

Overview of Menu Planning for Grades K-12 in the National School Lunch Program

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

This guidance helps school food authorities (SFAs) meet the U.S. Department of Agriculture’s (USDA) National School Lunch Program (NSLP) meal pattern requirements for grades K-12 and encourage student selections of reimbursable meals with offer versus serve (OVS). The NSLP meal patterns also apply to the Seamless Summer Option (SSO) of the NSLP. For detailed guidance on the NSLP meal pattern requirements, refer to the Connecticut State Department of Education’s (CSDE) [Menu Planning Guide for Grades K-12 in the National School Lunch Program and School Breakfast Program](#). The CSDE’s training program, [What’s in a Meal: National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12](#), provides comprehensive guidance on the meal pattern and crediting requirements



Contents

Lunch Meal Pattern.....	2
Crediting Documentation.....	2
Milk Component.....	3
Additional milk requirements for public schools	3
Fruits Component	3
Juices.....	4
Vegetables Component.....	4
Grains Component.....	5
Whole grain-rich (WGR) requirement	5
WGR criteria.....	5
Required ounce equivalents (oz eq)	6
MMA Component.....	6
Required oz eq.....	6
Dietary Specifications (Nutrition Standards).....	8
Offer versus Serve (OVS)	9
Figure 1. Sample OVS lunch menu for grades 9-12	9
Staff training for OVS.....	9
Required Cafeteria Signage.....	10
Resources.....	11

Overview of Menu Planning for Grades K-12 in the National School Lunch Program

Lunch Meal Pattern

The NSLP meal pattern requires minimum daily and weekly servings of five meal components for each grade group:

- grains;
- meat/meat alternates (MMA);
- vegetables;
- fruits;
- and milk.



The weekly requirements for vegetables, fruits, and milk are the sum of the daily requirements. The weekly requirements for grains and MMA are ranges; menus must provide at least the minimum but may exceed the maximum. The maximum provides a guide for planning meals that meet the dietary specifications.

School food authorities (SFAs) may offer larger amounts of any meal component if the weekly lunch weekly menu meets the dietary specifications (refer to “[Dietary Specifications \(Nutrition Standards\)](#)” in this document).

The NSLP meal patterns are available in the “[Lunch Meal Patterns](#)” section of the CSDE’s [Meal Patterns for Grades K-12 in School Nutrition Programs](#) webpage. For guidance on the crediting requirements, refer to the CSDE’s [Crediting Summary Charts for the Meal Patterns for Grades K-12 in the School Nutrition Programs](#) and visit the CSDE’s [Crediting Foods in School Nutrition Programs](#) webpage.

Crediting Documentation

SFAs must use the USDA’s [Food Buying Guide for Child Nutrition Programs](#) (FBG) to determine how foods credit and the amount that provides the required serving of each meal component. Commercial processed foods not listed in the FBG require a Child Nutrition (CN) label or product formulation statement (PFS) to document crediting information. Foods made from scratch must have a standardized recipe that documents crediting information.

For information on crediting documentation, refer to the CSDE’s resources, [Using Child Nutrition \(CN\) Labels in the School Nutrition Programs](#), [Using Product Formulation Statements in the School Nutrition Programs](#), [Accepting Processed Product Documentation in the School Nutrition Programs](#), and [Crediting Commercial Meat/Meat Alternate Products in the School Nutrition](#)

Overview of Menu Planning for Grades K-12 in the National School Lunch Program

Programs. Additional guidance and resources are available in the “[Crediting Commercial Processed Products](#)” and “[Crediting Foods Made from Scratch](#)” sections of the CSDE’s Crediting Foods in School Nutrition Programs webpage.

Milk Component

Allowable types of milk include low-fat (1%) and fat-free milk, either unflavored or flavored. Lunch menus must offer at least 1 cup daily for all grades and must include a variety of milk, i.e., at least two different choices. At least one milk choice must be unflavored. For more information on the milk component, refer to the CSDE’s [Comparison of the Milk Component Requirements in the Meal Patterns for School Nutrition Programs](#) and visit the “[Milk Component for Grades K-12](#)” section of the CSDE’s [Crediting Foods in School Nutrition Programs](#) webpage.

