

Resources for the School Meal Patterns for Grades K-12

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 in the [National School Lunch Program \(NSLP\)](#), [School Breakfast Program \(SBP\)](#), [Seamless Summer Option \(SSO\) of the NSLP](#), and [Afterschool Snack Program \(ASP\)](#) of the NSLP. The SSO follows the NSLP and SBP 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](#).

For information on resources for the preschool meal patterns, refer to the Connecticut State Department of Education’s (CSDE) [Resources for the Preschool Meal Patterns](#).



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Child Nutrition (CN) Labels

Authorized Manufacturers and Labels (USDA):

<https://www.fns.usda.gov/cnlabeling/usdausdc-authorized-labels-and-manufacturers>

Child Nutrition (CN) Labeling Manual (USDA):

<https://fns-prod.azureedge.us/sites/default/files/resource-files/child-nutrition-labeling-manual.pdf>

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):

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

Food Buying Guide Module 3: Product Formulation Statements (PFS) (ICN):

<https://theicn.docebosaa.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

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

What's in a Meal Module 6: Meal Pattern Documentation Part B – Crediting Commercial Processed Products (CSDE's Training Program, What's in a Meal: National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12):

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

Resources for the School Meal Patterns for Grades K-12

Comparison Charts

Comparison of Meal Pattern Requirements for Child Nutrition Programs (USDA):

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

Comparison of Meal Pattern Requirements for Preschool and Grades K-12 in the Afterschool Snack Program (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/asp/comparison_preschool_grades_k-12_asp.pdf

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

https://portal.ct.gov/-/media/sde/nutrition/nslp/preschool/comparison_preschool_grades_k-12_snp.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

How Do They Compare? Child Nutrition Programs' Meal Pattern Requirements (USDA):

https://portal.ct.gov/-/media/sde/nutrition/cnp_meal_pattern_comparison.pdf

Crediting Guidance and 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

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>

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 Program (CSDE webpage):

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

Resources for the School Meal Patterns for Grades K-12

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

https://portal.ct.gov/-/media/sde/nutrition/mpg/guide_crediting_nslp_sbp_k12.pdf

Crediting Summary Charts for the Afterschool Snack Program Meal Pattern for Grades K-12 (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/asp/crediting_summary_charts_asp_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 Tip Sheets in Child Nutrition Programs (USDA):

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

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>

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

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 (USDA's Food Buying Guide for Child Nutrition Programs):

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

Standardized Recipe Form for School Nutrition Programs:

https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/standardized_recipe_form_schools.docx

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://fns-prod.azureedge.us/sites/default/files/resource-files/manufacturerPFStipsheet.pdf>

Resources for the School Meal Patterns for Grades K-12

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>

What's in a Meal Module 6: Meal Pattern Documentation Part A – School Menus (CSDE's Training Program, What's in a Meal: National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12):

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

What's in a Meal Module 6: Meal Pattern Documentation Part B – Crediting Commercial Processed Products (CSDE's Training Program, What's in a Meal: National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12):

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

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

Yield Study Data Form for Child Nutrition Programs (CSDE):

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

Dietary Specifications for Grades K-12

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

Lowering Sodium in School Foods (American Heart Association):

https://www.heart.org/idc/groups/heart-public/@wcm/@adv/documents/downloadable/ucm_472940.pdf

Reducing Sodium in Children's Diets infographic (CDC):

<https://www.cdc.gov/vitalsigns/children-sodium/infographic.html>

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

http://www.heart.org/idc/groups/heart-public/@wcm/@adv/documents/downloadable/ucm_433027.pdf

Resources for the School Meal Patterns for Grades K-12

Sodium and Children (CDC):

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

Tools for Schools: Reducing Sodium (USDA):

<https://www.fns.usda.gov/school-meals/tools-schools-sodium>

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>

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

What's in a Meal Module 5: Dietary Specifications (CSDE's Training Program, What's in a Meal: National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12):

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

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 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 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

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

Resources for the School Meal Patterns for Grades K-12

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

https://foodbuyingguide.fns.usda.gov/files/Reports/USDA_FBG_Section3_FruitsYieldTable.pdf

