meal Patterns for Grades K-12 in the School Nutrition Programs):  
<https://portal.ct.gov/sde/nutrition/meal-pattern-training-materials#module8>

# Meal Pattern and Crediting Resources for the School Nutrition Programs

## Production Records for Grades K-12

[Afterschool Snack Program Production Record for Grades K-12](https://portal.ct.gov/-/media/sde/nutrition/asp/forms/production_record_asp_grades_k-12.docx) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/asp/forms/production\\_record\\_asp\\_grades\\_k-12.docx](https://portal.ct.gov/-/media/sde/nutrition/asp/forms/production_record_asp_grades_k-12.docx)

[Instructions for the Afterschool Snack Program Production Records for Grades K-12 and Preschool](https://portal.ct.gov/-/media/sde/nutrition/asp/forms/production_record_asp_instructions.pdf) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/asp/forms/production\\_record\\_asp\\_instructions.pdf](https://portal.ct.gov/-/media/sde/nutrition/asp/forms/production_record_asp_instructions.pdf)

[Instructions for the Production Record Templates for the National School Lunch Program and School Breakfast Program](https://portal.ct.gov/-/media/sde/nutrition/nslp/forms/prodrecord/instructions_production_record_nslp_sbp.pdf) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/forms/prodrecord/instructions\\_production\\_record\\_nslp\\_sbp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/forms/prodrecord/instructions_production_record_nslp_sbp.pdf)

[Production Records for School Nutrition Programs](https://portal.ct.gov/sde/nutrition/production-records-for-school-nutrition-programs) (CSDE webpage):

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

[Requirements for Production Records in School Nutrition Programs](https://portal.ct.gov/-/media/sde/nutrition/nslp/forms/prodrecord/requirements_production_records_nslp_sbp.pdf) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/forms/prodrecord/requirements\\_production\\_records\\_nslp\\_sbp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/forms/prodrecord/requirements_production_records_nslp_sbp.pdf)

[What's in a Meal Module 7: Meal Pattern Documentation for School Menus](https://portal.ct.gov/sde/nutrition/meal-pattern-training-materials#module7) (CSDE's Training Program, What's in a Meal: Meal Patterns for Grades K-12 in the School Nutrition Programs):

<https://portal.ct.gov/sde/nutrition/meal-pattern-training-materials#module7>

# Meal Pattern and Crediting Resources for the School Nutrition Programs

## Production Records for Preschool

[Afterschool Snack Program \(ASP\) Preschool Production Record](#) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/asp/forms/production\\_record\\_asp\\_preschool.docx](https://portal.ct.gov/-/media/sde/nutrition/asp/forms/production_record_asp_preschool.docx)

[Instructions for the Afterschool Snack Program Production Records for Grades K-12 and Preschool](#) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/asp/forms/production\\_record\\_asp\\_instructions.pdf](https://portal.ct.gov/-/media/sde/nutrition/asp/forms/production_record_asp_instructions.pdf)

[Instructions for the Production Record Templates for the National School Lunch Program and School Breakfast Program](#) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/forms/prodrecord/instructions\\_production\\_record\\_nslp\\_sbp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/forms/prodrecord/instructions_production_record_nslp_sbp.pdf)

[Menu Forms and Production Records](#) (CSDE's Meal Patterns for Preschoolers in School Nutrition Programs webpage):

<https://portal.ct.gov/sde/nutrition/meal-patterns-preschoolers-in-school-nutrition-programs/menu-forms-and-production-records>

[National School Lunch Program \(NSLP\) Preschool Production Record](#) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/forms/prodrecord/production\\_record\\_nslp\\_preschool.docx](https://portal.ct.gov/-/media/sde/nutrition/nslp/forms/prodrecord/production_record_nslp_preschool.docx)

[Production Records for Preschoolers](#) ("Menu Forms and Production Records" section of CSDE's Meal Patterns for Preschoolers in School Nutrition Programs webpage):