Effective with school year 2025-26 (July 1, 2025), the USDA final rule, [Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans](#), establishes a sugar limit for flavored milk in school meals: no more than 10 grams of added sugars per 8 fluid ounces.

Additional milk requirements for public schools

In addition to the meal pattern requirements, milk available for sale to students in public schools must also meet the requirements of [Section 10-221q](#) of the Connecticut General Statutes (C.G.S.). The state beverage requirements apply to milk sold as part of, and separately from, reimbursable meals and Afterschool Snack Program (ASP) snacks. The state beverage statute does not apply to private schools or residential child care institutions (RCCIs).

The state beverage statute requires that milk cannot contain more than 4 grams of sugars per ounce. Products that meet the federal and state requirements for milk are in [list 16](#) on the CSDE’s [List of Acceptable Foods and Beverages](#) webpage, which includes brand-specific lists of foods that meet the Connecticut Nutrition Standards and beverages that meet the requirements of the state beverage statute. For more information on the state beverage statute, visit the CSDE’s [Beverage Requirements](#) webpage.

Fruits Component

The fruits component includes fresh, frozen, and dried fruits; canned fruits in juice, water, or light syrup; and pasteurized 100 percent full-strength fruit juices. All fruits credit based on volume except dried fruits, which credit as twice the volume served. For example, $\frac{1}{4}$ cup of

Overview of Menu Planning for Grades K-12 in the National School Lunch Program

raisins or dried apricots credits as $\frac{1}{2}$ cup of the fruits component. A serving of canned fruit may include the juice, which counts toward the weekly juice limit (refer to “[Juices](#)” in this document).

Lunch menus must offer at least $\frac{1}{2}$ cup of fruits daily for grades K-5 and 6-8, and at least 1 cup daily for grades 9-12. For more information on the fruits component, visit the “[Fruits Component for Grades K-12](#)” section of the CSDE’s [Crediting Foods in School Nutrition Programs](#) webpage.

Juices

Juices must be pasteurized 100 percent full-strength juice. Fruit juices cannot exceed half of the weekly fruit offerings and vegetable juice cannot exceed half of the weekly vegetable offerings. For example, if a five-day lunch menu for grades 6-8 offers $2\frac{1}{2}$ cups of the fruits component, the weekly amount of all offered fruit juices cannot exceed $1\frac{1}{4}$ cups.

The juice limit applies to all sources of 100 percent juice served at lunch during the week, including fruit and vegetable juices, frozen juice pops made from 100 percent juice, and pureed fruits and vegetables in smoothies. The juice from canned fruit also counts toward the juice limit if the menu planner credits the juice toward the fruits component. For more information, refer to the CSDE’s [Crediting Juice in the Meal Patterns for Grades K-12 in the School Nutrition Programs](#) and [Crediting Smoothies for Grades K-12 in the School Nutrition Programs](#).

Vegetables Component

The vegetables component includes fresh, frozen, canned, and rehydrated dried vegetables, and pasteurized 100 percent full-strength vegetable juice. Vegetable juice cannot exceed half of the weekly vegetable offerings (refer to “[Juices](#)” in this document).

Lunch menus must offer at least $\frac{3}{4}$ cup of vegetables daily for grades K-5 and 6-8, and at least 1 cup daily for grades 9-12. Lunch menus for each grade group must also include minimum weekly amounts of the five vegetable subgroups (dark green; red/orange; beans, peas, and lentils; starchy; and other). For more information, refer to the CSDE’s [Vegetable Subgroups in the National School Lunch Program](#).

