Comparison of Lunch and Breakfast Meal Pattern Requirements for Grades K-12 and Preschool in the School Nutrition Programs

School Year 2026-27 (July 1, 2026, through June 30, 2027)

This document compares the meal pattern requirements for the U.S. Department of Agriculture's (USDA) National School Lunch Program (NSLP) and School Breakfast Program (SBP) meal patterns for grades K-12 and preschool (ages 1-5), including the updates required by the USDA final rules, *Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans* and *Expanding Fluid Milk Options in Child Nutrition Programs*. The Seamless Summer Option (SSO) of the NSLP follows the NSLP and SBP meal patterns.

For information on the meal patterns for the school nutrition programs, visit the Connecticut State Department of Education's (CSDE) Meal Patterns for Grades K-12 in School Nutrition Programs webpage and Meal Patterns for Preschoolers in School Nutrition Programs webpage. For information on the crediting requirements, visit the CSDE's Crediting Foods in School Nutrition Programs webpage and Crediting Documentation for the Child Nutrition Programs webpage.

Contents

Lunch and Breakfast Meal Patterns 2

Serving the Same Foods to Grades K-12 and Preschool 2

Co-Mingled Meals 3
- When the preschool meal patterns are required 3
- Considerations for reducing choking risks for young children 3

Required Crediting Documentation 4
- Documentation for commercial processed products 4
- Documentation for foods made from scratch 5
- Storing crediting documentation 5

Comparison Charts 6
- Chart 1: Meal Pattern Overview 6
- Chart 2: Milk Component 8
- Chart 3: Meats/Meat Alternates (MMA) Component 14
- Chart 4: Vegetables Component 22
- Chart 5: Fruits Component 27
- Chart 6: Grains Component 31
- Chart 7: Other Requirements 51

Resources 53

Comparison of Lunch and Breakfast Meal Pattern Requirements for Grades K-12 and Preschool in the School Nutrition Programs

Lunch and Breakfast Meal Patterns

The USDA regulations and the USDA final rule, *Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans.* define different requirements for the NSLP and SBP meal patterns for grades K-12 and the NSLP and SBP preschool meal patterns.

- **Grades K-12:** The NSLP meal patterns for grades K-12 are defined in 7 CFR 210.10(o)(2) of the NSLP regulations and the updates required by the final rule. The SBP meal patterns for grades K-12 are defined in 7 CFR 220.8(a) of the SBP regulations and the updates required by the USDA final rule

- **Preschool (ages 1-5):** The NSLP preschool meal patterns are defined in 7 CFR 210.10(o)(3) of the NSLP regulations and the updates required by the final rule The SBP preschool meal patterns are defined in 7 CFR 220.8(o) of the SBP regulations and the updates required by the USDA final rule These meal patterns are the same as the Child and Adult Care Food Program (CACFP) meal pattern for children ages 1-5.

> School food authorities (SFAs) must ensure that all foods served in reimbursable meals meet the specific meal pattern requirements for each age or grade group.

A summary of the crediting requirements for each meal component is available in the CSDE's resource, *Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs*.

Serving the Same Foods to Grades K-12 and Preschool

SFAs must consider the different meal pattern requirements for grades K-12 and preschool when making menu planning and purchasing decisions for foods that will be served to both groups. Foods served to both groups must comply with whichever meal pattern requirements are stricter. The examples below show how these requirements apply.

- The meal patterns for grades K-12 requires stricter whole grain-rich (WGR) criteria than the preschool meal patterns (refer to "WGR requirement" in chart 6). Grain foods served to both groups must comply with the WGR criteria for grades K-12.

- The preschool meal patterns do not allow flavored milk (refer to "Flavored milk" in chart 2). Milk served to both groups must be unflavored.

Breakfast and lunch menus must meet these requirements unless meals are co-mingled. "Co-mingling" is the practice of serving meals or afterschool snacks to a variety of grades in the

same service area at the same time. This typically occurs due to operational constraints within a school, such as limited time and space.

Co-Mingled Meals

When preschoolers and older grades are co-mingled in the NSLP or SBP, SFAs may use the NSLP or SBP meal pattern of the older grades for preschoolers if the meal service meets three criteria: 1) the preschoolers and students from older grade groups are served together in the same place at the same time; 2) it is hard to tell the preschoolers from older students; and 3) it would be operationally difficult to serve different foods or different amounts of foods during the combined meal service.

- **Example:** A SFA serves lunch to preschoolers and grades K-5 in the same service area at the same time. The menu planner may choose to follow the NSLP K-5 meal pattern for both groups because it would be difficult for food service staff to determine which children are in preschool or kindergarten.

For additional guidance, refer to the USDA's *Serving School Meals to Preschoolers*, and USDA Memo SP 37-2017: *Flexibility for Co-Mingled Preschool Meals: Questions and Answers*, and visit the "Co-mingled Meals and Afterschool Snacks" section of the CSDE's Meal Patterns for Preschoolers in School Nutrition Programs webpage. Training on co-mingled meals is available in Module 3: Meal Pattern Comparison of Preschool and Grades K-12 of the CSDE's Preschool Meal Pattern Training for the School Nutrition Programs.

When the preschool meal patterns are required

SFAs must use the preschool meal patterns when meals are served to preschoolers in a different area or at a different time than students in older grades. The preschool meal patterns provide the amounts and types of foods that most younger children need for healthy growth and development. The USDA strongly encourages SFAs to find ways to serve grade-appropriate meals to preschoolers and older students to best address their nutritional needs.

Considerations for reducing choking risks for young children

Children younger than age 4 are at the highest risk of choking. SFAs should consider children's ages and developmental readiness when deciding what foods to offer in lunch and breakfast menus. Serve foods in the appropriate sizes, shapes, and textures to reduce choking risks. Avoid serving foods that are as wide around as a nickel, which is about the size of a young child's throat. For additional guidance, visit the "Choking Prevention" section of the CSDE's Food Safety for Child Nutrition Programs webpage.

Comparison of Lunch and Breakfast Meal Pattern Requirements for Grades K-12 and Preschool in the School Nutrition Programs

Required Crediting Documentation

SFAs must be able to document that all menu items in reimbursable meals meet the applicable meal pattern requirements for grades K-12 and preschool. The guidance below summarizes the required documentation for commercial processed products and foods made from scratch. Crediting documentation must be based on the food yields and crediting information in the USDA's *Food Buying Guide for Child Nutrition Programs* (FBG).

Documentation for commercial processed products

Commercial processed products that are not listed in the FBG require documentation stating the meal pattern contribution per serving. The acceptable types of documentation for commercial products include any of the documents below.

- **Child Nutrition (CN) label:** A CN label is a USDA-approved statement that clearly identifies the contribution of a commercial product toward the meal pattern requirements. Allowable CN label documentation includes 1) the original CN label from the product carton; 2) a photocopy or photograph of the CN label shown attached to the original product carton; or 3) a CN label copied with a watermark displaying the product name and CN number provided by the vendor, attached to the bill of lading (invoice). For more information, refer to the CSDE's resource, *Using Child Nutrition (CN) Labels in the School Nutrition Programs*.

- **Product formulation statement (PFS):** A PFS is a document developed by manufacturers that provides specific information about how a product credits toward the USDA meal patterns for the Child Nutrition Programs. The PFS must be signed by an official of the manufacturer and state the amount of each meal pattern component contained in one serving of the product. For more information on PFS forms, refer to the CSDE's resource, *Using Product Formulation Statements in the School Nutrition Programs*.

Commercial processed products without a CN label or PFS cannot credit in reimbursable meals and snacks unless they are listed in the FBG.

> A PFS is required for all commercial processed products without a CN label that are not listed in the FBG. The USDA requires that SFAs must obtain and verify the PFS for accuracy prior to purchasing, serving, and claiming the food product in meals.

For more information on crediting documentation, refer to the CSDE's resource, *Accepting Processed Product Documentation in the School Nutrition Programs*, and USDA Memo SP 05-2025, CACFP 04-2025, SFSP 02-2025: *Guidance for Accepting Processed Product Documentation for Meal Pattern Requirements*. Additional resources are available on the CSDE's Crediting Documentation for the Child Nutrition Programs webpage.

For guidance on reviewing PFS forms, visit the USDA's Child Nutrition Programs: Tips for Evaluating a Manufacturer's Product Formulation Statement webpage. Guidance on how to review a grain PFS is available in the CSDE's resource, *When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs*.

Training on the requirements for CN labels and PFS forms is available in Module 8: Meal Pattern Documentation for Crediting Commercial Processed Products of the CSDE's training program, *What's in a Meal: Meal Patterns for Grades K-12 in the School Nutrition Programs*.

Documentation for foods made from scratch

SFAs must have standardized recipes on file that document the meal pattern contribution for all foods prepared from scratch. For information on standardized recipes, refer to the CSDE's *Guide to Menu Documentation for the School Nutrition Programs* and the Institute of Child Nutrition's *USDA Recipe Standardization Guide for School Nutrition Programs*, and visit the "Standardized Recipes" section of the CSDE's Crediting Documentation for the Child Nutrition Programs webpage.

Training on the requirements for standardized recipes is available in Module 7: Meal Pattern Documentation for School Menus of the CSDE's training program, *What's in a Meal: Meal Patterns for Grades K-12 in the School Nutrition Programs*.

