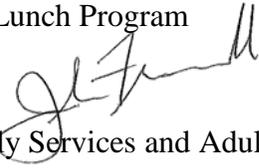




STATE OF CONNECTICUT  
DEPARTMENT OF EDUCATION



**TO:** Sponsors of the National School Lunch Program

**FROM:** John D. Frassinelli, Bureau Chief   
Bureau of Health/Nutrition, Family Services and Adult Education

**DATE:** September 26, 2019

**SUBJECT:** Operational Memorandum No. 13-19  
Substitution of Vegetables for the Fruits Component in the School Breakfast Program (SBP) for Grades K-12

This memorandum is to remind school food authorities (SFAs) that [USDA Memo SP 16-2019: School Breakfast Program: Substitution of Vegetables for Fruit](#) (issued March 18, 2019) that allowed school food authorities (SFAs) to substitute **any** vegetables for the required one cup of the fruits component of the SBP expires on September 30, 2019. Effective October 1, 2019, SFAs will be required to comply with the former breakfast meal pattern requirements for grades K-12.

Specifically, SFAs serving grades K-12 are still allowed to serve vegetables in place of fruit in the SBP, but must ensure that at least two cups per week are from the dark green, red/orange, beans and peas (legumes), or “other vegetables” subgroups ([7 CFR 220.8\(c\), footnote \(c\)](#)) regardless of how many times vegetables are served in place of the fruits component.

Starchy vegetables may be served in place of fruit in the SBP, however, starchy vegetables do not count toward the two-cup vegetable requirement outlined above. If starchy vegetables are offered, the SFA must still offer a combined total of at least two cups of vegetables from the dark green, red/orange, legumes, and “other” subgroups during that week.

The Connecticut State Department of Education (CSDE) has revised the SBP meal patterns to reflect this information. The updated versions (dated September 2019) are available on the CSDE’s [Meal Patterns for Grades K-12 in School Nutrition Programs](#) webpage, and supersede all previous versions.

The CSDE’s guide, [Menu Planning Guide for School Meals for Grades K-12](#), contains updates to the following sections:

- page v of [Contents](#);
- pages 16-23 (SBP meal patterns) of [section 1](#); and
- page 109 (“Vegetables at Breakfast”) in [section 3](#).

Questions may be directed to your CSDE school nutrition consultant.

<b>CSDE Consultants for School Nutrition Programs</b>	
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JDF:sff

Important: This is a numbered Connecticut State Department of Education (CSDE) operational memorandum that contains important program information. Please read carefully and retain for future reference. All CSDE operational memoranda are posted on the CSDE's [Operational Memoranda for School Nutrition Programs](#) webpage.