Resource List for Menu Planning and Food Production in Child Nutrition Programs

This document contains websites and online resources for menu planning and food production in the U.S. Department of Agriculture's (USDA) Child Nutrition Programs. The USDA's Child Nutrition Programs include the National School Lunch Program (NSLP), School Breakfast Program (SBP), Afterschool Snack Program (ASP) of the NSLP, Fresh Fruit and Vegetable Program (FFVP), Special Milk Program (SMP), Seamless Summer Option (SSO) of the NSLP, Child and Adult Care Food Program (CACFP), and the Summer Food Service Program (SFSP). For more program-specific resources, refer to the CSDE's resource lists below.

- Resources for the CACFP Meal Patterns
- Resources for the Preschool Patterns
- Resources for the School Meal Patterns for Grades K-12
- Resources for the SFSP Meal Patterns

Resources are listed by main category. Many websites contain information on multiple content areas. The inclusion of commercial websites or products is for informational purposes only and does not constitute approval or endorsement by the Connecticut State Department of Education (CSDE).

> Sponsors of the Child Nutrition Programs must ensure that local menus comply with the USDA meal patterns. When using recipes and menus that are not from the USDA, check these resources for compliance with the USDA meal patterns and adapt as needed.

For resources on menu planning for special diets, refer to the CSDE's *Resource List for Special Diets in Child Nutrition Programs*. For resources on the requirements for Child Nutrition Programs, refer to the CSDE's *Resource List for Child Nutrition Programs*. For additional resource lists related to nutrition and healthy school environments, visit the CSDE's Resources for Child Nutrition Programs webpage.

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Contents

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Creating and Promoting Healthy Meals

Communications & Marketing (School Nutrition Association):
https://schoolnutrition.org/category/communications-marketing/

Healthier School Day (USDA):
https://www.fns.usda.gov/school-meals/healthierschoolday

Healthier School Meals Matter Infographic (Robert Wood Johnson Foundation):
https://www.rwjf.org/en/library/infographics/infographicschoolmeals.html

School Lunch Materials: Learn About School Lunch (USDA):
https://www.fns.usda.gov/tn/school-lunch-resources

Marketing Your School Nutrition Program (Institute of Child Nutrition):
https://theicn.org/icn-resources-a-z/marketing-your-school-nutrition-program/

Menu Planning and Meal Pattern Toolkit (State of Washington Office of Superintendent of Public Instruction):
https://www.k12.wa.us/policy-funding/child-nutrition/school-meals/national-school-lunch-program/menu-planning-and-meal-patterns-toolkit

MyPlate Guide to School Lunch (USDA):
https://www.fns.usda.gov/tn/myplate-guide-school-lunch

Online Training: Focus on the Customer for School Nutrition Managers (Institute of Child Nutrition):
https://theicn.docebosaas.com/learn/public/course/view/elearning/60/FocusontheCustomerforSchoolNutritionManagers

Online Training: Focus on the Customer for School Nutrition Staff (Institute of Child Nutrition):
https://theicn.docebosaas.com/learn/public/course/view/elearning/59/FocusontheCustomerforSchoolNutritionStaff

Online Training: Marketing Your School Nutrition Programs (Institute of Child Nutrition):
https://theicn.docebosaas.com/learn/public/course/view/elearning/68/MarketingYourSchoolNutritionPrograms

Planning Healthy Menus: A Companion Booklet to the Florida Child Care Food Program Cookbook (Florida Department of Health Bureau of Child Nutrition Programs):
https://www.floridahealth.gov/programs-and-services/childrens-health/child-care-food-program/nutrition/_documents/planning-healthy-menus.pdf

Spread the Word about School Meal Programs: Communication guide for educators and caregivers (Alliance for a Healthier Generation):
https://api.healthiergeneration.org/resource/1483

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Spread the Word about School Meals: School Community Poster (Alliance for a Healthier Generation):
https://www.healthiergeneration.org/app/resources/1982

S.T.A.R.Strategies for Marketing Summer Food Service Programs (Institute of Child Nutrition):
https://theicn.org/s-t-a-r-strategies-for-marketing-summer-food-service-programs-april-2020/