Fruits (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>

Portion Guide for Fresh Fruits (Start with Half a Cup):

<https://portal.ct.gov/-/media/sde/nutrition/swhac/portionguidefruit85x14.pdf>

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

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

Tools for Schools: Offering Fruits and Vegetables (USDA):

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

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-child-nutrition-programs>

Webinar: Crediting Vegetable Noodles and Coconut in the Child Nutrition Programs (USDA):

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

Resources for the School Meal Patterns for Grades K-12

What's in a Meal Module 9: Fruits Component (CSDE's Training Program, What's in a Meal: National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12):

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

General Program Guidance

Afterschool Snack Program (CSDE):

<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):

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

National School Lunch Program (CSDE webpage):

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

Nutrition Education (CSDE):

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

Operational Memoranda for School Nutrition Programs (CSDE):

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

Program Guidance for School Nutrition Programs (CSDE):

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

Resources for Child Nutrition Programs (CSDE):

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

School Breakfast Program (CSDE):

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

Training for Child Nutrition Programs (CSDE):

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

Resources for the School Meal Patterns for Grades K-12

Grains Component

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

Calculation Methods for Grains/Breads Servings for the Afterschool Snack Program Meal Pattern for Grades K-12 (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/asp/grains_breads_calculation_asp_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

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 Enriched Grains in the School Nutrition Programs (CSDE):

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

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

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 (USDA):

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

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

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

Exhibit A Grains Tool (USDA's Food Buying Guide for Child Nutrition Programs):

<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>

Exhibit A Grains Tool (USDA Food Buying Guide):

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

Resources for the School Meal Patterns for Grades K-12

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

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

https://foodbuyingguide.fns.usda.gov/files/Reports/USDA_FBG_Section4_GrainsYieldTable.pdf

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

Grains (CSDE's Crediting Foods in School Nutrition Programs webpage):

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

Grains/Breads Component for Grades K-12 in the ASP ("Documents/Forms" section of the CSDE's ASP webpage):

<https://portal.ct.gov/sde/nutrition/afterschool-snack-program/documents#GrainsBreadsK12>

Grains/Breads Servings for Grades K-12 in the ASP (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/asp/grains_breads_servings_asp_grades_k-12.pdf

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

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

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

How to Use the Grains/Breads Servings Chart for Grades K-12 in the Afterschool Snack Program (CSDE):

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

Product Formulation Statement for Documenting Grains in Child Nutrition Programs (USDA):

https://www.fns.usda.gov/sites/default/files/resource-files/PFS_Grains_Oz_Eq_Fillable_508.pdf

Product Formulation Statement for Documenting Grains in Child Nutrition Programs – Completed Sample (USDA):

https://www.fns.usda.gov/sites/default/files/resource-files/PFS_Example_Grains_Oz_Eq.pdf

Product Formulation Statement for Documenting Grains/Breads Servings 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_Grains-Breads_Servings_Fillable_508.pdf

Resources for the School Meal Patterns for Grades K-12

Product Formulation Statement for Documenting Grains/Breads Servings in the Child and Adult Care Food Program, Summer Food Service Program, and NSLP Afterschool Snacks – Completed Sample (USDA):

https://www.fns.usda.gov/sites/default/files/resource-files/PFS_Example_Grains-Breads_Servings.pdf

Product Formulation Statements (CSDE's Crediting Foods for Grades K-12 in School Nutrition Programs webpage):

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

Recipe Analysis Workbook (RAW) for Standardized Recipes (USDA):

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

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>

What's in a Meal Module 11: Grains Component (CSDE's Training Program, What's in a Meal: National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12):

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

What's in a Meal Module 12: Whole Grain-rich Requirement (CSDE's Training Program, What's in a Meal: National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12):

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

What's in a Meal Module 13: Grains Ounce Equivalents (CSDE's Training Program, What's in a Meal: National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12):

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

Webinar: Exhibit A Grains Tool to the Rescue (USDA):

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

Webinar: How to Maximize the Exhibit A Grains Tool (USDA):