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

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

[https://portal.ct.gov/-/media/sde/nutrition/nslp/forms/prodrecord/requirements\\_production\\_records\\_nslp\\_sbp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/forms/prodrecord/requirements_production_records_nslp_sbp.pdf)

[Sample Completed ASP Preschool Production Record](#) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/asp/forms/production\\_record\\_asp\\_preschool\\_sample.pdf](https://portal.ct.gov/-/media/sde/nutrition/asp/forms/production_record_asp_preschool_sample.pdf)

[School Breakfast Program \(SBP\) Preschool Production Record](#) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/forms/prodrecord/production\\_record\\_sbp\\_preschool.docx](https://portal.ct.gov/-/media/sde/nutrition/nslp/forms/prodrecord/production_record_sbp_preschool.docx)

# Meal Pattern and Crediting Resources for the School Nutrition Programs

## Requirements and Guidance for School Nutrition Programs

[Civil Rights for Child Nutrition Programs](#) (CSDE webpage):

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

[Food and Nutrition Service \(FNS\) Documents and Resources](#) (USDA webpage):

<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 Safety for Child Nutrition Programs](#) (CSDE webpage):

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

[Forms for School Nutrition Programs](#) (CSDE webpage):

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

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

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

[Manuals and Guides for Child Nutrition Programs](#) (CSDE webpage):

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

[National School Lunch Program](#) (CSDE webpage):

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

[National School Lunch Program \(NSLP\) Regulations 7 CFR 210](#) (USDA webpage):

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

[Operational Memoranda for School Nutrition Programs](#) (CSDE webpage):

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

[Program Guidance for School Nutrition Programs](#) (CSDE webpage):

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

[Resources for Child Nutrition Programs](#) (CSDE webpage):

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

[School Breakfast Program](#) (CSDE webpage):

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

# Meal Pattern and Crediting Resources for the School Nutrition Programs

[School Breakfast Program \(SBP\) Regulations 7 CFR 220](https://www.ecfr.gov/current/title-7/subtitle-B/chapter-II/subchapter-A/part-220) (USDA webpage):

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

[School Lunch Tray and Table Talk](https://portal.ct.gov/sde/nutrition/school-lunch-tray-and-table-talk) (CSDE webpage):

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

[School Wellness Policies](https://portal.ct.gov/sde/nutrition/school-wellness-policies) (CSDE webpage):

<https://portal.ct.gov/sde/nutrition/school-wellness-policies>

[Seamless Summer Option \(SSO\) of the NSLP](https://portal.ct.gov/sde/nutrition/seamless-summer-option-sso-of-the-nslp) (CSDE webpage):

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

[Special Milk Program \(SMP\)](https://portal.ct.gov/sde/nutrition/special-milk-program) (CSDE webpage):

<https://portal.ct.gov/sde/nutrition/special-milk-program>

[Training for Child Nutrition Programs](https://portal.ct.gov/sde/nutrition/training-for-child-nutrition-programs) (CSDE webpage):

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

## Vegetables Component

[Beans](https://theicn.org/cnss/menu-planning/beans/) (ICN and USDA):

<https://theicn.org/cnss/menu-planning/beans/>

[Crediting Beans, Peas, and Lentils in the School Nutrition Programs](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit_beans_peas_lentils_snp.pdf) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit\\_beans\\_peas\\_lentils\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit_beans_peas_lentils_snp.pdf)

[Crediting Juices in the School Nutrition Programs](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit_juices_snp.pdf) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit\\_juices\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit_juices_snp.pdf)

[Crediting Smoothies in the School Nutrition Programs](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit_smoothies_snp.pdf) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit\\_smoothies\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit_smoothies_snp.pdf)

[Crediting Soups in the School Nutrition Programs](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit_soups_snp.pdf) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit\\_soups\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit_soups_snp.pdf)