Storing crediting documentation

SFAs must maintain all CN labels, PFS forms, standardized recipes, and other crediting documentation on file in accordance with the records retention requirements for the school nutrition programs. For more information, refer to the CSDE's resource, *Records Retention Requirements for the School Nutrition Programs*. This documentation must be current and will be reviewed by the CSDE during the Administrative Review of the school nutrition programs.

Comparison of Lunch and Breakfast Meal Pattern Requirements for Grades K-12 and Preschool in the School Nutrition Programs

Comparison Charts

The charts below compare the NSLP and SBP meal pattern requirements for grades K-12 and preschool (ages 1-5).

Chart 1: Meal Pattern Overview

Requirement	Grades K-12:	Preschool (ages 1-5)
Age/Grade Groups	**Three grade groups:** K-5, 6-8, and 9-12. **Resources** Meal Patterns for Grades K-12 in School Nutrition Programs (CSDE webpage)	**Two age groups:** ages 1-2 and 3-5. When a 5-year-old is in preschool or a 4-year-old is in kindergarten, SFAs may continue to serve the appropriate meal pattern for that grade. **Resources** Meal Patterns for Preschoolers in School Nutrition Programs (CSDE webpage) USDA Memo SP 37-2017: Flexibility for Co-Mingled Preschool Meals: Questions and Answers

Comparison of Lunch and Breakfast Meal Pattern Requirements for Grades K-12 and Preschool in the School Nutrition Programs

Requirement	Grades K-12:	Preschool (ages 1-5)
Meal Components	**Lunch:** Five meal components: 1) milk; 2) meats/meat alternates (MMA); 3) grains; 4) vegetables; and 5) fruits. **Breakfast:** Three meal components: 1) milk; 2) grains/MMA; and 3) fruits. The fruits component includes optional vegetable substitutions (refer to "Vegetables at breakfast" in chart 4). The grains/MMA component includes grains, MMA, or any combination. **Resources** Guide to the Meal Patterns for Grades K-12 in the National School Lunch Program and School Breakfast Program (CSDE) Meal Patterns for Grades K-12 in School Nutrition Programs (CSDE webpage)	**Lunch:** Same **Breakfast:** Three meal components: 1) milk; 2) grains; and 3) vegetables, fruits, or both. **Resources** Breakfast Meal Pattern for Preschoolers (CSDE) Lunch Meal Pattern for Preschoolers (CSDE) Guide to the Preschool Meal Patterns for the School Nutrition Programs the School Nutrition Programs (CSDE)
Dietary specifications	Breakfast and lunch menus must meet the weekly dietary specifications for calories, saturated fat, and sodium. **Resources** Dietary Specifications (CSDE's Meal Patterns for Grades K-12 in School Nutrition Programs webpage) Guide to the Dietary Specifications for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12	Not applicable

Comparison of Lunch and Breakfast Meal Pattern Requirements for Grades K-12 and Preschool in the School Nutrition Programs

Chart 2: Milk Component

Requirement	Grades K-12	Preschool (ages 1-5)
Required meal pattern servings of milk for breakfast	**Daily:** SFAs must offer at least 1 cup daily for all grades. **Weekly:** The weekly requirements are the sum of the daily requirements. SFAs must offer at least 5 cups weekly for 5-day weeks and at least 7 cups weekly for 7-day weeks.	**Age 1:** ½ cup **Ages 2-5:** ¾ cup
Required meal pattern servings of milk for lunch	**Daily:** SFAs must offer at least 1 cup daily for all grades. **Weekly:** The weekly requirements are the sum of the daily requirements. SFAs must offer at least 5 cups weekly for 5-day weeks and at least 7 cups weekly for 7-day weeks.	**Age 1:** ½ cup **Ages 2-5:** ¾ cup
Fat content	Any fat content allowed: whole, reduced fat (2%), low fat (1%), and fat free. **Resources** USDA Final Rule: Expanding Fluid Milk Options in Child Nutrition Programs USDA Memo SP 01-2026: Whole Milk for Healthy Kids Act of 2025 – Implementation Requirements for the National School Lunch Program Whole Milk for Healthy Kids Act of 2025	**Age 1:** Must be whole milk. **Ages 2-5:** Any fat content allowed: whole, reduced fat (2%), low fat (1%), and fat free. **Resources** USDA Final Rule: Expanding Fluid Milk Options in Child Nutrition Programs

Comparison of Lunch and Breakfast Meal Pattern Requirements for Grades K-12 and Preschool in the School Nutrition Programs

Requirement	Grades K-12	Preschool (ages 1-5)
Flavored milk	Flavored milk in reimbursable meals and afterschool snacks cannot exceed 10 grams of added sugars per 8 fluid ounces. Flavored milk sold as a competitive food in middle and high schools cannot exceed 15 grams of added sugars per 12 fluid ounces. Nutrition Standards for Added Sugars: Flavored Milk Fact Sheet (Institute of Child Nutrition)	Not allowed

Comparison of Lunch and Breakfast Meal Pattern Requirements for Grades K-12 and Preschool in the School Nutrition Programs

Requirement	Grades K-12	Preschool (ages 1-5)
Allowable types of milk	Unflavored or flavored whole, reduced-fat, low-fat, and fat-free milk, including lactose-free and lactose-reduced milk, acidified milk, cultured milk, cultured buttermilk, and Ultra High Temperature (UHT). **Resources** List 16: Milk (CSDE's List of Acceptable Foods and Beverages) Milk Component (CSDE's Crediting Foods in School Nutrition Programs webpage) Offering Lactose-Free and Lactose-Reduced Milk in the School Nutrition Programs (CSDE) USDA Final Rule: Expanding Fluid Milk Options in Child Nutrition Programs USDA Memo SP 01-2025: Fluid Milk Requirements for School Meals USDA Memo SP 01-2026: Whole Milk for Healthy Kids Act of 2025 – Implementation Requirements for the National School Lunch Program Whole Milk for Healthy Kids Act of 2025	**Age 1:** Unflavored whole milk, including lactose-free and lactose-reduced milk, acidified milk, cultured milk, cultured buttermilk, and Ultra High Temperature (UHT) milk. **Ages 2-5:** Unflavored whole, reduced-fat, low-fat, and fat-free milk, including lactose-free and lactose-reduced milk, acidified milk, cultured milk, cultured buttermilk, and UHT milk. Breastmilk meets the milk component and may be served in place of fluid milk. **Resources** List 16: Milk (CSDE's List of Acceptable Foods and Beverages) Milk Component (CSDE's Crediting Foods in School Nutrition Programs webpage) Offering Lactose-Free and Lactose-Reduced Milk in the School Nutrition Programs (CSDE) Serving Milk in the CACFP (USDA) USDA Final Rule: Expanding Fluid Milk Options in Child Nutrition Programs USDA Memo CACFP 01-2025: Nutrition Requirements for Fluid Milk and Fluid Milk Substitutions in the Child and Adult Care Food Program, Questions and Answers

Comparison of Lunch and Breakfast Meal Pattern Requirements for Grades K-12 and Preschool in the School Nutrition Programs

Requirement	Grades K-12	Preschool (ages 1-5)
Additional state milk requirements for public schools:	In addition to the USDA's requirements, milk available for sale to students in public schools (as part of and separately from reimbursable meals and afterschool snacks) must comply with the state beverage requirements of C.G.S. Section 10-221q. The state beverage statute requires that milk cannot contain artificial sweeteners and cannot exceed 4 grams of sugars per fluid ounce. Products that meet the federal and state requirements are indicated on the CSDE's List of Acceptable Foods and Beverages webpage. **Resources** Allowable Beverages for Connecticut Public Schools (CSDE) Beverage Requirements (CSDE webpage) List 16: Milk (CSDE's List of Acceptable Foods and Beverages)	Same
Milk variety	**Required:** SFAs must serve at least two different choices of allowable milk (refer to "Allowable types of milk"). At least one choice must be unflavored.	**Not required:** SFAs may offer one type of allowable milk to each age group (refer to "Allowable types of milk").

Comparison of Lunch and Breakfast Meal Pattern Requirements for Grades K-12 and Preschool in the School Nutrition Programs

Requirement	Grades K-12	Preschool (ages 1-5)
Milk substitutes for non-disability reasons	**Allowable nondairy beverages:** Nondairy milk substitutes that meet the USDA's nutrition standards for fluid milk substitutes may be served to children whose dietary needs do not constitute a disability if requested in writing by a parent or guardian. The nutrition standards for fluid milk substitutes are defined by the NSLP regulations (7 CFR 210.10). **Other beverages:** SFAs cannot offer any other beverages (including water and juice) in place of milk for reimbursable meals. Allowable Beverages for Connecticut Public Schools (CSDE) *Applies only to public schools* **Resources** Allowable Fluid Milk Substitutes for Non-Disability Reasons in the School Nutrition Programs (CSDE) Identifying Products that Meet the USDA's Nutrition Standards for Fluid Milk Substitutes in the School Nutrition Programs (CSDE) Guide to Meal Modifications in School Nutrition Programs (CSDE) List 17: Dairy Alternatives (CSDE's List of Acceptable Foods and Beverages) Milk Substitutes (CSDE's Special Diets in School Nutrition Programs webpage) USDA Memo SP 01-2025: Fluid Milk Requirements for School Meals	Same

Comparison of Lunch and Breakfast Meal Pattern Requirements for Grades K-12 and Preschool in the School Nutrition Programs