Support Healthier School Lunches (Center for Science in the Public Interest):
https://cspinet.org/protecting-our-health/healthy-school-lunches

Taste-Testing Event Resources (USDA):
https://www.fns.usda.gov/tn/taste-testing-event-resources

Tools for Schools (USDA):
https://www.fns.usda.gov/school-meals/tools-schools

What's on the Menu: Strategies for Increasing Participation in School Nutrition Programs (Alliance for a Healthier Generation):
https://www.healthiergeneration.org/app/resources/1099

> For more resources, refer to "Marketing and Promotion" in the CSDE's *Resource List for Wellness Policies in Schools and Child Care*.

Food Production

Culinary Institute of Child Nutrition (Institute of Child Nutrition):
https://theicn.org/cicn/

Food Buying Guide for Child Nutrition Programs (USDA):
https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs

Healthy Cuisine for Kids Culinary Manual (Institute of Child Nutrition):
https://theicn.org/wpfd_file/culinary-manual/

Online Training: Basic Culinary Math: Conversions (Institute of Child Nutrition):
https://theicn.docebosaas.com/learn/course/external/view/elearning/112/BasicCulinaryMathConversions

Online Training: Basic Culinary Math: Measurement (Institute of Child Nutrition):
https://theicn.docebosaas.com/learn/course/external/view/elearning/111/BasicCulinaryMathMeasurement

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Online Training: Basic Culinary Math: Operation with Decimals (Institute of Child Nutrition):
https://theicn.docebosaas.com/learn/course/external/view/elearning/91/BasicCulinaryMathOperationswithDecimals

Online Training: Basic Culinary Math: Operation with Fractions (Institute of Child Nutrition):
https://theicn.docebosaas.com/learn/course/external/view/elearning/109/BasicCulinaryMathOperationwithFractions

Online Training: Basic Culinary Math: Operations with Whole Numbers (Institute of Child Nutrition):
https://theicn.docebosaas.com/learn/course/external/view/elearning/85/BasicCulinaryMathOperationswithWholeNumbers

Online Training: Basic Culinary Math: Scaling Recipes (Institute of Child Nutrition):
https://theicn.docebosaas.com/learn/course/external/view/elearning/110/BasicCulinaryMathScalingRecipes

Online Training: CARE Connection – Step-by-step Menu Planning in Child Care (Institute of Child Nutrition):
https://theicn.org/care-connection-step-by-step-menu-planning-in-child-care/

Online Training: Culinary Techniques 1: Introduction (Institute of Child Nutrition):
https://theicn.docebosaas.com/learn/public/course/view/elearning/7/CT1-Introduction

Online Training: Culinary Techniques 2: Preparing Fruits, Vegetables, & Salads (Institute of Child Nutrition):
https://theicn.docebosaas.com/learn/course/external/view/elearning/8/CT2-PreparingFruitsVegetables&Salads

Online Training: Culinary Techniques 3: Preparing Entrée Items (Institute of Child Nutrition):
https://theicn.docebosaas.com/learn/public/course/view/elearning/9/CT3-PreparingEntreeItems

Online Training: Culinary Techniques 4: Preparing Soups, Eggs, Dairy & Sauces (Institute of Child Nutrition):
https://theicn.docebosaas.com/learn/public/course/view/elearning/10/CT4-PreparingSoupsEggsDairy&Sauces

Online Training: Culinary Techniques 5: Preparing Breads and Baked Goods (Institute of Child Nutrition):
https://theicn.docebosaas.com/learn/public/course/view/elearning/11/CT5-PreparingBreads&BakedGoods

Online Training: Culinary Techniques 6: Using Seasonings (Institute of Child Nutrition):
https://theicn.docebosaas.com/learn/public/course/view/elearning/12/CT6-UsingSeasonings

Online Training: Portion Control (Institute of Child Nutrition):
https://theicn.docebosaas.com/learn/public/course/view/elearning/16/PortionControl

Online Training: Recipe Adjustments (Institute of Child Nutrition):
https://theicn.docebosaas.com/learn/public/course/view/elearning/17/RecipeAdjustments