All vegetables credit based on volume except raw leafy greens, which credit as half the volume served. For example, 1 cup of spinach or lettuce credits as $\frac{1}{2}$ cup of the vegetables component. The meal pattern serving refers to the amount of vegetables before added ingredients, such as the sauce in baked beans or mayonnaise in potato salad. A serving of canned vegetables must be drained. Dried vegetables (such as potato flakes and dried soup mix) credit based on their rehydrated volume and require a PFS. For more information on the vegetables component, visit the “[Vegetables Component for Grades K-12](#)” section of the CSDE’s [Crediting Foods in School Nutrition Programs](#) webpage.

Overview of Menu Planning for Grades K-12 in the National School Lunch Program

Grains Component

Grain products and recipes must be whole grain-rich (WGR) or enriched. Cooked and ready-to-eat (RTE) breakfast cereals must be WGR, enriched, or fortified. For more information on the grains component, visit the [“Grains Component for Grades K-12”](#) section of the CSDE’s [Crediting Foods in School Nutrition Programs](#) webpage.

Whole grain-rich (WGR) requirement

At least 80 percent of the grains offered at lunch must be WGR (refer to the CSDE’s [Calculating the Weekly Percentage of Whole Grain-rich Menu Items in the National School Lunch Program and School Breakfast Program](#)). Grains that are not WGR must be enriched and cannot exceed 20 percent of the offered weekly grains (refer to the CSDE’s [Crediting Enriched Grains in the School Nutrition Programs](#)).

WGR criteria

The WGR criteria depend on the grain group where the grain item belongs in the USDA’s chart, [Exhibit A: Grain Requirements for Child Nutrition Programs](#).

- **Groups A-G (e.g., breads, muffins, pancakes, and crackers) and group H (e.g., rice, pasta, quinoa, and cooked breakfast cereals, e.g., oatmeal):** These foods are WGR if: 1) they are 100 percent whole grain or contain a blend of whole and enriched grains that is at least 50 percent whole grain; and 2) noncreditable grains are less than $\frac{1}{4}$ oz eq per portion, i.e., no more than 3.99 grams per portion for groups A-G or 6.99 grams per portion for group H.
- **Group I (ready-to-eat (RTE) breakfast cereals):** These cereals are WGR if: 1) the first ingredient is a whole grain and the cereal is fortified, or the cereal is 100 percent whole grain; and 2) noncreditable grains do not exceed 6.99 grams per portion. Fortification is not required if the RTE cereal is 100 percent whole grain. For more information, refer to the CSDE’s [Crediting Breakfast Cereals in the Meal Patterns for Grades K-12 in the School Nutrition Programs](#).

Effective with school year 2025-26 (July 1, 2025), the USDA final rule, [Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans](#), establishes a sugar limit for breakfast cereals: no more than 6 grams of added sugars per dry ounce.

Overview of Menu Planning for Grades K-12 in the National School Lunch Program

For comprehensive guidance on the WGR criteria, refer to the CSDE's [Guide to Meeting the Whole Grain-rich Requirement for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12](#).

Required ounce equivalents (oz eq)

Lunch menus must offer at least 1 oz eq of grains daily for grades K-5 and 6-8, and at least 2 oz eq daily for grades 9-12. The weekly five-day menu must offer at least 8 oz eq of grains for grades K-5 and 6-8, and at least 10 oz eq for grades 9-12. The weekly seven-day menu must offer at least 1 oz eq of grains for grades K-5 and 6-8, and at least 14 oz eq for grades 9-12. The weekly maximums are not required but provide a guide for planning meals that meet the dietary specifications (refer to "[Dietary Specifications \(Nutrition Standards\)](#)" in this document).

The serving size of grain products and recipes must meet the required weight (groups A-G) or volume (groups H-I) in the USDA's Exhibit A chart or provide the minimum creditable grains. For additional guidance, refer to the CSDE's [Grain Ounce Equivalents for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12](#), [How to Use the Grain Ounce Equivalents Chart for the National School Lunch Program and School Breakfast Program](#), [Calculation Methods for Grain Ounce Equivalents for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12](#), and [When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs](#).

