

# Resources for the Preschool Meal Patterns of the School Nutrition Programs

This list includes resources and websites to assist school food authorities (SFAs) with meeting the U.S. Department of Agriculture’s (USDA) preschool meal pattern and crediting requirements for 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. The requirements for the preschool meal patterns are the same as the Child and Adult Care Food Program (CACFP) meal patterns for children.

For links to information on federal and state requirements and guidance, visit the CSDE’s [Program Guidance for School Nutrition Programs](#) webpages. 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 meal patterns for grades K-12, refer to the Connecticut State Department of Education’s (CSDE) [Resources for the School Meal Patterns for Grades K-12](#).



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# Resources for the Preschool Meal Patterns of the School Nutrition Programs

## 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 (CN) Labels (“Related Resources” section of the CSDE’s Meal Patterns for Preschoolers in School Nutrition Programs webpage):

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

CN Labeling Program (USDA):

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

Food Manufacturers/Industry (USDA):

<https://www.fns.usda.gov/cnlabeling/food-manufacturersindustry>

USDA Memo SP 11-2015v2, CACFP 10-2015, and SFSP 13-2015: CN Labels Copied with a Watermark Acceptable Documentation:

<https://www.fns.usda.gov/cn/cn-labels-copied-watermark-acceptable-documentation>

USDA Memo SP 27-2015, CACFP 09-2015, and SFSP 12-2015: Administrative Review Process Regarding the Child Nutrition (CN) Label, Watermarked CN Label and Manufacturer's Product Formulation Statement:

<https://www.fns.usda.gov/cn/administrative-review-process-regarding-child-nutrition-cn-label>

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

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

What’s in a Meal Module 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>

# Resources for the Preschool Meal Patterns of the School Nutrition Programs

## Co-Mingled Meals and Afterschool Snacks

Co-mingled Meals and Afterschool Snacks (CSDE's Meal Patterns for Preschoolers in School Nutrition Programs webpage):

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

Preschool Meal Pattern Training for the School Nutrition Programs, Module 2: Introduction to Preschool Meal Patterns (CSDE):

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

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

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

Serving School Meals to Preschoolers (USDA):

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

USDA Memo SP 37-2017: Flexibility for Co-Mingled Preschool Meals: Questions and Answers”

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

## Comparison Charts

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

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

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

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

Comparison of Lunch and Breakfast Meal Pattern Requirements for 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](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](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/comparison_grain_crediting_snp.pdf)

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

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

## Resources for the Preschool Meal Patterns of the School Nutrition Programs

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

[https://portal.ct.gov/-/media/sde/nutrition/cnp\\_meal\\_pattern\\_comparison.pdf](https://portal.ct.gov/-/media/sde/nutrition/cnp_meal_pattern_comparison.pdf)

Preschool Meal Pattern Training for the School Nutrition Programs, Module 3: Meal Pattern Comparison of Preschool and Grades K-12 (CSDE):

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

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

Crediting Commercial Processed Products (“Related Resources” section of the CSDE’s Meal Patterns for Preschoolers in School Nutrition Programs webpage):

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

Crediting Foods in Preschool Menus (“Related Resources” section of the CSDE’s Meal Patterns for Preschoolers in School Nutrition Programs webpage):

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

Crediting Foods Made from Scratch (“Related Resources” section of the CSDE’s Meal Patterns for Preschoolers in School Nutrition Programs webpage):

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

Crediting Handbook for the Child and Adult Care Food Program (USDA):

<https://www.fns.usda.gov/tn/crediting-handbook-child-and-adult-care-food-program>

Crediting Summary Charts for the Preschool Meal Patterns of the School Nutrition Programs (CSDE):

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

Crediting Tip Sheets in Child Nutrition Programs (USDA):

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

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

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

Food Buying Guide for Child Nutrition Programs (USDA):