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

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

[Crediting Vegetables in Child Nutrition Programs Tip Sheet](https://www.fns.usda.gov/tn/crediting-vegetables-child-nutrition-programs-tip-sheet) (USDA):

<https://www.fns.usda.gov/tn/crediting-vegetables-child-nutrition-programs-tip-sheet>

# Meal Pattern and Crediting Resources for the School Nutrition Programs

[CSDE Operational Memorandum No. 07-19: Compliance Issues with the Vegetables and Fruits Components for Grades K-12 in the National School Lunch Program and School Breakfast Program:](#)

<https://portal.ct.gov/-/media/sde/nutrition/nslp/memos/om2019/om07-19.pdf>

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

[https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/USDA\\_FBG\\_Section2\\_Vegetables.pdf](https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/USDA_FBG_Section2_Vegetables.pdf)

[Food Buying Guide Section 2: Yield Table for Vegetables \(USDA\):](#)

[https://foodbuyingguide.fns.usda.gov/files/Reports/USDA\\_FBG\\_Section2\\_VegetablesYieldTable.pdf](https://foodbuyingguide.fns.usda.gov/files/Reports/USDA_FBG_Section2_VegetablesYieldTable.pdf)

[Preschool Meal Pattern Training for the School Nutrition Programs Module 6: Vegetables Component](#) (“Preschool Meal Pattern Training” section of CSDE’s Meal Patterns for Preschoolers in School Nutrition Programs webpage):

<https://portal.ct.gov/sde/nutrition/meal-patterns-preschoolers-in-school-nutrition-programs/preschool-meal-pattern-training#module6>

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

[https://fns-prod.azureedge.us/sites/default/files/resource-files/PFS\\_Veg\\_Subgroups\\_Fruits\\_Fillable\\_508.pdf](https://fns-prod.azureedge.us/sites/default/files/resource-files/PFS_Veg_Subgroups_Fruits_Fillable_508.pdf)

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

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

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

[https://www.fns.usda.gov/sites/default/files/resource-files/PFS\\_Total\\_Veg\\_Fruits\\_Fillable\\_508.pdf](https://www.fns.usda.gov/sites/default/files/resource-files/PFS_Total_Veg_Fruits_Fillable_508.pdf)

[School Lunch Menu Flexibilities: Beans, Peas, and Lentils \(USDA webinar\):](#)

<https://www.youtube.com/watch?v=IJGC9zvx9Zk>

# Meal Pattern and Crediting Resources for the School Nutrition Programs

[Serving Vegetables in the CACFP](#) (USDA):

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

*Applies only to the preschool meal patterns*

[Start with Half a Cup: Fresh Vegetables Portioning Guide for Schools](#) (CSDE):

<https://portal.ct.gov/sde/nutrition/menu-planning/portion-control#StartHalfCup>

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

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

[USDA Memo SP 02-2025: Substitution of Vegetables for Fruit Flexibility in the School Breakfast Program: Q&As for Program Operators:](#)

<https://www.fns.usda.gov/sbp/vegetables-fruit-flexibility-qas>

*Applies only to the meal patterns for grades K-12*

[USDA Memo SP 26-2019, CACFP 13-2019, and SFSP 12-2019: Crediting Pasta Products Made of Vegetable Flour in the Child Nutrition Programs:](#)

<https://www.fns.usda.gov/cn/crediting-pasta-products-made-vegetable-flour-child-nutrition-programs>

[USDA Memo SP 40-2019, CACFP 17-2019, and SFSP 17-2019: Smoothies Offered in Child Nutrition Programs:](#)

<https://www.fns.usda.gov/cn/smoothies-offered>

[Vegetables Component](#) (CSDE's Crediting Foods in School Nutrition Programs webpage):

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

[Vegetable Subgroups in the Child and Adult Care Food Program](#) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/vegetable\\_subgroups\\_cacfp.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/vegetable_subgroups_cacfp.pdf)