MMA Component

MMA must be served in a main dish or a main dish and one other food item. Lunch menus must offer at least 1 oz eq of MMA daily for grades K-5 and 6-8, and at least 2 oz eq daily for grades 9-12. The weekly five-day menu must offer at least 8 oz eq of MMA for grades K-5, at least 9 oz eq for grades 6-8, and at least 10 oz eq for grades 9-12. The weekly seven-day menu must offer at least 11 oz eq of MMA for grades K-5, at least 12½ oz eq for grades 6-8, and at least 14 oz eq for grades 9-12. The weekly maximums are not required but provide a guide for planning menus that meet the dietary specifications (refer to "[Dietary Specifications \(Nutrition Standards\)](#)" in this document).

Required oz eq

The serving size of MMA refers to the edible portion of cooked lean meat, poultry, or fish as served, e.g., cooked lean meat without bone, breading, binders, extenders, or other ingredients. A 1-oz eq serving equals:

- 1 ounce of lean meat, poultry, or fish;
- 1 ounce of cheese (low-fat recommended);

Overview of Menu Planning for Grades K-12 in the National School Lunch Program

- 2 ounces of cottage or ricotta cheese (low-fat recommended);
- ¼ cup of cooked beans, peas, and lentils (refer to the CSDE's [Crediting Beans, Peas, and Lentils in the School Nutrition Programs](#));
- ½ large egg;
- 2 tablespoons of nut or seed butters (refer to the CSDE's [Crediting Nuts and Seeds in the School Nutrition Programs](#));
- 1 ounce of nuts or seeds, e.g., almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, walnuts, pine nuts, pistachios, pumpkin seeds, sunflower seeds, and soy nuts (refer to the CSDE's [Crediting Nuts and Seeds in the School Nutrition Programs](#));
- ¼ cup (2.2 ounces) of commercial tofu containing at least 5 grams of protein (refer to the CSDE's [Crediting Tofu and Tofu Products in the School Nutrition Programs](#));
- 1 ounce of tempeh;
- 3 ounces of surimi;
- ½ cup of yogurt or soy yogurt (refer to the CSDE's [Crediting Yogurt for Grades K-12 in the School Nutrition Programs](#)); and
- 1 ounce of alternate protein products (APPs) that meet the USDA's requirements in [appendix A](#) of the NSLP regulations (refer to the CSDE's [Requirements for Alternate Protein Products in the School Nutrition Programs](#)).

Effective with school year 2025-26 (July 1, 2025), the USDA final rule, [Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans](#), establishes a sugar limit for yogurt: no more than 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce).

Commercial processed products that contain added ingredients (such as combination foods, deli meats, hot dogs, and sausages) do not credit based on weight, i.e., 1 ounce does not equal 1 oz eq of MMA. These foods require a CN label or PFS to document crediting information (refer to “[Crediting Documentation](#)” in this document and the CSDE's [Crediting Commercial Meat/Meat Alternate Products in the School Nutrition Programs](#) and [Crediting Deli Meats in the School Nutrition Programs](#)).

For more information on the MMA component, visit the “[Meats/meat Alternates Component for Grades K-12](#)” section of the CSDE's [Crediting Foods in School Nutrition Programs](#) webpage.

Overview of Menu Planning for Grades K-12 in the National School Lunch Program

Dietary Specifications (Nutrition Standards)

Lunch menus for each grade group must meet the weekly limits for calories, saturated fat, and sodium. Effective July 1, 2024, the USDA final rule, [Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans](#), removes the dietary specification prohibiting synthetic trans fat in school meals. The USDA determined that this requirement is no longer necessary due to the Food and Drug Administration's (FDA) actions that eliminated synthetic trans fat from the U.S. food supply by 2021.

The nutrition standards are indicated at the bottom of each NSLP meal pattern. When selecting food items to help school lunch menus meet the dietary specifications, menu planners should consider nutrition information and limit noncreditable foods (refer to the CSDE's [Noncreditable Foods in the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12](#)).