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

## Resources for the Preschool Meal Patterns of the School Nutrition Programs

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

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

Guide to Meeting the Preschool Meal Patterns and Crediting Requirements for the School Nutrition Programs (CSDE):

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

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

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

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

Standardized Recipes ("Related Resources" section of the CSDE's Meal Patterns for Preschoolers in School Nutrition Programs webpage):

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

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

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

USDA Memo TA-2010 (v.3): Guidance for Accepting Processed Product Documentation for Meal Pattern Requirements:

<https://fns-prod.azureedge.us/sites/default/files/resource-files/TA07-2010v3os.pdf>

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

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

### Fruits Component

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

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

Crediting Juice in the Preschool Meal Patterns for the School Nutrition Programs:

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

Crediting Smoothies in the Preschool Meal Patterns for the School Nutrition Programs:

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

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

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

## Resources for the Preschool Meal Patterns of the School Nutrition Programs

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

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

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

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

Fruits Component (“Related Resources” section of the CSDE’s Meal Patterns for Preschoolers in School Nutrition Programs webpage):

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

Preschool Meal Pattern Training for the School Nutrition Programs, Module 6: Fruits Component and Vegetables Component (CSDE):

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

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

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

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

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

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

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

USDA Memo CACFP 09-2017: Vegetable and Fruit Requirements in the Child and Adult Care Food Program; Questions and Answers:

<https://www.fns.usda.gov/cacfp/vegetable-and-fruit-requirements-cacfp-qas>

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 Preschool Meal Patterns of the School Nutrition Programs

## Grains Component

Adding Whole Grains to Your CACFP Menu (USDA handouts, training slides, and webinars in English and Spanish):

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

CACFP Grains Ounce Equivalents Resources (USDA handouts, training slides, and webinars in English and Spanish):

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

Calculating Sugar Limits for Breakfast Cereals in the CACFP (USDA handouts in English and Spanish):

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

Calculation Methods for Grain Ounce Equivalents in the Preschool Meal Patterns for the School Nutrition Programs (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/grain\\_calculation\\_snp\\_preschool.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/grain_calculation_snp_preschool.pdf)

Child Care Worksheet 1: Crediting Commercial Grain in the CACFP (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/cacfp\\_child\\_care\\_worksheet1\\_crediting\\_commercial\\_grains.xlsx](https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/cacfp_child_care_worksheet1_crediting_commercial_grains.xlsx)

Child Care Worksheet 2: Crediting Ready-to-eat Breakfast Cereals in the CACFP (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/cacfp\\_child\\_care\\_worksheet2\\_crediting\\_rte\\_breakfast\\_cereals.xlsx](https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/cacfp_child_care_worksheet2_crediting_rte_breakfast_cereals.xlsx)

Child Care Worksheet 3: Crediting Cooked Breakfast Cereals in the CACFP (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/cacfp\\_child\\_care\\_worksheet3\\_crediting\\_cooked\\_cereals.xlsx](https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/cacfp_child_care_worksheet3_crediting_cooked_cereals.xlsx)

Child Care Worksheet 4: Crediting Family-size Recipes for Grains in the CACFP (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/cacfp\\_child\\_care\\_worksheet4\\_crediting\\_grains\\_family\\_size\\_recipes.xlsx](https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/cacfp_child_care_worksheet4_crediting_grains_family_size_recipes.xlsx)

Child Care Worksheet 5: Crediting Quantity Recipes for Grains in the CACFP

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/cacfp\\_child\\_care\\_worksheet5\\_crediting\\_grains\\_quantity\\_recipes.xlsx](https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/cacfp_child_care_worksheet5_crediting_grains_quantity_recipes.xlsx)

Choose Breakfast Cereals that are Lower in Sugar (USDA handouts, training slides, and webinars in English and Spanish):

<https://www.fns.usda.gov/tn/choose-breakfast-cereals-are-lower-sugar>

Crediting Breakfast Cereals in the Preschool Meal Patterns for the School Nutrition Programs (CSDE):