Requirement	Grades K-12	Preschool (ages 1-5)
Additional state requirements for nondairy milk substitutes in public schools:	In addition to the USDA requirements, nondairy milk substitutes available for sale to students in public schools must meet the beverage requirements of C.G.S. Section 10-221q. Nondairy milk substitutes cannot contain artificial sweeteners and cannot exceed 4 grams of sugar per fluid ounce, 35 percent of calories from fat, and 10 percent of calories from saturated fat. Products that meet the federal and state requirements are indicated on the CSDE's List of Acceptable Foods and Beverages webpage. **Resources** Allowable Fluid Milk Substitutes for Non-Disability Reasons in the School Nutrition Programs (CSDE) Beverage Requirements (CSDE webpage) Identifying Products that Meet the USDA's Nutrition Standards for Fluid Milk Substitutes in the School Nutrition Programs (CSDE) List 17: Dairy Alternatives (CSDE's List of Acceptable Foods and Beverages) Milk Substitutes (CSDE's Special Diets in School Nutrition Programs webpage)	Same

Comparison of Lunch and Breakfast Meal Pattern Requirements for Grades K-12 and Preschool in the School Nutrition Programs

Chart 3: Meats/Meat Alternates (MMA) Component

Requirement	Grades K-12	Preschool (ages 1-5)
Required meal pattern servings of grains/MMA for breakfast	**Daily:** The grains/MMA component allows SFAs to offer grains, MMA, or a combination of both. SFAs must offer at least 1 oz eq daily for all grades. **Weekly:** The total oz eq of all grains/MMA offered over the week must meet the minimum servings below. **5-day week** • Grades K-5: 7-10 oz eq • Grades 6-8: 8-10 oz eq • Grades 9-12: 9-10 oz eq **7-day week** • Grades K-5: 10-14 oz eq • Grades 6-8: 11-14 oz eq • Grades 9-12: 12½-14 oz eq	MMA are not required but may substitute for grains up to three times per week (refer to "MMA at breakfast" in this chart). The minimum serving is ½ oz eq for all ages.
Required meal pattern servings of MMA for lunch	**Daily:** SFAs must offer at least 1 oz eq daily for grades K-5 and 6-8 and at least 2 oz eq daily for grades 9-12. **Weekly:** The total oz eq of all grains offered over the week must meet the minimum servings below. **5-day week** • Grades K-5: 8-10 oz eq • Grades 6-8: 9-10 oz eq • Grades 9-12: 10-12 oz eq **7-day week** • Grades K-5: 11-14 oz eq • Grades 6-8: 12½-14 oz eq • Grades 9-12: 14-17 oz eq	A**ges 1-2:** 1 oz eq **Ages 3-5:** 1½ oz eq

Comparison of Lunch and Breakfast Meal Pattern Requirements for Grades K-12 and Preschool in the School Nutrition Programs

Requirement	Grades K-12	Preschool (ages 1-5)
Weekly ranges for MMA	**Breakfast:** The breakfast meal patterns require weekly ranges for the grains/MMA component (refer to "Required meal pattern servings of grains/MMA for breakfast" in this chart). Menus are not required to comply with the maximums but must meet the minimums and stay within the weekly calorie range for each grade group. The weekly maximum provides a guide for planning age-appropriate meals that meet the dietary specifications (refer to "Dietary specifications" in chart 1). **Lunch:** The lunch meal patterns require weekly ranges for the grains component (refer to "Required meal pattern servings of MMA for lunch" in this chart). Menus are not required to comply with the maximums but must meet the minimums and stay within the weekly calorie range for each grade group. The weekly maximum provides a guide for planning age-appropriate meals that meet the dietary specifications (refer to "Dietary specifications" in chart 1).	Not applicable

Comparison of Lunch and Breakfast Meal Pattern Requirements for Grades K-12 and Preschool in the School Nutrition Programs

Requirement	Grades K-12	Preschool (ages 1-5)
Edible portion	The serving size of the MMA component refers to the edible portion of cooked lean meat, poultry, or fish, e.g., cooked lean meat without bone, breading, binders, extenders, or other ingredients. A serving of the MMA component is sometimes more than a measured ounce, depending on the type of food. Commercial processed MMA products that contain added ingredients (such as combination foods, deli meats, hot dogs, and sausages) do not credit based on weight; a 1-ounce serving does not equal 1 ounce of MMA. These foods require a CN label or PFS to document crediting information (refer to "Required Crediting Documentation" on page 4). **Resources** Accepting Processed Product Documentation in the School Nutrition Programs (CSDE) Crediting Commercial Meat/Meat Alternate Products in the School Nutrition Programs (CSDE) Crediting Deli Meats in the School Nutrition Programs (CSDE) Food Buying Guide Section 1: Meats/Meat Alternates Component (USDA) Meats/Meat Alternates Component (CSDE's Crediting Foods in School Nutrition Programs webpage)	Same

Comparison of Lunch and Breakfast Meal Pattern Requirements for Grades K-12 and Preschool in the School Nutrition Programs

Requirement	Grades K-12	Preschool (ages 1-5)
Serving size	**Quantities:** The meal patterns for MMA component quantities are in oz eq. A 1- oz eq serving of the MMA component equals: • 1 ounce of lean meat, poultry, or fish; • 1 ounce of cheese (low-fat recommended); • 2 ounces of cottage or ricotta cheese, cheese food/spread, or cheese substitute (low-fat recommended); • ¼ cup of cooked beans, peas, or lentils, e.g., kidney beans, chick peas (garbanzo beans), lentils, and split peas (refer to "Beans, peas, and lentils" in this chart); • ½ large egg; • 2 tablespoons of nut or seed butters, e.g., peanut butter, almond butter, cashew butter, and sunflower seed butter (refer to "Nuts, seeds, and nut/seed butters" in this chart); • 1 ounce of nuts or seeds, e.g., almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, pine nuts, pistachios, soy nuts, and walnuts (refer to "Nuts, seeds, and nut/seed butters" in this chart); • ¼ cup (2.2 ounces) of commercial tofu containing at least 5 grams of protein (refer to "Tofu and tofu products" in this chart); • 1 ounce of tempeh (refer to "Tempeh" in this chart); • 3 ounces of surimi (refer to "Surimi" in this chart)); • ½ cup (volume) or 4 ounces (weight) of yogurt or soy yogurt containing no more than 3.83 grams of sugars per ounce (refer to "Yogurt and soy yogurt" in this chart); and • 1 ounce of alternate protein product (APP) that meets the USDA's APP requirements.	Same

Comparison of Lunch and Breakfast Meal Pattern Requirements for Grades K-12 and Preschool in the School Nutrition Programs

Requirement	Grades K-12	Preschool (ages 1-5)
Serving size, *continued*	**Resources** Food Buying Guide Section 1: Meats/Meat Alternates Component (USDA) Meats and Meat Alternates (CSDE's Crediting Foods in School Nutrition Programs webpage) Recipe Analysis Workbook (USDA's Food Buying Guide for Child Nutrition Programs)	
MMA at breakfast	The SBP meal patterns require a combined grains/MMA component. SFAs may offer 1 oz eq of grains, MMA, or a combination of both.	The SBP meal pattern does not require the MMA component. SFAs may substitute the MMA component for the entire grains component at breakfast up to three times per week (regardless of the number of days in the week). **Resources** Serving Meat and Meat Alternates at Breakfast in the CACFP (USDA)
MMA at lunch	The MMA component must be served in the main dish or the main dish and one other food item.	Same

Comparison of Lunch and Breakfast Meal Pattern Requirements for Grades K-12 and Preschool in the School Nutrition Programs

Requirement	Grades K-12	Preschool (ages 1-5)
Beans, peas, and lentils	Beans, peas, and lentils may credit as either MMA or vegetables but one serving cannot credit as both components in the same snack. Cooked beans, peas, and lentils credit as the MMA component based on volume, e.g., ¼-cup serving of cooked beans, peas, and lentils credits as 1 oz eq of MMA. **Resources** Crediting Beans, Peas, and Lentils in the School Nutrition Programs (CSDE)	Same
Nuts, seeds, and nut/seed butters	A 1-ounce serving of nuts/seeds credits as 1 oz eq of the MMA component. Nut/seed butters (such as peanut butter, almond butter, and sunflower seed butter) credit based on volume not weight. Two tablespoons credit as 1 oz eq MMA. If measuring by weight, the FBG indicates that 1.1 ounces of nut/seed butter credit as 1 oz eq of MMA. Reduced-fat peanut butter must meet the Food and Drug Administration's (FDA) standard of identity for peanut butter (21 CFR 164.150), which requires that products contain at least 90 percent peanuts. **Resources** Crediting Nuts and Seeds in the School Nutrition Programs (CSDE)	Same
Surimi	A 3-ounce serving of surimi credits as 1 oz eq of the MMA component. To credit surimi seafood differently, SFAs must obtain a CN label or manufacturer's PFS that documents how the crediting is determined (refer to "Required Crediting Documentation" on page 4). **Resources** USDA Memo SP 24-2019, CACFP 11-2019, and SFSP 10-2019: Crediting Surimi Seafood in the Child Nutrition Programs	Same

Comparison of Lunch and Breakfast Meal Pattern Requirements for Grades K-12 and Preschool in the School Nutrition Programs