Online Training: S.T.A.R. Strategies for Utilizing Standardized Recipes (Institute of Child Nutrition):
https://theicn.org/s-t-a-r-strategies-for-utilizing-standardized-recipes-may-2019/

Online Training: Weights and Measures (Institute of Child Nutrition):
https://theicn.docebosaas.com/learn/course/external/view/elearning/19/WeightsandMeasures

Video: On the Road to Professional Food Preparation: Portion Control (Institute of Child Nutrition):
https://www.youtube.com/watch?v=07bpV_70e00

Video: On the Road to Professional Food Preparation: Recipe Adjustment (Institute of Child Nutrition):
https://www.youtube.com/watch?v=sfLX-vFV7iI

Video: On the Road to Professional Food Preparation: Weights and Measures (Institute of Child Nutrition):
https://www.youtube.com/watch?v=AOEIrGW76b4

Fruits Component and Vegetables Component

A Field Guide to Salad Bars in Schools (Minnesota Department of Health):
https://www.health.state.mn.us/communities/healthyeating/docs/saladbars.pdf

All About the Fruit Group (USDA MyPlate):
https://www.choosemyplate.gov/eathealthy/fruits

All about the Vegetable Group (USDA MyPlate):
https://www.choosemyplate.gov/eathealthy/vegetables

Best Practices: Handling Fresh Produce in Schools (USDA):
https://www.fns.usda.gov/fs/best-practices-handling-fresh-produce-schools

Colorful Fruits (USDA Nibbles for Health Nutrition Newsletters for Parents of Young Children):
https://www.fns.usda.gov/sites/default/files/resource-files/NibblesColorful_Fruits_Eng.pdf

Connecticut Ag in the Classroom (Connecticut Agricultural Education Foundation):
https://ctaef.org/ag-in-the-classroom/

Crediting Fruits in the Child Nutrition Programs Tip Sheet (USDA):
https//www.fns.usda.gov/tn/crediting-fruits-child-nutrition-programs-tip-sheet

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Crediting Vegetables in Child Nutrition Programs Tip Sheet (USDA):
https://www.fns.usda.gov/tn/crediting-vegetables-child-nutrition-programs-tip-sheet

Encouraging Vegetables (USDA Nibbles for Health Nutrition Newsletters for Parents of Young Children):
https://www.fns.usda.gov/sites/default/files/resource-files/NibblesEncouragingVeg_Eng.pdf

Focus on Whole Fruits (USDA MyPlate):
https://www.myplate.gov/tip-sheet/focus-whole-fruits

Food Buying Guide Section 2: Overview of Crediting Requirements for the Vegetables Component (USDA):
https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/USDA_FBG_Section2_Vegetables.pdf

Food Buying Guide Section 2: Yield Table for Vegetables (USDA):
https://foodbuyingguide.fns.usda.gov/files/Reports/USDA_FBG_Section2_VegetablesYieldTable.pdf

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

Food Buying Guide Section 3: Yield Table for Fruits (USDA):
https://foodbuyingguide.fns.usda.gov/files/Reports/USDA_FBG_Section3_FruitsYieldTable.pdf

Fruit and Vegetable Safety (Centers for Disease Control and Prevention):
https://www.cdc.gov/foodsafety/communication/steps-healthy-fruits-veggies.html

Fruits & Veggies (Produce for Better Health Foundation):
https://fruitsandveggies.org/fruits-and-veggies/

Fruits Component for CACFP Adult Day Care Centers (CSDE):
https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Adult-Day-Care-Centers/Documents#Fruits

Fruits Component for CACFP Child Care Programs(CSDE):
https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents#Fruits

Fruits Component for Grades K-12 in School Nutrition Programs (CSDE):
https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-School-Nutrition-Programs/Documents#fruits

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Fruits Component for Preschoolers in School Nutrition Programs (CSDE):
https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-Preschoolers-in-School-Nutrition-Programs/Related-Resources#Fruits

Leafy Greens Safe Handling Posters (Iowa State University):
https://store.extension.iastate.edu/product/hs7

MyPlate for Kids: Make Half Your Plate Fruits and Vegetables Poster (USDA):
https://www.fns.usda.gov/tn/myplate-kids-make-half-your-plate-fruits-and-vegetables-poster