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

## Resources for the Preschool Meal Patterns of the School Nutrition Programs

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

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

Crediting 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 Single-Serving Packages of Grains in the CACFP (USDA handouts in English and Spanish):

<https://www.fns.usda.gov/tn/crediting-single-serving-packages-grains-cacfp>

Crediting Whole Grains in the School Nutrition Programs:

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

Exhibit A Grains Tool (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>

Food Buying Guide Exhibit A Grains Tool (USDA):

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

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

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

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

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

Grain Ounce Equivalents in the Preschool Meal Patterns for the School Nutrition Programs (CSDE):

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

Grain-based Desserts in the CACFP (USDA handouts and webinars in English and Spanish):

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

Grains Component ("Related Resources" section of the CSDE's Meal Patterns for Preschoolers in School Nutrition Programs webpage):

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

Guide to Meeting the Whole Grain-rich Requirement for the Child and Adult Care Food Program (CSDE):

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



## Resources for the Preschool Meal Patterns of the School Nutrition Programs

How to Identify Creditable Grains in the Preschool Meal Patterns for the School Nutrition Programs (CSDE):

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

How to Spot Whole Grain-Rich Foods for the CACFP (USDA handouts in English and Spanish):

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

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

Identifying Whole Grain-rich Foods for the CACFP (USDA handouts and webinars in English and Spanish):

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

Is My Recipe Whole Grain-Rich in the CACFP? (USDA handouts in English and Spanish):

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

Ounce Equivalents (“Related Resources” section of the CSDE’s Meal Patterns for Preschoolers in School Nutrition Programs webpage):

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

Preschool Meal Pattern Training for the School Nutrition Programs, Module 7: Grains Component (CSDE):

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

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

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>

USDA Memo CACFP 09-2018: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers:

<https://www.fns.usda.gov/cacfp/grain-requirements-cacfp-questions-and-answers>

## Resources for the Preschool Meal Patterns of the School Nutrition Programs

USDA Memo CACFP 16-2017: Grain-Based Desserts in the Child and Adult Care Food Program: <https://www.fns.usda.gov/cacfp/grain-based-desserts-child-and-adult-care-food-program>

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>

Using Ounce Equivalents for Grains in the CACFP (USDA handouts in English and Spanish):  
<https://www.fns.usda.gov/tn/using-ounce-equivalents-grains-cacfp>

Using the WIC Food Lists to Identify Grains for the CACFP (USDA handouts in English and Spanish):  
<https://www.fns.usda.gov/tn/using-wic-food-lists-identify-grains-cacfp>

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>

Whole Grain-rich Requirement (“Related Resources” section of the CSDE’s Meal Patterns for Preschoolers in School Nutrition Programs webpage):  
<https://portal.ct.gov/sde/nutrition/meal-patterns-preschoolers-in-school-nutrition-programs/related-resources#WGR>

### Meal Modifications for Special Diets

A Allowable Fluid Milk Substitutes for Non-disability Reasons in the School Nutrition Programs (CSDE):  
[https://portal.ct.gov/-/media/sde/nutrition/nslp/specdiet/milk\\_substitutes\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/specdiet/milk_substitutes_snp.pdf)

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>

## Resources for the Preschool Meal Patterns of the School Nutrition Programs

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

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

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

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

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

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

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

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

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

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

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

Medical Statement for Meal Modifications in 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](https://portal.ct.gov/-/media/sde/nutrition/nslp/specdiet/medical_statement_snp_spanish.docx)

Medical Statements for School 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#MedicalStatements>

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))

## Resources for the Preschool Meal Patterns of the School Nutrition Programs

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

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](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](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](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](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>

Special Diets in School Nutrition Programs (CSDE webpage):

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

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

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

# Resources for the Preschool Meal Patterns of the School Nutrition Programs

## Meal Patterns

CACFP Meal Pattern Posters (USDA):