Requirement	Grades K-12	Preschool (ages 1-5)
Tempeh	A 1-ounce serving of tempeh credits as 1 oz eq of the MMA component. This method of crediting applies only to tempeh products whose ingredients are limited to soybeans (or other legumes), water, tempeh culture, and for some varieties, vinegar, seasonings, and herbs. If a tempeh product contains other ingredients, SFAs must obtain a CN label or manufacturer's PFS that documents how the crediting is determined (refer to "Required Crediting Documentation" on page 4). **Resources** USDA Memo SP 25-2019, CACFP 12-2019 and SFSP 11-2019: Crediting Tempeh in the Child Nutrition Programs USDA Webinar: Additional Meat/Meat Alternates Options for CNPs: Crediting Tempeh and Surimi	Same
Tofu and tofu products	Tofu and tofu products must contain 5 grams of protein in 2.2 ounces by weight (¼ cup) to credit as 1 oz eq of the MMA component. **Resources** Crediting Tofu and Tofu Products in the School Nutrition Programs (CSDE) 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	Same

Comparison of Lunch and Breakfast Meal Pattern Requirements for Grades K-12 and Preschool in the School Nutrition Programs

Requirement	Grades K-12	Preschool (ages 1-5)
Yogurt and soy yogurt	Yogurt and soy yogurt cannot exceed 12 grams of added sugars per 6 ounces (no more than 2 grams of added sugars per ounce). Yogurt mixed in smoothies credits as the MMA component if it meets the limit for added sugars. Crediting requires a standardized recipe for foods made from scratch and a PFS or CN label for commercial products. Fruits in commercially prepared yogurt (either blended or on the bottom or top) do not credit toward the fruits component. Menu planners may credit fruits offered as a separate meal component, such as yogurt topped with fresh blueberries or sliced strawberries in a yogurt-fruit parfait. Noncreditable yogurt products include homemade yogurt and commercial yogurt products like drinkable or squeezable yogurt, frozen yogurt, yogurt bars, yogurt-covered fruits and nuts, and yogurt-flavored products. **Resources** Calculating the Added Sugars Limit for Yogurt in the CACFP (USDA) Choose Yogurt That is Lower in Added Sugars in the CACFP (USDA) Crediting Smoothies in the School Nutrition Programs (CSDE) Crediting Yogurt in the School Nutrition Programs (CSDE) Nutrition Standards for Added Sugars: Yogurt Fact Sheet (Institute of Child Nutrition) 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	Same

Comparison of Lunch and Breakfast Meal Pattern Requirements for Grades K-12 and Preschool in the School Nutrition Programs

Chart 4: Vegetables Component

Requirement	Grades K-12	Preschool (ages 1-5)
Required meal pattern servings for breakfast	**Daily:** Vegetables are not required but may substitute for the fruits component at any breakfast (refer to "Vegetables at breakfast" in this chart). SFAs must offer at least 1 cup of the fruits component daily (including any vegetable substitutions) for all grades. **Weekly:** The weekly requirements are the sum of the daily requirements. The total cups of all fruits (including any vegetable substitutions) offered over the week must meet the minimum servings below. **Five-day week** • 5 cups for all grades **Seven-day week** • 7 cups for all grades	SFAs may offer vegetables, fruits, or a combination of both. The total offered vegetables and fruits must meet the minimum servings below. **Ages 1-2:** ¼ cup **Ages 3-5:** ½ cup
Required meal pattern servings for lunch	**Daily:** SFAs must offer at least ¾ cup daily for grades K-5 and 6-8 and at least 1 cup daily for grades 9-12. **Weekly:** The weekly requirements are the sum of the daily requirements. These quantities must include minimum servings of the five vegetable subgroups (refer to "Weekly vegetable subgroups" in this chart). **5-day week** • Grades K-5: 3¾ cups • Grades 6-8: 3¾ cups • Grades 9-12: 5 cups **7-day week** • Grades K-5: 5¼ cups • Grades 6-8: 5¼ cups • Grades 9-12: 7 cups	**Ages 1-2:** ⅛ cup **Ages 3-5:** ¼ cup

Comparison of Lunch and Breakfast Meal Pattern Requirements for Grades K-12 and Preschool in the School Nutrition Programs

Requirement	Grades K-12	Preschool (ages 1-5)
Weekly vegetable subgroups	The NSLP meal pattern for grades K-12 requires minimum weekly servings of the five vegetable subgroups (dark green; red/orange; beans, peas, and lentils; starchy; and other). If a school has multiple serving lines, each serving line must offer the minimum amount of each vegetable subgroup on a weekly basis. The vegetable subgroups requirement does not apply to the SBP. **Resources** Vegetable Subgroups in the National School Lunch Program (CSDE)	Vegetable subgroups are not required in the preschool meal patterns, but the USDA recommends providing at least one serving of each vegetable subgroup per week. **Resources** USDA Memo CACFP 15-2016: Optional Best Practices to Further Improve Nutrition in the CACFP
Serving size	All vegetables credit based on the served volume (cups), except raw leafy greens credit as half the amount served. For example, 1 cup of raw leafy greens credits as ½ cup of the vegetables component. Examples of raw leafy greens include kale, greens (e.g., beet, collard, mustard, and turnip), spinach, arugula, and lettuce such as iceberg, romaine, Boston, Bibb, red leaf, and spring mix. **Resources** Food Buying Guide Section 2: Vegetables Component (USDA) Recipe Analysis Workbook (USDA's Food Buying Guide for Child Nutrition Programs) Vegetables Component (CSDE's Crediting Foods in School Nutrition Programs webpage)	Same

Comparison of Lunch and Breakfast Meal Pattern Requirements for Grades K-12 and Preschool in the School Nutrition Programs

Requirement	Grades K-12	Preschool (ages 1-5)
Vegetables at breakfast	The SBP meal pattern for grades K-12 does not require the vegetables component. SFAs may choose to substitute vegetables for the fruits component following the requirements of the USDA final rule, Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans. • **One day per week:** SFAs that offer vegetable substitutions on one day per school week may offer any vegetables from the five subgroups. • **Two or more days per week:** SFAs that offer vegetable substitutions on two or more days per school week must offer vegetables from at least two different subgroups	The SBP preschool meal pattern requires vegetables, fruits, or both. SFAs may serve any combination of fruits, vegetables, or both.
Vegetables substitutions for fruits at lunch	Not allowed	Vegetables may substitute for the entire fruits component at any lunch. If the lunch menu includes two servings of vegetables, they must be different kinds.

Comparison of Lunch and Breakfast Meal Pattern Requirements for Grades K-12 and Preschool in the School Nutrition Programs

Requirement	Grades K-12	Preschool (ages 1-5)
Limit for vegetable juices	Juice cannot exceed half of the fruits and vegetables offered during the week. Only one of the two required meal components at snack may be a creditable beverage. Juice cannot be served when milk is the only other snack component. **Breakfast:** Fruit juices together with vegetable juices (including fruit/vegetable juice blends) cannot exceed half of the total fruits and vegetables offered during the week. **Note:** Vegetables (including vegetable juices) are not required but may substitute for the fruits component at any breakfast (refer to "Vegetables at breakfast" in this chart). **Lunch:** Vegetable juices cannot exceed half of the total vegetables offered during the week. The juice limit includes fruit and vegetable juice, frozen pops made from 100 percent juice, and pureed fruits and vegetables in smoothies. **Resources** Crediting Juices in the School Nutrition Programs (CSDE) Crediting Smoothies in the School Nutrition Programs (CSDE) USDA Memo SP 40-2019, CACFP 17-2019, and SFSP 17-2019: Smoothies Offered in Child Nutrition Programs	Juice credits as the fruits component or vegetables component at no more than one preschool meal or snack per day**.** The juice limit includes fruit and vegetable juice, frozen pops made from 100 percent juice, and pureed fruits and vegetables in smoothies. Only one of the two required meal components at snack may be a creditable beverage. Juice cannot be served when milk is the only other snack component. **Best practice:** The USDA's CACFP best practices recommend serving a variety of fruits and choosing whole fruits (fresh, canned, dried, or frozen) more often than juice. **Resources** Crediting Juices in the School Nutrition Programs (CSDE) Crediting Smoothies in the School Nutrition Programs (CSDE) USDA Memo SP 40-2019, CACFP 17-2019, and SFSP 17-2019: Smoothies Offered in Child Nutrition Programs USDA Memo CACFP 15-2016: Optional Best Practices to Further Improve Nutrition in the CACFP

Comparison of Lunch and Breakfast Meal Pattern Requirements for Grades K-12 and Preschool in the School Nutrition Programs

Requirement	Grades K-12	Preschool (ages 1-5)
Beans, peas, and lentils	Beans, peas, and lentils may credit as either MMA or vegetables but one serving cannot credit as both components in the same meal. Cooked beans, peas, and lentils credit as the vegetables component based on volume, e.g., ½ cup credits as 1 oz eq of the vegetables component. **Resources** Crediting Beans, Peas, and Lentils in the School Nutrition Programs (CSDE)	Same

Comparison of Lunch and Breakfast Meal Pattern Requirements for Grades K-12 and Preschool in the School Nutrition Programs

Chart 5: Fruits Component

Requirement	Grades K-12	Preschool (ages 1-5)
Required meal pattern servings of fruits at breakfast	**Daily:** Vegetables are not required but may substitute for the fruits component at any breakfast (refer to "Vegetables at breakfast" in this chart). SFAs must offer at least 1 cup of the fruits component daily (including any vegetable substitutions) for all grades. **Weekly:** The weekly requirements are the sum of the daily requirements. The total cups of all fruits (including any vegetable substitutions) offered over the week must meet the minimum servings below. **Five-day week** • 5 cups for all grades **Seven-day week** • 7 cups for all grades	SFAs may offer vegetables, fruits, or a combination of both. The total offered vegetables and fruits must meet the minimum servings below. **Ages 1-2:** ¼ cup **Ages 3-5:** ½ cup
Required meal pattern servings of fruits at lunch	SFAs must offer at least ½ cup daily for grades K-5 and 6-8 and at least 1 cup daily for grades 9-12. **Weekly:** The weekly requirements are the sum of the daily requirements. The total cups of all fruits offered over the week must meet the minimum servings below. **5-day week** • Grades K-5: 2½ cups • Grades 6-8: 2½ cups • Grades 9-12: 5 cups **7-day week** • Grades K-5: 3½ cups • Grades 6-8: 3½ cups • Grades 9-12: 7 cups	**Ages 1-2:** ⅛ cup **Ages 3-5:** ¼ cup Vegetables may substitute for the entire fruits component at any lunch (refer to "Vegetables substitutions for fruits at lunch" in chart 4).