MyPlate: Focus on Fruits (Lesson 17 from No Time to Train: Short Lessons for School Nutrition Assistants) (Institute of Child Nutrition):
https://theicn.org/wpfd_file/lesson-17-myplate-focus-on-fruits/

MyPlate: Let's Talk Vegetables (Lesson 18 from No Time to Train: Short Lessons for School Nutrition Assistants) (Institute of Child Nutrition):
https://theicn.org/wpfd_file/lesson-18-myplate-lets-talk-vegetables/

Nibbles for Health Nutrition Newsletters for Parents of Young Children: Growing Colorful Fruits (Spanish) (USDA):
https://www.fns.usda.gov/sites/default/files/resource-files/NibblesColorful_Fruits_Sp.pdf

Online Training: S.T.A.R. Nutrition Education Strategies to Promote Fruit and Vegetable Consumption (Institute of Child Nutrition):
https://theicn.org/s-t-a-r-nutrition-education-strategies-to-promote-fruit-and-vegetable-consumption-jun-2019/

Portion Guide for Fresh Fruits (Start with Half a Cup):
https://portal.ct.gov/-/media/SDE/Nutrition/SWHAC/PortionGuideFruit85x14.pdf

Portion Guide for Fresh Vegetables (Start with Half a Cup):
https://portal.ct.gov/-/media/SDE/Nutrition/SWHAC/PortionGuideVeg85x14.pdf

Product Formulation Statement for Documenting Vegetables and Fruits in School Meal Programs (USDA):
https://fns-prod.azureedge.us/sites/default/files/resource-files/PFS_Veg_Subgroups_Fruits_Fillable_508.pdf

Product Formulation Statement for Documenting Vegetables and Fruits in the Child and Adult Care Food Program, Summer Food Service Program, and NSLP Afterschool Snacks USDA):
https://fns-prod.azureedge.us/sites/default/files/resource-files/PFS_Total_Veg_Fruits_Fillable_508.pdf

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Promoting and Supporting School Salad Bars: An Action Guide for State Health Practitioners (Centers for Disease Control and Prevention):
https://www.cdc.gov/nccdphp/dnpao/state-local-programs/pdf/promoting_supporting_school_saladbars.pdf.pdf

Promoting Fruits and Vegetables in Schools: Wellness Policy Opportunities (Produce for Better Health Foundation):
https://www.fns.usda.gov/promoting-fruits-and-vegetables-schools-wellness-policy-opportunities

Seasonal Produce Guide (USDA):
https://snaped.fns.usda.gov/seasonal-produce-guide

Serving Vegetables in the CACFP (USDA):
https://www.fns.usda.gov/tn/serving-vegetables-cacfp

Standard Operating Procedure (SOP): Washing Fruits and Vegetables (Institute of Child Nutrition):
https://theicn.org/resources/181/food-safety-standard-operating-procedures/105739/washing-fruits-and-vegetables-2.docx

Tools for Schools: Offering Fruits and Vegetables (USDA):
https://www.fns.usda.gov/school-meals/tools-schools-offering-fruits-and-vegetables

Vegetable Subgroups in the CACFP (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Vegetable_Subgroups_CACFP.pdf

Vegetable Subgroups in the NSLP (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Vegetable_Subgroups_NSLP.pdf

Vegetables Component for CACFP Adult Day Care Centers (CSDE webpage):
https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Adult-Day-Care-Centers/Documents#Vegetables

Vegetables Component for CACFP Child Care Programs (CSDE webpage):
https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents#Vegetables

Vegetables Component for Grades K-12 in School Nutrition Programs (CSDE webpage):
https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-School-Nutrition-Programs/Documents#Vegetables

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Vegetables Component for Preschoolers in School Nutrition Programs (CSDE webpage): https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-Preschoolers-in-School-Nutrition-Programs/Related-Resources#Vegetables

Vegetables/Fruits Component for Grades K-12 in the Afterschool Snack Program (CSDE webpage): https://portal.ct.gov/SDE/Nutrition/Afterschool-Snack-Program/Documents#VegetablesFruitsK12ASP