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

CACFP Meal Pattern Training Slides (USDA):

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

CACFP Meal Pattern Training Tools (USDA):

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

CACFP Meal Pattern Training Worksheets (USDA):

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

Guide to Meeting the Preschool Meal Patterns and Crediting Requirements for the School Nutrition Programs (CSDE):

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

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

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

Noncreditable Foods in the Preschool Meal Patterns for the School Nutrition Programs (CSDE):

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

Nutrition Standards for CACFP Meals and Snacks (USDA):

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

Preschool Meal Pattern Training for the School Nutrition Programs (CSDE):

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

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

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

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

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

USDA Memo CACFP 15-2016: Optional Best Practices to Further Improve Nutrition in the CACFP:

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

## Resources for the Preschool Meal Patterns of the School Nutrition Programs

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

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

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

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

## Resources for the Preschool Meal Patterns of the School Nutrition Programs

### Meal Service

Family Style Dining Guide: A Mealttime Approach for Early Care and Education Programs (Ohio Child Care Resource & Referral Association and The Nemours Foundation):

<https://occrra.org/wp-content/occrra/spec/spec-fsd.pdf>

Guide to Meal Service Requirements for Preschoolers in the School Nutrition Programs (CSDE):

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

Meal Service for Preschoolers in School Nutrition Programs (“Related Resources” section of the CSDE’s Meal Patterns for Preschoolers in School Nutrition Programs webpage):

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

Mealtimes with Toddlers in the CACFP – Booklet and webinar in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/mealtimes-toddlers-cacfp>

Mealtimes with Toddlers in the CACFP – Family Handout in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/mealtimes-toddlers-family-handout>

Preschool Meal Pattern Training for the School Nutrition Programs, Module 8: Meal Service for Preschoolers (CSDE):

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

Support Family Style Meals (Supplement E from Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program) (USDA):

[https://fns-prod.azureedge.us/sites/default/files/tn/Supplement\\_E.PDF](https://fns-prod.azureedge.us/sites/default/files/tn/Supplement_E.PDF)

The Basic Guide to Family Style Dining – Part 1 (ICN):

<https://theicn.org/resources/382/2013-mealtime-memos/106229/august-2013-the-basic-guide-to-family-style-dining-part-1.pdf>

Water Availability (“Related Resources” section of the CSDE’s Meal Patterns for Preschoolers in School Nutrition Programs webpage):

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

## Resources for the Preschool Meal Patterns of the School Nutrition Programs

### Meats/Meat Alternates Component

Calculating Sugar Limits for Yogurt in the CACFP (USDA handouts in English and Spanish):

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

Choose Yogurts that are Lower in Sugar (USDA handouts, training slides, and webinars in English and Spanish):

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

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

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

Crediting Commercial Meat/Meat Alternate Products in the School Nutrition Programs:

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

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

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

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

[https://fns-prod.azureedge.us/sites/default/files/resource-files/MMA\\_TipSheet.pdf](https://fns-prod.azureedge.us/sites/default/files/resource-files/MMA_TipSheet.pdf)

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

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

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

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

Crediting Yogurt in the Preschool Meal Patterns for the School Nutrition Programs (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit\\_yogurt\\_snp\\_preschool.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit_yogurt_snp_preschool.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](https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/USDA_FBG_Section1_MeatsAndMeatAlternates.pdf)

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

[https://foodbuyingguide.fns.usda.gov/files/Reports/USDA\\_FBG\\_Section1\\_MeatsAndMeatAlternatesYieldTable.pdf](https://foodbuyingguide.fns.usda.gov/files/Reports/USDA_FBG_Section1_MeatsAndMeatAlternatesYieldTable.pdf)

Meats/Meat Alternates (“Related Resources” section of the CSDE’s Meal Patterns for Preschoolers in School Nutrition Programs webpage):

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

Preschool Meal Pattern Training for the School Nutrition Programs, Module 5: Meats/Meat Alternates Component (CSDE):