Comparison of Lunch and Breakfast Meal Pattern Requirements for Grades K-12 and Preschool in the School Nutrition Programs

Requirement	Grades K-12	Preschool (ages 1-5)
Serving size	All fruits credit based on the served volume (cups), except dried fruits credit as twice the amount served. For example, ¼ cup of dried fruit credits as ½ cup of the fruits component. Examples of dried fruits include raisins, apricots, dried cherries, dried cranberries, dried blueberries, mixed dried fruit, and dried coconut. **Resources** Food Buying Guide Section 3: Fruits Component (USDA) Fruits Component (CSDE Crediting Foods in School Nutrition Programs webpage)	Same

Comparison of Lunch and Breakfast Meal Pattern Requirements for Grades K-12 and Preschool in the School Nutrition Programs

Requirement	Grades K-12	Preschool (ages 1-5)
Coconut	**Fresh and frozen coconut:** Credit as the fruits component based on the served volume. For example, ⅛ cup of fresh or frozen coconut credits as ⅛ cup of the fruits component. The minimum serving is ⅛ cup. **Dried coconut:** Credits the same as other dried fruits. Dried fruits credit as twice the volume served (refer to "Serving size" in this chart). **Coconut water:** Juices labeled as 100 percent juice, including coconut water, credit toward the fruits component based on the served volume. SFAs must count coconut water with all other juices toward the juice limit (refer to "Limit for fruit juices" in this chart). **Crediting considerations:** Menu planners should consider coconut's high caloric and saturated fat content, which may limit its frequency in school menus. **Noncreditable coconut products:** Coconut flour, coconut oil, and coconut milk. **Resources** 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	Same

Comparison of Lunch and Breakfast Meal Pattern Requirements for Grades K-12 and Preschool in the School Nutrition Programs

Requirement	Grades K-12	Preschool (ages 1-5)
Limit for fruit juices	**Breakfast:** Fruit juices together with vegetable juices (including fruit/vegetable juice blends) cannot exceed half of the total fruits and vegetables offered during the week. **Note:** Vegetables (including vegetable juices) are not required but may substitute for the fruits component at any breakfast (refer to "Vegetables at breakfast" in this chart). **Lunch:** Fruit juices cannot exceed half of the total fruits offered during the week. The juice limit includes fruit and vegetable juice, frozen pops made from 100 percent juice, and pureed fruits and vegetables in smoothies. **Resources** Crediting Juices in the School Nutrition Programs (CSDE) Crediting Smoothies in the School Nutrition Programs (CSDE) USDA Memo SP 40-2019, CACFP 17-2019, and SFSP 17-2019: Smoothies Offered in Child Nutrition Programs	Juice credits as the fruits component or vegetables component at no more than one preschool meal or snack per day**.** The juice limit includes fruit and vegetable juice, frozen pops made from 100 percent juice, and pureed fruits and vegetables in smoothies. Only one of the two required meal components at snack may be a creditable beverage. Juice cannot be served when milk is the only other snack component. **Best practice:** The USDA's CACFP best practices recommend serving a variety of fruits and choosing whole fruits (fresh, canned, dried, or frozen) more often than juice. **Resources** Crediting Juices in the School Nutrition Programs (CSDE) Crediting Smoothies in the School Nutrition Programs (CSDE) USDA Memo SP 40-2019, CACFP 17-2019, and SFSP 17-2019: Smoothies Offered in Child Nutrition Programs USDA Memo CACFP 15-2016: Optional Best Practices to Further Improve Nutrition in the CACFP

Comparison of Lunch and Breakfast Meal Pattern Requirements for Grades K-12 and Preschool in the School Nutrition Programs

Chart 6: Grains Component

Requirement	Grades K-12	Preschool (ages 1-5)
Required quantities	The required quantities for the grains component are in ounce equivalents (oz eq). Oz eq are a unit of measure that indicates the contribution of a given serving size toward the grains component. One oz eq equals 16 grams of credible grains. The amount of a grain food that provides 1 oz eq varies because different types of foods contain different amounts of creditable grains. **Resources** Exhibit A: Grain Requirements for Child Nutrition Programs (USDA) Grain Ounce Equivalents Chart for the School Nutrition Programs (CSDE) How to Use the Grain Ounce Equivalents Chart for the School Nutrition Programs (CSDE)	Same **Resources** Grain Ounce Equivalents Chart for the School Nutrition Programs (CSDE) How to Use the Grain Ounce Equivalents Chart for the School Nutrition Programs (CSDE)

Comparison of Lunch and Breakfast Meal Pattern Requirements for Grades K-12 and Preschool in the School Nutrition Programs

Requirement	Grades K-12	Preschool (ages 1-5)
Required meal pattern servings of grains for breakfast	The grains/MMA component allows SFAs to offer grains, MMA, or a combination of both. SFAs must offer at least 1 oz eq daily for all grades. The total weekly grains/MMA must meet the minimum servings below. **5-day week** • Grades K-5: 7-10 oz eq • Grades 6-8: 8-10 oz eq • Grades 9-12: 9-10 oz eq **7-day week** • Grades K-5: 10-14 oz eq • Grades 6-8: 11-14 oz eq • Grades 9-12: 12½-14 oz eq	The minimum daily serving is ½ oz eq for all ages. MMA may substitute for grains up to three times per week (refer to "MMA at breakfast" in chart 3).
Required meal pattern servings of grains for lunch	SFAs must offer at least 1 oz eq daily for grades K-5 and 6-8 and at least 2 oz eq daily for grades 9-12. The total weekly oz eq of grains must meet the minimum servings below. **5-day week** • Grades K-5: 8-9 oz eq • Grades 6-8: 8-10 oz eq • Grades 9-12: 10-12 oz eq **7-day week** • Grades K-5: 11-12½ oz eq • Grades 6-8: 11-14 oz eq • Grades 9-12: 14-17 oz eq	A**ges 1-2:** ½ oz eq **Ages 3-5:** ½ oz eq

Comparison of Lunch and Breakfast Meal Pattern Requirements for Grades K-12 and Preschool in the School Nutrition Programs

Requirement	Grades K-12	Preschool (ages 1-5)
Weekly ranges for grains	**Breakfast:** The breakfast meal patterns require weekly ranges for the grains/MMA component (refer to "Required meal pattern servings of grains for breakfast" in this chart). Menus are not required to comply with the maximums but must meet the minimums and stay within the weekly calorie range for each grade group. The weekly maximum provides a guide for planning age-appropriate meals that meet the dietary specifications (refer to "Dietary specifications" in chart 1). **Lunch:** The lunch meal patterns require weekly ranges for the grains component (refer to "Required meal pattern servings of grains for lunch" in this chart). Menus are not required to comply with the maximums but must meet the minimums and stay within the weekly calorie range for each grade group. The weekly maximum provides a guide for planning age-appropriate meals that meet the dietary specifications (refer to "Dietary specifications" in chart 1).	Not applicable

Comparison of Lunch and Breakfast Meal Pattern Requirements for Grades K-12 and Preschool in the School Nutrition Programs

Requirement	Grades K-12	Preschool (ages 1-5)
Creditable grains	Whole grains, enriched grains, bran (such as oat bran, wheat bran, corn bran, rice bran, and rye bran) and germ (such as wheat germ). Bran and germ credit the same as enriched grains. **Resources** Crediting Enriched Grains in the School Nutrition Programs (CSDE) Crediting Whole Grains in the School Nutrition Programs (CSDE) Grains (CSDE's Crediting Foods in School Nutrition Programs webpage)	Same **Resources** Crediting Enriched Grains in the School Nutrition Programs (CSDE) Crediting Whole Grains in the School Nutrition Programs (CSDE) Grains (CSDE's Crediting Foods in School Nutrition Programs webpage) How to Identify Creditable Grains for the Preschool Meal Patterns of the School Nutrition Programs (CSDE)

Comparison of Lunch and Breakfast Meal Pattern Requirements for Grades K-12 and Preschool in the School Nutrition Programs

Requirement	Grades K-12	Preschool (ages 1-5)
Limit for noncreditable grains	Creditable WRG and enriched commercial grain products and foods made from scratch must meet the applicable limit for noncreditable grains, abased on the grain groups in the USDA's Exhibit A: Grain Requirements for Child Nutrition Programs (Exhibit A chart). Examples of noncreditable grains include oat fiber, corn fiber, wheat starch, corn starch, and modified food starch (including potato, legume, and other vegetable flours). Grain foods in groups A-G cannot exceed 3.99 grams of noncreditable grains per portion. Grain foods in groups H-I cannot exceed 6.99 grams of noncreditable grains per portion. **Resources** Exhibit A: Grain Requirements for Child Nutrition Programs (USDA) Noncreditable Grains for the School Nutrition Programs and the Connecticut Nutrition Standards (CSDE)	Not applicable