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

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

Resources for the School Meal Patterns for Grades K-12

Whole Grain Resource for the National School Lunch and School Breakfast Programs (USDA):

<https://www.fns.usda.gov/tn/whole-grain-resource-national-school-lunch-and-school-breakfast-programs-0>

Whole Grain-rich Requirement (“Documents/Forms” section of CSDE’s Crediting Foods in School Nutrition Programs webpage):

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

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

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

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

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>

CSDE Operational Memo No. 22-15: Statements Supporting Accommodations for Children with Disabilities in the Child Nutrition Programs:

<https://portal.ct.gov/-/media/sde/nutrition/nslp/memos/om2015/om22-15.pdf>

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>

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

https://portal.ct.gov/-/media/sde/nutrition/nslp/specdiet/guide_meal_modifications_snp.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

Resources for the School Meal Patterns for Grades K-12

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

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

Managing Food Allergies in the Cafeteria: The Role of School Food Service Managers and Staff (CSDE Presentation):

https://portal.ct.gov/-/media/sde/nutrition/nslp/specdiet/managing_food_allergies_cafeteria_snp_presentation.pdf

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

https://portal.ct.gov/-/media/sde/nutrition/nslp/specdiet/medical_statement_snp.docx

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.docx

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 (CSDE's Special Diets in School Nutrition Programs webpage):

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

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))

NSLP regulations 7 CFR 210.10(m)(2): Variations for non-disability reason (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 Program (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/nslp/specdiet/overview_meal_modifications_snp.pdf

Resource List for Special Diets in Child Nutrition Programs (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/resources/resources_special_diets.pdf

Resources for the School Meal Patterns for Grades K-12

Resources for Special Diets in Child Nutrition Programs (“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 (CSDE):

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 (CSDE):

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 (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/nslp/specdiet/sample_sop_meal_modifications_snp.pdf

Self-assessment of Local Practices for Meal Modifications in School Nutrition Programs (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/nslp/specdiet/assessment_meal_modifications_snp.pdf

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

Resources for the School Meal Patterns for Grades K-12

Meal Patterns

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

Dietary Specifications (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 (CSDE):

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 (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/mpg/guide_meal_patterns_nslp_sbp_k12.pdf

Meal Pattern Exemption for RCCIs with Multiple Age Groups (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 Materials (CSDE webpage):

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

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

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

Noncreditable Foods in the Afterschool Snack Program Meal Pattern for Grades K-12 (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/asp/noncreditable_foods_asp_grades_k-12.pdf

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

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

Nutrition Standards for School Meals (USDA webpage):

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

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

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

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

Updates to the School Nutrition Standards (USDA webpage):

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

Resources for the School Meal Patterns for Grades K-12

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 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

What's in a Meal Module 2: Introduction to School Meal Patterns (CSDE's Training Program, What's in a Meal: National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12):

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

What's in a Meal Module 3: National School Lunch Program (NSLP) Meal Pattern (CSDE's Training Program, What's in a Meal: National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12):

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

What's in a Meal Module 4: School Breakfast Program (SBP) Meal Pattern (CSDE's Training Program, What's in a Meal: National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12):

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

Meal Service

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

Offer versus Serve for School Nutrition Programs: Refer to "Offer versus Serve (OVS)" in this document

Resources for the School Meal Patterns for Grades K-12

Meats/Meat Alternates Component

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

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

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

Food Buying Guide Section 1: Yield Table for Meats/Meat Alternates (USDA):

https://foodbuyingguide.fns.usda.gov/files/Reports/USDA_FBG_Section1_MeatsAndMeatAlternatesYieldTable.pdf

Meats and Meat Alternates (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>

Meats/Meat Alternates Component for Grades K-12 in the ASP ("Documents/Forms" section of the CSDE's Afterschool Snack Program webpage):

<https://portal.ct.gov/sde/nutrition/afterschool-snack-program/documents#MMAK12>

Offering Meats and Meat Alternates at School Breakfast (USDA):

<https://www.fns.usda.gov/tn/offering-meats-and-meat-alternates-school-breakfast>