Vegetables/Fruits Component for the SFSP ("Documents/Forms" section of CSDE's SFSP webpage): https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program/Documents#VegetablesFruits

Vegetables/Fruits Component for the SFSP (CSDE webpage): https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program/Documents#VegetablesFruits

Video: Crediting Fruits and Vegetables in the National School Lunch Program (Maine Department of Education): https://www.youtube.com/watch?v=lK9fD9nNn7s

Video: Crediting Vegetables in Recipes (Maine Department of Education): https://www.youtube.com/watch?v=HegOY600fbk

Grains Component

Adding Whole Grains to Your CACFP Menu (USDA): https://www.fns.usda.gov/tn/adding-whole-grains-your-cacfp-menu

Comparison of Meal Pattern Requirements for the Grains Component in the School Nutrition Programs (CSDE): https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Comparison_Grain_Crediting_SNP.pdf

Cooking Whole Grains (Whole Grains Council): https://wholegrainscouncil.org/recipes/cooking-whole-grains

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

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Grains (USDA MyPlate):
https://www.choosemyplate.gov/eathealthy/grains

Grains Component for CACFP Adult Day Care Centers (CSDE webpage):
https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Adult-Day-Care-Centers/Documents#Grains

Grains Component for CACFP Child Care Programs (CSDE webpage):
https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents#Grains

Grains Component for Grades K-12 in School Nutrition Programs (CSDE webpage):
https://portal.ct.gov/SDE/Nutrition/Afterschool-Snack-Program/Documents#GrainsBreadsK12

Grains Component for Preschoolers in School Nutrition Programs (CSDE webpage):
https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-Preschoolers-in-School-Nutrition-Programs/Related-Resources#Grains

Grains/Breads Component for Grades K-12 in the Afterschool Snack Program (CSDE):
https://portal.ct.gov/SDE/Nutrition/Afterschool-Snack-Program/Documents#GrainsBreadsK12ASP

Grains/Breads Component for the SFSP (CSDE webpage):
https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program/Documents#GrainsBreads

Identifying Whole Grain Products (Whole Grains Council):
https://wholegrainscouncil.org/whole-grains-101/identifying-whole-grain-products

Make Half Your Grains Whole Grains (USDA MyPlate):
https://www.myplate.gov/tip-sheet/make-half-your-grains-whole-grains

Make Half Your Grains Whole Grains (USDA):
https://www.myplate.gov/tip-sheet/make-half-your-grains-whole-grains

MyPlate: A Look at Grains (Lesson 19 of No Time to Train: Short Lessons for School Nutrition Assistants) (Institute of Child Nutrition):
https://theicn.org/wpfd_file/lesson-19-myplate-a-look-at-grains/

Nibbles for Health Nutrition Newsletters for Parents of Young Children: Whole Grains Make a Difference (USDA):
https://www.fns.usda.gov/sites/default/files/resource-files/NibblesWholeGrain_Eng.pdf

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The Whole Grain Resource for the National School Lunch and School Breakfast Programs (USDA):
https://www.fns.usda.gov/tn/whole-grain-resource-national-school-lunch-and-breakfast-programs

Video: Crediting Grains in Recipes (Maine Department of Education):
https://www.youtube.com/watch?v=-moemZbsbn0

Video: Crediting Grains in the National School Lunch Program (Maine Department of Education):
https://www.youtube.com/watch?v=9sBqNBt5ALg

Wheat Foods Council:
https://www.wheatfoods.org/

Whole Grain-Rich and Schools (Whole Grains Council):
https://wholegrainscouncil.org/resources/whole-grain-rich-and-schools

Whole Grains Council: https://wholegrainscouncil.org/

Whole-Grain Rich Foodservice Recipes (Whole Grains Council):
https://wholegrainscouncil.org/blog/2012/06/new-whole-grain-rich-foodservice-recipes

Legumes (Dried Beans and Peas)

Beans and Peas (Legumes) Health Benefits, Nutrients, and Food Sources (Institute of Child Nutrition):
https://theicn.org/wpfd_file/beans-and-peas-legumes-health-benefits-nutrients-and-food-sources/