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



## Resources for the Preschool Meal Patterns of the School Nutrition Programs

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](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>

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

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

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

Serving Meat and Meat Alternates at Breakfast (USDA handouts, training slides, and webinars in English and Spanish):

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

Serving Meats and Meat Alternates at Lunch and Supper in the USDA CACFP (USDA handouts in English and Spanish):

<https://www.fns.usda.gov/tn/serving-meats-meat-alternates-lunch-supper-cacfp>

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/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>

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/crediting-pasta-products-made-vegetable-flour-child-nutrition-programs>

## Resources for the Preschool Meal Patterns of the School Nutrition Programs

USDA Memo SP 40-2019, CACFP 17-2019, and SFSP 17-2019: Smoothies Offered in the Child Nutrition Programs:

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

### Menu Planning

ASP Preschool Menu Form for Ages 1-2:

[https://portal.ct.gov/-/media/sde/nutrition/asp/forms/menu\\_form\\_asp\\_ages\\_1-2.docx](https://portal.ct.gov/-/media/sde/nutrition/asp/forms/menu_form_asp_ages_1-2.docx)

ASP Preschool Menu Form for Ages 3-5:

[https://portal.ct.gov/-/media/sde/nutrition/asp/forms/menu\\_form\\_asp\\_ages\\_3-5.docx](https://portal.ct.gov/-/media/sde/nutrition/asp/forms/menu_form_asp_ages_3-5.docx)

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>

Five-day Preschool Breakfast Menu Planning Form for Ages 1-2:

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

Five-day Preschool Breakfast Menu Planning Form for Ages 3-5:

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

Five-day Preschool Lunch Planning Form for Ages 1-2:

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

Five-day Preschool Lunch Planning Form for Ages 3-5:

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

Four-day Preschool Breakfast Menu Planning Form for Ages 1-2:

[https://portal.ct.gov/-/media/sde/nutrition/nslp/preschool/forms/menu\\_form\\_breakfast\\_4day\\_ages\\_1-2.docx](https://portal.ct.gov/-/media/sde/nutrition/nslp/preschool/forms/menu_form_breakfast_4day_ages_1-2.docx)

## Resources for the Preschool Meal Patterns of the School Nutrition Programs

Four-day Preschool Breakfast Menu Planning Form for Ages 3-5:

[https://portal.ct.gov/-/media/sde/nutrition/nslp/preschool/forms/menu\\_form\\_breakfast\\_4day\\_ages\\_3-5.docx](https://portal.ct.gov/-/media/sde/nutrition/nslp/preschool/forms/menu_form_breakfast_4day_ages_3-5.docx)

Four-day Preschool Lunch Planning Form for Ages 1-2:

[https://portal.ct.gov/-/media/sde/nutrition/nslp/preschool/forms/menu\\_form\\_lunch\\_4day\\_ages\\_1-2.docx](https://portal.ct.gov/-/media/sde/nutrition/nslp/preschool/forms/menu_form_lunch_4day_ages_1-2.docx)

Four-day Preschool Lunch Planning Form for Ages 3-5:

[https://portal.ct.gov/-/media/sde/nutrition/nslp/preschool/forms/menu\\_form\\_lunch\\_4day\\_ages\\_3-5.docx](https://portal.ct.gov/-/media/sde/nutrition/nslp/preschool/forms/menu_form_lunch_4day_ages_3-5.docx)

Menu Forms for Preschoolers (“Documents/Forms” section of the CSDE’s Meal Patterns for Preschoolers in School Nutrition Programs webpage):

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

Menu Planning for Child Nutrition Programs (CSDE):

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

Menu Planning (CSDE’s Meal Patterns for Preschoolers in School Nutrition Programs webpage):

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

Methods for Healthy Cooking (USDA handouts, training slides, and webinars in English and Spanish):

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

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

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

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

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

Sample Afterschool Snack Program Menu for Ages 3-5:

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

Sample Menus for CACFP Child Care Programs (“Documents/Forms” section of the CSDE’s Meal Patterns for CACFP Child Care Programs webpage):

<https://portal.ct.gov/sde/nutrition/meal-patterns-cacfp-child-care-programs/documents#SampleMenus>

Serving Snacks in the CACFP (USDA handouts in English and Spanish):

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

## Resources for the Preschool Meal Patterns of the School Nutrition Programs

Seven-day Breakfast Menu Planning Form for Ages 1-2:

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

Seven-day Breakfast Menu Planning Form for Ages 3-5:

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

Seven-day Lunch Planning Form for Ages 3-5:

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

Using the Nutrition Facts Label in the CACFP (USDA handouts in English and Spanish):

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

### 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](https://portal.ct.gov/-/media/sde/nutrition/nslp/specdiet/milk_substitutes_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>

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](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](https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/USDA_FBG_Section5_Milk.pdf)

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

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

Milk Component ("Related Resources" section of the CSDE's Meal Patterns for Preschoolers in School Nutrition Programs webpage):

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

## Resources for the Preschool Meal Patterns of the School Nutrition Programs

Preschool Meal Pattern Training for the School Nutrition Programs, Module 4: Milk Component (CSDE):

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

Serving Milk in the CACFP (USDA handouts, training slides, and webinars in English and Spanish):

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

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>

### Product Formulation Statements

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>

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 Statements ("Related Resources" section of CSDE's Meal Patterns for Preschoolers in School Nutrition Programs webpage):

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

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

Product Formulation Statement (Product Analysis) for Meat/Meat Alternate (M/MA) Products in Child Nutrition Programs (USDA):

[https://fns-prod.azureedge.us/sites/default/files/resource-files/PFS\\_Meats-Meat\\_Alternates\\_Fillable\\_508.pdf](https://fns-prod.azureedge.us/sites/default/files/resource-files/PFS_Meats-Meat_Alternates_Fillable_508.pdf)

## Resources for the Preschool Meal Patterns of the School Nutrition Programs

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

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

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](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>

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

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

### Production Records

Afterschool Snack Program Production Record for Ages 1-2 (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/asp/forms/production\\_record\\_asp\\_ages\\_1-2.docx](https://portal.ct.gov/-/media/sde/nutrition/asp/forms/production_record_asp_ages_1-2.docx)

Afterschool Snack Program Production Record for Ages 3-5 – Completed Sample (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/asp/forms/production\\_record\\_asp\\_ages\\_3-5\\_sample.pdf](https://portal.ct.gov/-/media/sde/nutrition/asp/forms/production_record_asp_ages_3-5_sample.pdf)

Afterschool Snack Program Production Record for Ages 3-5 (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/asp/forms/production\\_record\\_asp\\_ages\\_3-5.docx](https://portal.ct.gov/-/media/sde/nutrition/asp/forms/production_record_asp_ages_3-5.docx)

Production Record for Ages 1-4 (Preschool) in the National School Lunch Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/forms/prodrecord/production\\_record\\_components\\_nslp\\_ages\\_1-4.docx](https://portal.ct.gov/-/media/sde/nutrition/nslp/forms/prodrecord/production_record_components_nslp_ages_1-4.docx)

Production Record for Ages 1-4 (Preschool) in the National School Lunch Program or School Breakfast Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/forms/prodrecord/production\\_record\\_nslp\\_sbp\\_ages\\_1-4.docx](https://portal.ct.gov/-/media/sde/nutrition/nslp/forms/prodrecord/production_record_nslp_sbp_ages_1-4.docx)

Production Record for Ages 1-4 (Preschool) in the School Breakfast Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/forms/prodrecord/production\\_record\\_components\\_sbp\\_ages\\_1-4.docx](https://portal.ct.gov/-/media/sde/nutrition/nslp/forms/prodrecord/production_record_components_sbp_ages_1-4.docx)