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

https://www.fns.usda.gov/sites/default/files/resource-files/PFS_Meats-Meat_Alternates_Fillable_508.pdf

Questions and Answers on Alternate Protein Products (APP) (USDA):

<https://www.fns.usda.gov/questions-and-answers-alternate-protein-products-app>

Resources for the School Meal Patterns for Grades K-12

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

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

Reviewer's Checklist for Evaluating Manufacturer Product Formulation Statements (Product Analysis) for Meat/Meat Alternate (M/MA) Products

https://fns-prod.azureedge.us/sites/default/files/reviewer_checklist.pdf

USDA Memo SP 02-2024, CACFP 02-2024, and SFSP 02-2024: Revised: Crediting Tofu and Soy Yogurt Products in the School Meal Programs, CACFP, and SFSP:

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

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>:

<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>

Webinar: Additional Meat/Meat Alternate Options for CNPs: Crediting Tempeh and Surimi (USDA):

<https://www.fns.usda.gov/tn/additional-meat-meat-alternate-tempeh-and-surimi>

Webinar: Moving Forward: Update on Food Crediting in Child Nutrition Programs with Guidance for Dried Meat Products (USDA):

<https://www.fns.usda.gov/tn/moving-forward-update-food-crediting-dried-meat-product>

What's in a Meal Module 8: Meats/Meat Alternates Component (CSDE's Training Program, What's in a Meal: National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12):

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

Resources for the School Meal Patterns for Grades K-12

Menu Planning

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

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

Choking Prevention (CSDE's Food Safety for Child Nutrition Programs webpage):

[https://portal.ct.gov/sde/nutrition/food-safety-for-child-nutrition-programs/documents
#ChokingPrevention](https://portal.ct.gov/sde/nutrition/food-safety-for-child-nutrition-programs/documents/#ChokingPrevention)

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 webpage):

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

Noncreditable Foods in the Afterschool Snack Program Meal Pattern for Grades K-12 (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/asp/noncreditable_foods_asp_grades_k-12.pdf

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](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/noncreditable_foods_snp_grades_k-12.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)

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

Resources for the School Meal Patterns for Grades K-12

Milk Component

Allowable Milk Substitutions for Children without Disabilities in School Nutrition Programs:

https://portal.ct.gov/-/media/sde/nutrition/nslp/specdiet/milk_substitutes_snp.pdf

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

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>

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>

Determining if Nondairy Beverages Meet the USDA's Nutrition Standards for Fluid Milk Substitutes in School Nutrition Programs (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/nslp/specdiet/determining_allowable_nondairy_milk_substitutes_snp.pdf

FNS Instruction 783-7 Rev. 1: Milk Requirement Child Nutrition Programs (USDA):

<https://fns-prod.azureedge.us/sites/default/files/resource-files/Milk%20Requirement%20Child%20Nutrition%20Programs.pdf>

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

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

https://foodbuyingguide.fns.usda.gov/files/Reports/USDA_FBG_Section5_MilkYieldTable.pdf

Milk (CSDE's Crediting Foods in School Nutrition Programs webpage):

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

USDA Memo SP 01-2025: Fluid Milk Requirements for School Meals:

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

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>

Resources for the School Meal Patterns for Grades K-12

What's in a Meal Module 7: Milk Component (CSDE's Training Program, What's in a Meal: National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12):

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

Offer versus Serve (OVS)

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>

Offer versus Serve Guide for School Meals (CSDE):

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

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

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

Offer versus Serve NSLP Posters (USDA):

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

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

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

Resources for the School Meal Patterns for Grades K-12

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>

USDA Memo SP 41-2015: Updated Offer vs Serve Guidance for the NSLP and SBP Beginning SY 2015-16:

<https://www.fns.usda.gov/updated-offer-vs-serve-guidance-nslp-and-sbp-beginning-sy-2015-16>

What's in a Meal Module 15: Offer versus Serve (OVS) in the NSLP (CSDE's Training Program, What's in a Meal: National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12):