Beans, Peas, and Lentils (USDA MyPlate):
https://www.myplate.gov/eat-healthy/protein-foods/beans-peas-lentils

California Beans (California Dry Bean Advisory Board):
https://calbeans.org/

Crediting Legumes in the CACFP (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit_Legumes_CACFP.pdf

Crediting Legumes in the National School Lunch Program and School Breakfast Program (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit_Legumes_SNP.pdf

Crediting Legumes in the Summer Food Service Program (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Credit_Legumes_SFSP.pdf

How to Cook Dry Beans from Scratch (University of Nebraska-Lincoln Extension):
https://food.unl.edu/article/how-cook-dry-beans-scratch

Idaho Bean Commission:
https://bean.idaho.gov/

Recipes for Schools (USA Pulses):
https://www.usapulses.org/schools/school-nutrition

The Bean Institute (Northarvest Bean Growers Association):
https://beaninstitute.com/

Vegetable Subgroups in the National School Lunch Program (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Vegetable_Subgroups_NSLP.pdf

What are Pulses? (USA Pulses)
https://pulses.org/us/what-are-pulses/

Why are beans, peas, and lentils in both the protein foods group and the vegetable group? (USDA):
https://ask.usda.gov/s/article/Why-are-cooked-dried-beans-and-dried-peas-in-both-the-Protein-Foods-Group-and-the-Vegetable-Group

Limiting Added Sugars

Added Sugar (Harvard School of Public Health):
https://www.hsph.harvard.edu/nutritionsource/carbohydrates/added-sugar-in-the-diet/

Added Sugars (American Heart Association):
https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sugar/added-sugars#.WWDTLfw2zIU

Cut Back on Added Sugars (USDA MyPlate):
https://www.myplate.gov/tip-sheet/cut-back-added-sugars

Cut Out Added Sugars Infographic (American Heart Association):
https://www.heart.org/-/media/files/healthy-living/healthy-eating/cut_out_added_sugar_english_infographic.pdf

Know Your Limit for Added Sugars (Centers for Disease Control and Prevention):
https://www.cdc.gov/healthyweight/healthy_eating/sugar.html

Limit Fat and Sugar (NIH National Heart, Lung, and Blood Institute):
https://www.nhlbi.nih.gov/health/educational/wecan/eat-right/limit-fat-sugar.htm

Sugar 101 (American Heart Association):

https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sugar/sugar-101

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Limiting Fat

About Oils (USDA MyPlate):
https://www.myplate.gov/eat-healthy/more-key-topics

Limit Fat and Sugar (NIH National Heart, Lung, and Blood Institute):
https://www.nhlbi.nih.gov/health/educational/wecan/eat-right/limit-fat-sugar.htm

MyPlate: Lets Talk Oils and Fats (Lesson 22 from No Time to Train: Short Lessons for School Nutrition Assistants) (Institute of Child Nutrition):
https://theicn.org/resources/354/no-time-to-trainshort-lessons-for-school-nutrition-assistants/105421/lesson-22-lets-talk-oils-and-fats.pdf

Rethink Fats (USDA MyPlate):
https://www.myplate.gov/tip-sheet/rethink-fats

The Skinny on Fats (American Heart Association):
https://www.heart.org/en/health-topics/cholesterol/prevention-and-treatment-of-high-cholesterol-hyperlipidemia/the-skinny-on-fats

Trans Fats (American Heart Association):
https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/fats/trans-fat#.WWDVuvw2zIU

Limiting Sodium

Adjusting a Recipe with Herbs and Spices (Lesson 34 from No Time to Train: Short Lessons for School Nutrition Assistants) (Institute of Child Nutrition):
https://theicn.org/resources/354/no-time-to-trainshort-lessons-for-school-nutrition-assistants/105432/lesson-34-adjusting-a-recipe-with-herbs-and-spices.pdf

Be Salt Smart (USDA MyPlate):
https://www.myplate.gov/tip-sheet/be-salt-smart

Cut Down on Sodium (Office of Disease Prevention and Heath Promotion):
https://health.gov/sites/default/files/2019-10/DGA_Cut-Down-On-Sodium.pdf