Comparison of Lunch and Breakfast Meal Pattern Requirements for Grades K-12 and Preschool in the School Nutrition Programs

Requirement	Grades K-12	Preschool (ages 1-5)
Crediting hominy, corn masa, and masa harina	Corn ingredients credit if they are whole grain, enriched, or treated with lime (nixtamalized). Nixtamalization is a process in which dried corn is soaked and cooked in an alkaline (slaked lime) solution. This process results in a product with similar nutrition to whole-grain corn. Ingredients labeled as hominy, corn masa, or masa harina are nixtamalized, and credit as whole grains. Cornmeal and corn flour do not credit as the grains component unless they are whole grain, enriched, or nixtamalized. If the product's ingredients statement does not provide sufficient information, SFAs must obtain a PFS from the manufacturer to document that cornmeal and corn flour ingredients meet one of these requirements. Corn flour ingredients that are not are whole grain, enriched, or nixtamalized count toward the limit for noncreditable grains (refer to "Limit for noncreditable grains" in this document). **Resources** 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	Same

Comparison of Lunch and Breakfast Meal Pattern Requirements for Grades K-12 and Preschool in the School Nutrition Programs

Requirement	Grades K-12	Preschool (ages 1-5)
Methods to determine oz eq	The USDA allows two methods for determining the oz eq of creditable grain products and recipes. • **Method 1 – Exhibit A weight or volume:** Used is used for commercial grain products and may also be used for standardized recipes that indicate the weight of the prepared (cooked) serving. • **Method 2 – Creditable grains:** Used for standardized recipes and may also be used for commercial grain products with a PFS stating the weight of creditable grains per serving (refer to "Required Crediting Documentation" on page 3). SFAs may use either method but must document how the crediting information was obtained. For detailed guidance on both methods, refer to the CSDE's *Calculation Methods for Grain Ounce Equivalents for the Meal Patterns for School Nutrition Programs.* **Resources** Calculation Methods for Grain Ounce Equivalents for the Meal Patterns for School Nutrition Programs (CSDE) Recipe Analysis Workbook (USDA's Food Buying Guide for Child Nutrition Programs) What's in a Meal Module 15: Grain Ounce Equivalents (CSDE) Standardized Recipes (CSDE's Crediting Documentation for the Child Nutrition Programs webpage)	Same

Comparison of Lunch and Breakfast Meal Pattern Requirements for Grades K-12 and Preschool in the School Nutrition Programs

Requirement	Grades K-12	Preschool (ages 1-5)
Method 1 Exhibit A chart	Method 1 uses the amount for the appropriate grain group in the USDA's chart, Exhibit A: Grain Requirements for Child Nutrition Programs (known as Exhibit A). Exhibit A provides minimum weights (groups A-G) and volumes (groups H-I) for nine groups of grain foods, based on the average grain content of similar products. The CSDE's Grain Ounce Equivalents Chart for the School Nutrition Programs lists the Exhibit A oz eq for the NSLP, SBP, and ASP. **Resources** Exhibit A: Grain Requirements for Child Nutrition Programs (USDA) Grain Ounce Equivalents Chart for the School Nutrition Programs (CSDE) How to Use the Grain Ounce Equivalents Chart for the National School Lunch Program and School Breakfast Program (CSDE)	Same **Resources** Exhibit A: Grain Requirements for Child Nutrition Programs (USDA) Grain Ounce Equivalents Chart for the School Nutrition Programs (CSDE) How to Use the Grain Ounce Equivalents Chart for the National School Lunch Program and School Breakfast Program (CSDE)

Comparison of Lunch and Breakfast Meal Pattern Requirements for Grades K-12 and Preschool in the School Nutrition Programs

Requirement	Grades K-12	Preschool (ages 1-5)
Method 2 creditable grains	Method 2 calculates the total weight (grams) of creditable grains (whole and enriched) per serving. • **To credit as 1 oz eq of an enriched grain**, foods in groups A-E must contain 16 grams of creditable grains and cannot exceed 3.99 grams of noncreditable grains per portion. Foods in group H must contain 28 grams of creditable grains and cannot exceed 6.99 grams of noncreditable grains per portion. • **To credit as 1 oz eq of a WGR food**, foods in groups A-E must contain 16 grams of creditable grains (including at least 8 grams of whole grains) and cannot exceed 3.99 grams of noncreditable grains per portion. Foods in group H must contain 28 grams of creditable grains (including at least 14 grams of whole grains) and cannot exceed 6.99 grams of noncreditable grains per portion. Commercial products require a PFS that states the weight of creditable grains per serving. Foods made from scratch require a standardized recipe that lists the weight of creditable grains per serving (refer to "Required Crediting Documentation" on page 3). **Resources** Calculation Methods for Grain Ounce Equivalents in the School Nutrition Programs (CSDE) When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs (CSDE)	Same requirements except the limit for noncreditable grains does not apply to the preschool meal patterns. **Resources** Calculation Methods for Grain Ounce Equivalents in the School Nutrition Programs (CSDE) When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs (CSDE)

Comparison of Lunch and Breakfast Meal Pattern Requirements for Grades K-12 and Preschool in the School Nutrition Programs

Requirement	Grades K-12	Preschool (ages 1-5)
When method 2 is required	There are specific situations when SFAs must use method 2 (instead of the USDA's Exhibit A chart) to determine the oz eq for commercial grain products. **Resources** When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs (CSDE)	Same

Comparison of Lunch and Breakfast Meal Pattern Requirements for Grades K-12 and Preschool in the School Nutrition Programs

Requirement	Grades K-12	Preschool (ages 1-5)
WGR requirement	At least 80 percent of the weekly grains offered at breakfast and lunch must be WGR, based on the total oz eq of all offered grains in the weekly menu. The weekly percentage of WGR menu items must be calculated separately for breakfast and lunch. Grains that are not WGR must be enriched and cannot exceed 20 percent of all grains offered during the week. **Resources** Calculating the Weekly Percentage of Whole Grain-rich Menu Items in the Meal Patterns for Grades K-12 (CSDE) Crediting Whole Grains in the School Nutrition Programs (CSDE) Guide to Meeting the Whole Grain-rich Requirement for the Meal Patterns for Grades K-12 in the School Nutrition Programs (CSDE) Worksheet to Calculate the Weekly Percentage of Whole Grain-rich Menu Items in the School Nutrition Programs for Grades K-12 (CSDE) Instructions for the Worksheet to Calculate the Weekly Percentage of Whole Grain-rich Menu Items in the School Nutrition Programs for Grades K-12 (CSDE) Whole Grain Resource for the National School Lunch and School Breakfast Programs (USDA) Whole Grain-rich Requirement (CSDE's Crediting Foods in School Nutrition Programs webpage)	At least one serving per day must be WGR, between all meals and snacks served to preschoolers. The USDA's CACFP best practices recommend at least two servings of WGR grains per day. **Resources** Crediting Whole Grains in the School Nutrition Programs (CSDE) Guide to Meeting the Whole Grain-rich Requirement for the Child and Adult Care Food Program (CSDE) Whole Grain-rich Requirement (CSDE's Crediting Foods in School Nutrition Programs webpage)

Comparison of Lunch and Breakfast Meal Pattern Requirements for Grades K-12 and Preschool in the School Nutrition Programs

Requirement	Grades K-12	Preschool (ages 1-5)
WGR documentation	SFAs must maintain documentation to indicate that 1) at least 80 percent of the weekly grains offered at breakfast and lunch are WGR; and 2) grain foods counted toward the WGR requirement meet the WGR criteria. This documentation must be maintained on file for the Administrative Review of the school nutrition programs in accordance with the records retention requirements for the school nutrition programs SFAs may calculate the weekly menu's WGR percentage using the CSDE's worksheet. SFAs that do not use this worksheet must maintain alternate documentation. Required documentation for the WGR criteria includes a PFS for commercial foods and a standardized recipe for foods made from scratch (refer to "Required Crediting Documentation" on page 4). **Resources** Calculating the Weekly Percentage of Whole Grain-rich Menu Items in the Meal Patterns for Grades K-12 (CSDE) Crediting Documentation for the Child Nutrition Programs (CSDE webpage) Worksheet to Calculate the Weekly Percentage of Whole Grain-rich Menu Items in the Meal Patterns for Grades K-12 (CSDE) Instructions for the Worksheet to Calculate the Weekly Percentage of Whole Grain-rich Menu Items in the Meal Patterns for Grades K-12 (CSDE) Records Retention Requirements for the School Nutrition Programs (CSDE)	SFAs must maintain documentation to indicate that at least one serving per day is WGR. This documentation must be maintained on file for the Administrative Review of the school nutrition programs in accordance with the records retention requirements for the school nutrition programs Required documentation for the WGR criteria includes a PFS for commercial foods and a standardized recipe for foods made from scratch (refer to "Required Crediting Documentation" on page 4). **Resources** Crediting Documentation for the Child Nutrition Programs (CSDE webpage) Records Retention Requirements for the School Nutrition Programs (CSDE)

Comparison of Lunch and Breakfast Meal Pattern Requirements for Grades K-12 and Preschool in the School Nutrition Programs