Production Record for Ages 3-5 (Preschool) in the National School Lunch Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/forms/prodrecord/production\\_record\\_components\\_nslp\\_ages\\_3-5.docx](https://portal.ct.gov/-/media/sde/nutrition/nslp/forms/prodrecord/production_record_components_nslp_ages_3-5.docx)

## Resources for the Preschool Meal Patterns of the School Nutrition Programs

Production Record for Ages 3-5 (Preschool) in the National School Lunch Program or School Breakfast Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/forms/prodrecord/production\\_record\\_nslp\\_sbp\\_ages\\_3-5.docx](https://portal.ct.gov/-/media/sde/nutrition/nslp/forms/prodrecord/production_record_nslp_sbp_ages_3-5.docx)

Production Record for Ages 3-5 (Preschool) in the School Breakfast Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/forms/prodrecord/production\\_record\\_components\\_sbp\\_ages\\_3-5.docx](https://portal.ct.gov/-/media/sde/nutrition/nslp/forms/prodrecord/production_record_components_sbp_ages_3-5.docx)

Production Records for Preschoolers (CSDE):

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

Requirements for Production Records in School Nutrition Programs (CSDE):

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

### Vegetables 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](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit_beans_peas_lentils_snp.pdf)

Crediting Juice in the Preschool Meal Patterns for the School Nutrition Programs (CSDE):

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

Crediting Smoothies in the Preschool Meal Patterns for the School Nutrition Programs (CSDE):

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

Crediting Soups in the School Nutrition Programs (CSDE):

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

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

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

Food Buying Guide Section 2: Overview of Crediting Requirements for the Vegetables Component (USDA):

[https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/USDA\\_FBG\\_Section2\\_Vegetables.pdf](https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/USDA_FBG_Section2_Vegetables.pdf)

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

[https://foodbuyingguide.fns.usda.gov/files/Reports/USDA\\_FBG\\_Section2\\_VegetablesYieldTable.pdf](https://foodbuyingguide.fns.usda.gov/files/Reports/USDA_FBG_Section2_VegetablesYieldTable.pdf)

## Resources for the Preschool Meal Patterns of the School Nutrition Programs

Preschool Meal Pattern Training for the School Nutrition Programs, Module 6: Fruits Component and Vegetables Component (CSDE):

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

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

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

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

<https://www.fns.usda.gov/sites/default/files/resource-files/PFSsamplevegetables.pdf>

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

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

Serving Vegetables in the CACFP (USDA handouts in English and Spanish):

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

USDA Memo CACFP 09-2017: Vegetable and Fruit Requirements in the Child and Adult Care Food Program; Questions and Answers:

<https://www.fns.usda.gov/cacfp/vegetable-and-fruit-requirements-cacfp-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>

Vegetable Subgroups in the Child and Adult Care Food Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/vegetable\\_subgroups\\_cacfp.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/vegetable_subgroups_cacfp.pdf)

Vegetables Component (“Related Resources” section of the CSDE’s Meal Patterns for Preschoolers in School Nutrition Programs webpage):

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



## Resources for the Preschool Meal Patterns of the School Nutrition Programs

### Water Availability During Meal Service

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

[https://www.cdc.gov/healthyschools/npao/pdf/water\\_access\\_in\\_schools\\_508.pdf](https://www.cdc.gov/healthyschools/npao/pdf/water_access_in_schools_508.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/water-availability-during-nslp-meal-service>

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

<https://www.cdc.gov/healthyschools/nutrition/wateraccess.htm>

Water Availability (CSDE's on Program Guidance for School Nutrition Programs webpage):

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

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 Preschool Meal Patterns of the School Nutrition Programs

For more information, visit the CSDE's [Meal Patterns for Preschoolers 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/preschool/resources\\_preschool\\_meal\\_patterns.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/preschool/resources_preschool_meal_patterns.pdf).

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

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