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

What's in a Meal Module 16: Offer versus Serve (OVS) in the SBP (CSDE's Training Program, What's in a Meal: National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12):

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

Product Formulation Statements

Food Buying Guide Module 3: Product Formulation Statements (PFS) (ICN):

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

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

https://portal.ct.gov/-/media/sde/nutrition/mpg/guide_menu_documentation_snp.pdf

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 in Child Nutrition Programs (USDA):

https://www.fns.usda.gov/sites/default/files/resource-files/PFS_Grains_Oz_Eq_Fillable_508.pdf

Product Formulation Statement for Documenting Grains in Child Nutrition Programs – Completed Sample (USDA):

https://www.fns.usda.gov/sites/default/files/resource-files/PFS_Example_Grains_Oz_Eq.pdf

Resources for the School Meal Patterns for Grades K-12

Product Formulation Statement for Documenting Grains/Breads Servings 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_Grains-Breads_Servings_Fillable_508.pdf

Product Formulation Statement for Documenting Grains/Breads Servings in the Child and Adult Care Food Program, Summer Food Service Program, and NSLP Afterschool Snacks – Completed Sample (USDA):

https://www.fns.usda.gov/sites/default/files/resource-files/PFS_Example_Grains-Breads_Servings.pdf

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

https://www.fns.usda.gov/sites/default/files/resource-files/PFS_Meats-Meat_Alternates_Fillable_508.pdf

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

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 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

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>

Reviewer's Checklist for Evaluating Manufacturer Product Formulation Statements (Product Analysis) for Meat/Meat Alternate (M/MA) Products

https://fns-prod.azureedge.us/sites/default/files/reviewer_checklist.pdf

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

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

Resources for the School Meal Patterns for Grades K-12

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 Product Formulation Statements in the School Nutrition Programs (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/product_formulation_statements.pdf

What's in a Meal Module 6: Meal Pattern Documentation Part B – Crediting Commercial Processed Products (CSDE's Training Program, What's in a Meal: National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12):
<https://portal.ct.gov/sde/nutrition/meal-pattern-training-materials>

Production Records

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 (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/nslp/forms/prodrecord/requirements_production_records_nslp_sbp.pdf

What's in a Meal Module 6: Meal Pattern Documentation (CSDE's Training Program, What's in a Meal: National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12):
<https://portal.ct.gov/sde/nutrition/meal-pattern-training-materials>

Vegetables Component

Beans (ICN and USDA):
<https://theicn.org/cnss/menu-planning/beans/>

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 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 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 Soups in the School Nutrition Programs (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit_soups_snp.pdf

Resources for the School Meal Patterns for Grades K-12

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

Food Buying Guide Section 2: Yield Table for Vegetables (USDA):

https://foodbuyingguide.fns.usda.gov/files/Reports/USDA_FBG_Section2_VegetablesYieldTable.pdf

Portion Guide for Fresh Vegetables (Start with Half a Cup):

<https://portal.ct.gov/-/media/sde/nutrition/swhac/portionguideveg85x14.pdf>

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

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 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

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 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-child-nutrition-programs>

Resources for the School Meal Patterns for Grades K-12

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

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

Vegetables (CSDE's Crediting Foods in School Nutrition Programs webpage):

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

What's in a Meal Module 10: Vegetables Component (CSDE's Training Program, What's in a Meal: National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12):

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

Webinar: Crediting Vegetable Noodles and Coconut in the Child Nutrition Programs (USDA):

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

Water Availability for School Nutrition Program

Increasing Access to Drinking Water in Schools (Centers for Disease Control and Prevention):

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>

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>

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>

Water Access in Schools (Centers for Disease Control and Prevention):

<https://www.cdc.gov/school-nutrition/water-access/index.html>

Water Availability for School Nutrition Programs (CSDE webpage):

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

What's in a Meal Module 14: Water Availability During Meal Service (CSDE's Training Program, What's in a Meal: National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12):

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

Resources for the School Meal Patterns for Grades K-12

For more information, visit the CSDE's [Meal Patterns for Grades K-12 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/meal_pattern/resources_school_meal_patterns_grades_k-12.pdf.

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