Requirement	Grades K-12	Preschool (ages 1-5)
Crediting breakfast cereals: cold RTE in group I, e.g., flaked cereals, round cereals, puffed cereals, and granola	**Three crediting criteria:** 1) must be WGR, enriched, or fortified; 2) cannot exceed 6.99 grams of noncreditable grains per portion; and 3) cannot exceed 6 grams of added sugars per dry ounce. **Three WGR criteria:** 1) the first ingredient is a whole grain and the cereal is fortified, or the cereal is 100 percent whole grain; 2) cannot exceed 6.99 grams of noncreditable grains per portion; and 3) added sugars cannot exceed 6 grams per dry ounce. **Resources** Crediting Breakfast Cereals in the School Nutrition Programs (CSDE) Nutrition Standards for Added Sugars: Breakfast Cereals Fact Sheet (Institute of Child Nutrition)	**Two crediting criteria:** 1) must be WGR, enriched, or fortified; and 2) cannot exceed 6 grams of added sugars per dry ounce. **Two WGR criteria:** 1) the first ingredient is a whole grain and the cereal is fortified, or the cereal is 100 percent whole grain; and 2) cannot exceed 6 grams of added sugars per dry ounce. **Resources** Crediting Breakfast Cereals in the School Nutrition Programs (CSDE)
Crediting breakfast cereals: cooked hot in group H, e.g., oatmeal, cream of wheat, and farina	**Three crediting criteria:** 1) must be WGR, enriched, or fortified; 2) cannot exceed 6.99 grams of noncreditable grains per portion; and 3) cannot exceed 6 grams of added sugars per dry ounce. **Three WGR criteria:** 1) the first ingredient is a whole grain and the cereal is fortified, or the cereal is 100 percent whole grain; 2) cannot exceed 6.99 grams of noncreditable grains per portion; and 3) added sugars cannot exceed 6 grams per dry ounce **Resources** Crediting Breakfast Cereals in the School Nutrition Programs (CSDE)	**Two crediting criteria:** 1) must be WGR, enriched, or fortified; and 2) cannot exceed 6 grams of added sugars per dry ounce. **Two WGR criteria:** 1) the first ingredient is a whole grain and the cereal is fortified, or the cereal is 100 percent whole grain; and 2) added sugars d cannot exceed 6 grams per dry ounce. **Resources** Crediting Breakfast Cereals in the School Nutrition Programs (CSDE)

Comparison of Lunch and Breakfast Meal Pattern Requirements for Grades K-12 and Preschool in the School Nutrition Programs

Requirement	Grades K-12	Preschool (ages 1-5)
Serving size for breakfast cereals	**Cooked breakfast cereals (group H):** ½ oz eq = ¼ cup cooked or 14 grams dry. **RTE breakfast cereals (group I):** ½ oz eq = ½ cup of flaked or round cereal, ¾ cup of puffed cereal, and ⅛ cup of granola. **Resources** Grain Ounce Equivalents Chart for the School Nutrition Programs (CSDE)	**Cooked breakfast cereals (group H):** ½ oz eq = ¼ cup cooked or 14 grams dry **RTE breakfast cereals (group I):** ½ oz eq = ½ cup of flaked or round cereal, ¾ cup of puffed cereal, and ⅛ cup of granola **Resources** Grain Ounce Equivalents Chart for the School Nutrition Programs (CSDE)

Comparison of Lunch and Breakfast Meal Pattern Requirements for Grades K-12 and Preschool in the School Nutrition Programs

Requirement	Grades K-12	Preschool (ages 1-5)
Crediting cereal grains in group H, e.g., pasta, and other cereal grains, e.g., amaranth, barley, buckwheat, cornmeal, corn grits, farina, kasha, millet, oats, quinoa, wheat berries, and rolled wheat	**Two crediting criteria:** 1) must be WGR or enriched; and 2) cannot exceed 6.99 grams of noncreditable grains per portion. **Two WGR criteria:** 1) whole grains are the primary ingredient by weight; 2) any remaining grains are enriched; and 3) cannot exceed 6.99 grams of noncreditable grains per portion. **Resources** Crediting Enriched Grains in the School Nutrition Programs (CSDE) Crediting Whole Grains in the School Nutrition Programs (CSDE) Guide to Meeting the Whole Grain-rich Requirement for the Meal Patterns for Grades K-12 in the School Nutrition Programs (CSDE) Guide to Meeting the Whole Grain-rich Requirement for the Child and Adult Care Food Program (CSDE) When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs (CSDE)	**Crediting criteria for the preschool meal patterns:** must be WGR or enriched. **WGR criteria for the preschool meal patterns:** 1) whole grains are the primary ingredient by weight; and 2) any remaining grains are enriched.

Comparison of Lunch and Breakfast Meal Pattern Requirements for Grades K-12 and Preschool in the School Nutrition Programs

Requirement	Grades K-12	Preschool (ages 1-5)
WGR criteria for commercial products: grain foods in groups A-G, e.g., crackers, breads, rolls, taco shells, muffins, waffles, pancakes, and grain-based desserts (e.g., cookies, cake, sweet crackers like animal crackers and graham crackers, granola bars, cereal bars, and pastries)	**Two WGR criteria:** 1) whole grains are the primary ingredient by weight; 2) any remaining grains are enriched; and 3) cannot exceed 3.99 grams of noncreditable grains per portion. **Resources** Crediting Whole Grains in the School Nutrition Programs (CSDE) Guide to Guide to Meeting the Whole Grain-rich Requirement for the Meal Patterns for Grades K-12 in the School Nutrition Programs (CSDE) Whole Grain Resource for the National School Lunch and School Breakfast Programs (USDA) Whole Grain-rich Requirement for Grades K-12 (CSDE webpage)	Commercial products must meet the "Rule of Three," which applies only to the preschool meal pattern: The first ingredient must be a whole grain (or water is the first ingredient and a whole grain is the next ingredient), and the next two grain ingredients (if any) are whole, enriched, bran, or germ. The preschool WGR criteria do not require a specific limit for noncreditable grains. Grain-based desserts do not credit (refer to "Grain-based desserts" in this chart). **Resources** Crediting Whole Grains in the School Nutrition Programs (CSDE) Guide to Meeting the Whole Grain-rich Requirement for the CACFP (CSDE) How to Spot Whole Grain-Rich Foods for the CACFP (USDA) Identifying Whole Grain-rich Foods for the CACFP Using the Ingredient List (USDA) Whole Grain-rich Requirement (CSDE's Crediting Foods in School Nutrition Programs webpage)

Comparison of Lunch and Breakfast Meal Pattern Requirements for Grades K-12 and Preschool in the School Nutrition Programs

Requirement	Grades K-12	Preschool (ages 1-5)
Crediting enriched grain products, e.g., enriched white bread, enriched crackers, enriched white rice, enriched cream of wheat cereal, and enriched corn grits	Enriched grain products may credit for up to 20 percent of all grains offered at snack (refer to "WGR Requirement" in this chart). Enriched grains must comply with the limit for noncreditable grains. They cannot exceed 3.99 grams per portion for groups A-G or 6.99 grams per portion for groups H-I. **Resources** Crediting Enriched Grains in the School Nutrition Programs (CSDE)	Enriched grain products credit as the grains component but at least one grain menu item per day must be WGR (refer to "R9: WGR Requirement"). **Resources** Crediting Enriched Grains in the School Nutrition Programs (CSDE) USDA Memo CACFP 05-2025: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers
Crediting commercial products: combination foods that contain a grain portion from groups A-I, e.g., pizza, breaded chicken nuggets, and macaroni and cheese	**Two crediting criteria:** 1) the grain portion must be WGR or enriched; and 2) cannot exceed 3.99 grams of noncreditable grains per portion for groups A-G or 6.99 grams per portion for group H-I. **Two WGR criteria:** 1) whole grains are the primary ingredient by weight in the grain portion; 2) any remaining grains in the grain portion are enriched; and 3) noncreditable grains in the grain portion cannot exceed 6.99 grams per portion. **Resources** Crediting Enriched Grains in the School Nutrition Programs (CSDE) Crediting Whole Grains in the School Nutrition Programs (CSDE) When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs (CSDE)	**Two crediting criteria:** must be WGR or enriched. **Two WGR criteria:** 1) whole grains are the primary ingredient by weight in the grain portion; and 2) any remaining grains in the grain portion are enriched.