Effective with school year 2025-26 (July 1, 2025), the USDA final rule, [Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans](#), phases in a weekly limit for added sugars of less than 10 percent of calories. This weekly limit is in addition to the product-based limits for breakfast cereals, yogurt, and milk. By July 1, 2027, the final sodium limit applies. Schools must implement a 15 percent reduction for lunch and a 10 percent reduction for breakfast from the current sodium limits (refer to the CSDE's [Sodium Limits for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12](#)).

For information on the dietary specifications, refer to the CSDE's [Weekly Calorie Ranges for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12](#), [Sodium Limits for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12](#), and section 6 of the [Menu Planning Guide for Grades K-12 in the National School Lunch Program and School Breakfast Program](#). Additional guidance is available in the "Dietary Specifications (Nutrition Standards for School Meals)" section of the CSDE's [Meal Patterns for Grades K-12 in School Nutrition Programs](#) webpage.

Overview of Menu Planning for Grades K-12 in the National School Lunch Program

Offer versus Serve (OVS)

OVS at lunch is required for senior high schools but is optional for all other grades. To implement OVS, lunch menus must offer all five meal components. Figure 1 shows a sample OVS lunch menu for grades 9-12 that includes the five meal components (MMA, grains, vegetables, fruits, and milk).

Figure 1. Sample OVS lunch menu for grades 9-12

Entrees: MMA and grains	Vegetables	Fruits	Milk
Choose 1 Baked chicken with enriched cornbread Hamburger on whole grain-rich bun Southwest chili with whole-grain roll	Choose up to 2 Carrot sticks Broccoli florets Garden salad Green beans Seasoned corn	Choose up to 2 Apple Banana Blueberries Green grapes Sliced peaches	Choose 1 Fat-free milk Low-fat milk Low-fat chocolate milk

For a reimbursable meal with OVS, students must select at least three meal components, including at least ½ cup of fruits or vegetables and the full serving of at least two other meal components. Except for fruits and vegetables, student selections of less than the minimum daily serving do not count as a meal component for reimbursable meals with OVS.

For more information on OVS, refer to the CSDE’s resources, [Overview of Offer Versus Serve \(OVS\) in the National School Lunch Program](#) and [Offer versus Serve Guide for School Meals](#), and visit the CSDE’s [OVS](#) webpage. Module 15 of the CSDE’s [What’s in a Meal training program](#) provides comprehensive guidance on the meal pattern and crediting requirements for OVS at lunch.

Staff training for OVS

SFAs must provide adequate training for school food service staff on how to recognize reimbursable meals with OVS. In addition to regular training, a recommended best practice for cafeteria managers is conducting a daily pre-service meeting with cashiers and servers to review each menu choice and what students must select for a reimbursable meal. This helps to ensure that all food service staff (including substitutes) can accurately identify reimbursable meals.

Overview of Menu Planning for Grades K-12 in the National School Lunch Program

Required Cafeteria Signage

SFAs are required to post two different types of cafeteria signage. This signage must clearly indicate the meal components for each daily menu choice and what students may select for a reimbursable meal.

1. **Signage to identify the foods and amounts offered for all planned reimbursable meals:** SFAs must post signage to identify all planned reimbursable meals (i.e., offered full meals), including the components and portions and any choices or combination of choices available within each component. This signage must be located near or at the beginning of each serving line. This requirement applies to all schools, including schools that do not implement OVS and schools that implement family-style meal service.
2. **Signage that indicates the required student selections for reimbursable meals with OVS:** SFAs must post signage that indicates the required student selections for all reimbursable meal choices with OVS. This signage must be located at all applicable points in the serving line where the meal components are available. For example, if the lunch menu for grades 9-12 offers all fruits in ½-cup servings, the serving line signage must indicate that students may select up to two choices but must select at least one choice. This requirement applies only to schools that implement OVS.

For more information, refer to the CSDE's [Signage Requirements for the National School Lunch Program and School Breakfast Program](#) and visit the "Signage for OVS" section of the CSDE's [Offer versus Serve for School Nutrition Programs](#) webpage.