*Applies only to the preschool meal patterns*

[Vegetable Subgroups in the National School Lunch Program](#) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/vegetable\\_subgroups\\_nslp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/vegetable_subgroups_nslp.pdf)

*Applies only to the meal patterns for grades K-12*

[Vegetables Component](#) (CSDE's Crediting Foods in School Nutrition Programs webpage):

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

# Meal Pattern and Crediting Resources for the School Nutrition Programs

[What's in a Meal Module 12: Vegetables Component](https://portal.ct.gov/sde/nutrition/meal-pattern-training-materials#module12) (CSDE's Training Program, What's in a Meal: Meal Patterns for Grades K-12 in the School Nutrition Programs):  
<https://portal.ct.gov/sde/nutrition/meal-pattern-training-materials#module12>

## Water Availability for School Nutrition Programs

[Increasing Access to Drinking Water in Schools](https://www.cdc.gov/healthy-schools/media/pdfs/water_access_in_schools_508_2.pdf) (Centers for Disease Control and Prevention):  
[https://www.cdc.gov/healthy-schools/media/pdfs/water\\_access\\_in\\_schools\\_508\\_2.pdf](https://www.cdc.gov/healthy-schools/media/pdfs/water_access_in_schools_508_2.pdf)

[USDA Memo SP 28-2011 Revised: Child Nutrition Reauthorization 2010: Water Availability During National School Lunch Program Meal Service:](https://www.fns.usda.gov/cn/water-availability-during-nslp-meal-service)  
<https://www.fns.usda.gov/cn/water-availability-during-nslp-meal-service>

[USDA Memo SP 39-2019: Clarification on the Milk and Water Requirements in the School Meal Programs:](https://www.fns.usda.gov/cn/clarification-milk-and-water-requirements-school-meal-program)  
<https://www.fns.usda.gov/cn/clarification-milk-and-water-requirements-school-meal-program>

[USDA Memo SP 49-2016 and CACFP 18-2016: Resources for Making Potable Water Available in Schools and Child Care Facilities:](https://www.fns.usda.gov/cn/resources-making-potable-water-available-schools-and-child-care-facilities-0)  
<https://www.fns.usda.gov/cn/resources-making-potable-water-available-schools-and-child-care-facilities-0>

[Water Access in Schools](https://www.cdc.gov/school-nutrition/water-access/index.html) (Centers for Disease Control and Prevention):  
<https://www.cdc.gov/school-nutrition/water-access/index.html>

[Water Availability for School Nutrition Programs](https://portal.ct.gov/sde/nutrition/water-availability-for-school-nutrition-programs) (CSDE webpage):  
<https://portal.ct.gov/sde/nutrition/water-availability-for-school-nutrition-programs>

[Water Safety](https://www.fns.usda.gov/fs/water-safety) (USDA):  
<https://www.fns.usda.gov/fs/water-safety>

[What's in a Meal Module 16: Water Availability During Meal Service](https://portal.ct.gov/sde/nutrition/meal-pattern-training-materials#module16) (CSDE's Training Program, What's in a Meal: Meal Patterns for Grades K-12 in the School Nutrition Programs):  
<https://portal.ct.gov/sde/nutrition/meal-pattern-training-materials#module16>

# Meal Pattern and Crediting Resources for the School Nutrition Programs

For more information, visit the CSDE's [Meal Patterns for Grades K-12 in School Nutrition Programs](#) webpage, [Meal Patterns for Preschoolers in School Nutrition Programs](#) webpage, and [Crediting Foods in School Nutrition Programs](#) webpage, or contact the [school nutrition programs staff](#) at the Connecticut State Department of Education, Bureau of Child Nutrition Programs, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841. This document is available at [https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/resources\\_school\\_meal\\_patterns\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/resources_school_meal_patterns_snp.pdf).



# Meal Pattern and Crediting Resources for the School Nutrition Programs

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

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