Comparison of Lunch and Breakfast Meal Pattern Requirements for Grades K-12 and Preschool in the School Nutrition Programs

Requirement	Grades K-12	Preschool (ages 1-5)
Crediting foods made from scratch: grain foods in groups A-G, e.g., breads, rolls, muffins, waffles, pancakes, and grain-based desserts (e.g., cookies, cake, granola bars, and pastries)	SFAs must have a standardized recipe to document the grams of creditable grains per serving (refer to "Required Crediting Documentation" on page 1). **Two crediting criteria:** 1) must be WGR or enriched; and 2) cannot exceed 3.99 grams of noncreditable grains per portion. **Two WGR criteria:** 1) the combined amount (weight or volume) of all whole grains in the standardized recipe is equal to or more than the weight or volume of all other creditable grains; and 2) cannot exceed 3.99 grams of noncreditable grains per portion. **Resources** Crediting Enriched Grains in the School Nutrition Programs (CSDE) Crediting Whole Grains in the School Nutrition Programs (CSDE) Guide to Meeting the Whole Grain-rich Requirement for the Meal Patterns for Grades K-12 in the School Nutrition Programs (CSDE) Standardized Recipes (CSDE's Crediting Documentation for the Child Nutrition Programs webpage)	SFAs must have a standardized recipe to document the grams of creditable grains per serving (refer to "Required Crediting Documentation" on page 1). **Crediting criteria:** must be WGR or enriched. **WGR criteria:** the weight or volume of all whole grains in the standardized recipe is equal to or more than the weight or volume of all other creditable grains. **Resources** Crediting Enriched Grains in the School Nutrition Programs (CSDE) Crediting Whole Grains in the School Nutrition Programs (CSDE) Guide to Meeting the Whole Grain-rich Requirement for the Child and Adult Care Food Program (CSDE) Standardized Recipes (CSDE's Crediting Documentation for the Child Nutrition Programs webpage)

Comparison of Lunch and Breakfast Meal Pattern Requirements for Grades K-12 and Preschool in the School Nutrition Programs

Requirement	Grades K-12	Preschool (ages 1-5)
Crediting foods made from scratch: combination foods that contain a grain portion from groups A-I, e.g., pizza, breaded chicken nuggets, and macaroni and cheese	SFAs must have a standardized recipe to document the grams of creditable grains per serving (refer to "Required Crediting Documentation" on page 1). **Two crediting criteria:** 1) the grain portion must be WGR or enriched; and 2) noncreditable grains do not exceed 3.99 grams per portion for groups A-G or 6.99 grams per portion for group H-I. **Two WGR criteria:** 1) the weight or volume of all whole grains in the grain portion is equal to or more than the weight or volume of all other creditable grains in the grain portion; and 2) noncreditable grains in the grain portion do not exceed 3.99 grams per portion for groups A-G or 6.99 grams per portion for group H-I. **Resources** Crediting Enriched Grains in the School Nutrition Programs (CSDE) Crediting Whole Grains in the School Nutrition Programs (CSDE) Guide to Meeting the Whole Grain-rich Requirement for the Meal Patterns for Grades K-12 in the School Nutrition Programs (CSDE) Standardized Recipes (CSDE's Crediting Documentation for the Child Nutrition Programs webpage)	SFAs must have a standardized recipe to document the grams of creditable grains per serving (refer to "Required Crediting Documentation" on page 1). **Crediting criteria:** the grain portion must be WGR or enriched. **WGR criteria:** the weight or volume of all whole grains in the grain portion is equal to or more than the weight or volume of all other creditable grains in the grain portion. **Resources** Crediting Enriched Grains in the School Nutrition Programs (CSDE) Crediting Whole Grains in the School Nutrition Programs (CSDE) Guide to Meeting the Whole Grain-rich Requirement for the Child and Adult Care Food Program (CSDE) Standardized Recipes (CSDE's Crediting Documentation for the Child Nutrition Programs webpage)

Comparison of Lunch and Breakfast Meal Pattern Requirements for Grades K-12 and Preschool in the School Nutrition Programs

Requirement	Grades K-12	Preschool (ages 1-5)
Crediting grain-based desserts in groups C-G, e.g., plain brownies, cookies, sweet crackers (such as animal crackers, and graham crackers), cakes, cinnamon rolls, doughnuts, cereal bars, granola bars, breakfast bars, sweet rolls, pastries, and toaster pastries	Not all grain-based desserts credit at all meals. The NSLP and SBP meal patterns allow different types of grain-based desserts and have different crediting restrictions. The CSDE's oz eq chart, Grain Ounce Equivalents Chart for the School Nutrition Programs, indicates grain-based in blue (allowed only at breakfast and lunch) or red (allowed only at lunch). **Restrictions for breakfast:** Only certain types of grain-based desserts credit at breakfast. Some examples of allowable grain-based desserts at breakfast include animal crackers and graham crackers, cereal bars, granola bars, doughnuts, fruit turnovers, pastries, and sweet rolls. The inclusion of grain-based desserts cannot cause the breakfast menu to exceed the weekly dietary specifications (refer to "Dietary specifications" in chart 1). **Restrictions for lunch:** Grain-based desserts (including rain-based desserts served as extra menu items) cannot exceed 2 oz eq per week. SFAs cannot offer grain-based desserts like graham crackers or animal crackers as the grains component of a daily alternate lunch choice. The inclusion of grain-based desserts cannot cause the lunch menu to exceed the weekly dietary specifications (refer to "Dietary specifications" in chart 1). **Resources** Crediting Grain-based Desserts in the Meal Patterns for Grades K-12 in the School Nutrition Programs (CSDE) Grain Ounce Equivalents Chart for the School Nutrition Programs (CSDE)	Grain-based desserts do not credit in the preschool meal patterns except for sweet crackers (graham crackers and animal crackers). The CSDE recommends limiting sweet crackers to no more than twice per week between all meals and snacks served to preschoolers. **Resources** Grain-based Desserts in the CACFP (USDA) Grain Ounce Equivalents Chart for the School Nutrition Programs (CSDE) USDA Memo CACFP 16-2017: Grain-based Desserts in the Child and Adult Care Food Program

Comparison of Lunch and Breakfast Meal Pattern Requirements for Grades K-12 and Preschool in the School Nutrition Programs

Chart 7: Other Requirements

Requirement	Grades K-12	Preschool (ages 1-5)
Noncreditable foods	Noncreditable foods do not count toward the meal patterns for the school nutrition programs. Examples include condiments, potato chips, pudding, ice cream, gelatin, cream cheese, bacon, and fruit roll-ups. Some noncreditable foods may be served in addition to the meal components to add variety, help improve acceptability, and satisfy appetites. Examples include maple syrup on pancakes, salad dressing on tossed greens, and condiments such as ketchup or mustard on sandwiches. **Resources** Noncreditable Foods in the Meal Patterns for the School Nutrition Programs (CSDE)	Same
Water	Schools must make plain potable drinking water available to children at no charge during the meal service. Water does not credit as a meal component and cannot be offered in place of the meal components. **Resources** USDA Memo SP 19-2018: Clarification on the Milk and Water Requirements in the School Meal Programs USDA Memo SP 49-2016 and CACFP 18-2016: Resources for Making Potable Water Available in Schools and Child Care Facilities Water Availability for School Nutrition Programs (CSDE webpage) What's in a Meal Module 16: Water Availability During Meal Service (CSDE)	Same

Comparison of Lunch and Breakfast Meal Pattern Requirements for Grades K-12 and Preschool in the School Nutrition Programs

Requirement	Grades K-12	Preschool (ages 1-5)
Offer versus serve (OVS)	OVS must be implemented in senior high schools at lunch but is optional for all other grades. At breakfast, OVS is optional for all grades. OVS is also optional for the SSO. **Resources** Offer versus Serve for Grades K-12 in School Nutrition Programs (CSDE webpage) Offer versus Serve Guidance for the NSLP and SBP (USDA) Offer versus Serve Guide for School Meals (CSDE) What's in a Meal Module 17: Offer versus Serve (OVS) in the National School Lunch Program (CSDE) What's in a Meal Module 18: Offer versus Serve (OVS) in the School Breakfast Program (CSDE's	Not allowed

Comparison of Lunch and Breakfast Meal Pattern Requirements for Grades K-12 and Preschool in the School Nutrition Programs

Resources

Crediting Documentation for the Child Nutrition Programs (CSDE webpage):
https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs

Crediting Foods in School Nutrition Programs (CSDE webpage):
https://portal.ct.gov/sde/nutrition/crediting-foods-in-school-nutrition-programs

Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/crediting_summary_charts_snp.pdf

Food Buying Guide for Child Nutrition Programs (USDA):
https://www.fna.usda.gov/tn/fbg

Meal Pattern and Crediting Resources for the School Nutrition Programs (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/nslp/meal_pattern/resources_school_meal_ patterns_snp.pdf

Meal Patterns and Crediting (CSDE's Afterschool Snack Program webpage):
https://portal.ct.gov/sde/nutrition/afterschool-snack-program/meal-patterns-and-crediting

Meal Patterns for Preschoolers in School Nutrition Programs (CSDE webpage):
https://portal.ct.gov/sde/nutrition/meal-patterns-preschoolers-in-school-nutrition-programs

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

Menu Planning Guidance Series for the Preschool Meal Patterns of the School Nutrition Programs (CSDE):
https://portal.ct.gov/sde/nutrition/meal-patterns-preschoolers-in-school-nutrition-programs#MenuPlanningGuidanceSeries

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

Preschool Meal Pattern Training for the School Nutrition Programs (CSDE's Meal Patterns for Preschoolers in School Nutrition Programs webpage):
https://portal.ct.gov/sde/nutrition/meal-patterns-preschoolers-in-school-nutrition-programs/preschool-meal-pattern-training

Comparison of Lunch and Breakfast Meal Pattern Requirements for Grades K-12 and Preschool in the School Nutrition Programs

USDA Final Rule: Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans (89 FR 31962):
https://www.fna.usda.gov/cn/fr-042524

USDA Final Rule: Expanding Fluid Milk Options in Child Nutrition Programs (91 FR 25073):
https://www.fna.usda.gov/cn/fr-050826

What's in a Meal: Meal Patterns for Grades K-12 in the School Nutrition Programs (CSDE's Meal Pattern Training for School Nutrition Programs webpage):
https://portal.ct.gov/sde/nutrition/meal-pattern-training-materials

Comparison of Lunch and Breakfast Meal Pattern Requirements for Grades K-12 and Preschool in the School Nutrition Programs

For more information, visit the CSDE's Afterschool Snack Program (ASP) 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/asp/comparison_grades_k-12_nslp_ sbp.pdf.

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.

CONNECTICUT
Education

Comparison of Lunch and Breakfast Meal Pattern Requirements for Grades K-12 and Preschool in the School Nutrition Programs

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.