Overview of Menu Planning for Grades K-12 in the National School Lunch Program

Resources

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

https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/accepting_procossed_product_documentation_snp.pdf

Calculating the Weekly Percentage of Whole Grain-rich Menu Items in the National School Lunch Program and School Breakfast Program (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/calculate_wgr_percentage_snp.pdf

Calculation Methods for Grain Ounce Equivalents for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12 (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/grain_calculation_snp_grades_k-12.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

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

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

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

https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit_cereals_snp_grades_k-12.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

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

https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit_deli_snp.pdf

Crediting Enriched Grains in the School Nutrition Programs (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit_enriched_grains_snp.pdf

Crediting Foods in School Nutrition Programs (CSDE webpage):

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

Crediting Grain-based Desserts in the Meal Patterns for Grades K-12 in the School Nutrition Programs (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit_grain_based_desserts_grades_k-12_snp.pdf

Overview of Menu Planning for Grades K-12 in the National School Lunch Program

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

https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit_juice_snp_grades_k-12.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

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

https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit_nuts_seeds_snp.pdf

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

https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit_smoothies_snp_grades_k-12.pdf

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

https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/crediting_summary_charts_snp_grades_k-12.pdf

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

https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit_tofu_snp.pdf

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

https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit_whole_grains_snp.pdf

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

https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit_yogurt_snp_grades_k-12.pdf

CSDE Operational Memorandum No. 06-19: Summary of Federal and State Milk Requirements for the NSLP, SBP, SSO of the NSLP, ASP of the NSLP, and Special Milk Program (SMP):

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

CSDE Operational Memorandum No. 07-19: Compliance Issues with the Vegetables and Fruits Components for Grades K-12 in the NSLP and SBP:

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

Food Buying Guide for Child Nutrition Programs (USDA):

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

Fruits Component for Grades K-12 (CSDE's Crediting Foods in School Nutrition Programs webpage):

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

Grain Ounce Equivalents for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12 (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/grains_oz_eq_snp_grades_k-12.pdf

Overview of Menu Planning for Grades K-12 in the National School Lunch Program

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

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

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

https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/wgr_requirement_snp_grades_k-12.pdf

How to Use the Grain Ounce Equivalents Chart for the National School Lunch Program and School Breakfast Program (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/how_to_use_ounce_equivalents_chart.pdf

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

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-School-Nutrition-Programs>

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

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

Menu Planning for Child Nutrition Programs (CSDE website):

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

Menu Planning Guide for Grades K-12 in the National School Lunch Program and School Breakfast Program (CSDE):

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

Menu Planning Resources for School Meals (CSDE):

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

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

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

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

https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/noncreditable_foods_snp_grades_k-12.pdf

Nutrition Standards for School Meals (USDA):

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

Overview of Menu Planning for Grades K-12 in the National School Lunch Program

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

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

Overview of OVS in the National School Lunch Program (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/nslp/ovs/overview_ovs_nslp.pdf

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

https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/app_requirements_snp.pdf

Resources for the School Meal Patterns (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/nslp/meal_pattern/resources_school_meal_patterns_grades_k-12.pdf

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

Sodium Limits 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/sodium_limits_nslp_sbp.pdf

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>

Using Child Nutrition (CN) Labels in the School Nutrition Programs (CSDE):

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

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

https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/vegetable_subgroups_nslp.pdf

Vegetables Component for Grades K-12 (CSDE's Crediting Foods in School Nutrition Programs webpage):

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

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

Overview of Menu Planning for Grades K-12 in the National School Lunch Program

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

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

Worksheet to Calculate the Weekly Percentage of Whole Grain-rich Menu Items in School Lunch and Breakfast Menus for Grades K-12 (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/worksheet_calculate_wgr_percentage_snp_grades_k-12.xlsx

Overview of Menu Planning for Grades K-12 in the National School Lunch Program

For more information, visit the CSDE's [Meal Patterns for Grades K-12 in School Nutrition Programs](#) and [Crediting Foods in School Nutrition Programs](#) webpages 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/mealpattern/overview_menu_planning_nslp_grades_k-12.pdf.

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

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

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

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

This institution is an equal opportunity provider.

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