Dietary Specifications (Nutrition Standards for School Meals ("Documents/Forms" section of CSDE's Meal Patterns for Grades K-12 in School Nutrition Programs webpage):
https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-School-Nutrition-Programs/Documents#DietarySpecifications

Lowering Sodium in School Lunches (American Heart Association):
https://www.heart.org/-/media/Files/About-Us/Policy-Research/Fact-Sheets/Access-to-Healthy-Food/INFOGRAPHIC-Lowering-Sodium-in-School-Foods.pdf

Shaking It Up: Small Changes Lead to Big Flavors (Institute of Child Nutrition):
https://theicn.org/icn-resources-a-z/shaking-it-up/

Schools Find Success in Reducing Sodium in Meals (Healthy Eating Research, Robert Wood Johnson Foundation):
https://healthyeatingresearch.org/wp-content/uploads/2020/09/HER-Reducing-Sodium-1.pdf

Sodium (USDA):
https://www.fns.usda.gov/cn/nutrition-standards-proposed-rule-added-sodium

Sodium in Your Diet: Use the Nutrition Facts Label and Reduce Your Intake (FDA):
https://www.fda.gov/food/nutrition-education-resources-materials/sodium-your-diet

Sodium Intake and Health (Centers for Disease Control and Prevention):
https://www.cdc.gov/salt/index.htm

Successful Approaches to Reduce Sodium in School Meals Study (USDA):
https://www.fns.usda.gov/nslp/successful-approaches-reduce-sodium-school-meals-study

Tools for Schools: Reducing Sodium (USDA):
https://www.fns.usda.gov/cn/tools-schools-sodium

What's Shaking in School Meals (USDA):
https://www.usda.gov/media/blog/2015/08/25/whats-shaking-school-meals

Low-cost Healthy Eating

Celebrate Your Plate: Recipes for low-cost, tasty meals (Ohio SNAP-Ed):
https://celebrateyourplate.org/index.php/

Eat Right When Money's Tight (USDA SNAP-Ed):
https://snaped.fns.usda.gov/resources/nutrition-education-materials/eat-right-when-moneys-tight

Expanded Food and Nutrition Education Program (University of Connecticut):
https://efnep.uconn.edu/

Food Security (USDA):
https://www.usda.gov/topics/food-and-nutrition/food-security

Healthy Eating on a Budget: (USDA MyPlate):
https://www.myplate.gov/eat-healthy/healthy-eating-budget/shop-smart

Resource List for Menu Planning and Food Production in Child Nutrition Programs

Recipes and Tips for Healthy, Thrifty Meals (USDA):
https://ucanr.edu/sites/fresnonutrition/files/14394.pdf

Shop Smart (USDA MyPlate):
https://www.myplate.gov/eat-healthy/healthy-eating-budget/shop-smart

SNAP-Ed Connection (USDA):
https://snaped.fns.usda.gov/

Spend Smart Eat Smart (Iowa State University):
https://spendsmart.extension.iastate.edu/plan/what-you-spend/

Tips for Making Healthy Lunches for Less (CSPI):
https://www.cspinet.org/resource/tips-making-healthy-lunches-less

Up Your Shopping Game (Foundation for Fresh Produce):
https://fruitsandveggies.org/stories/30-ways-in-30-days-to-stretch-your-food-budget/

USDA Food Plans: Monthly Cost of Food Reports (USDA):
https://www.fns.usda.gov/cnpp/usda-food-plans-cost-food-monthly-reports

Meal Patterns for the CACFP

Bite Size: Meeting the CACFP Meal Patterns for Children (CSDE training modules):
https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs/Related-Resources#BiteSize

CACFP Meal Pattern Posters (USDA):
https://www.fns.usda.gov/tn/meal-pattern-posters-cacfp

Comparison of Meal Pattern Requirements for Child Nutrition Programs (USDA):
https://portal.ct.gov/-/media/SDE/Nutrition/CNPMealPatternComparison.pdf

Crediting Foods in CACFP Adult Day Care Centers (CSDE):
https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Adult-Day-Care-Centers

Crediting Foods in CACFP Child Care Programs (CSDE):
https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs

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 Child and Adult Care Food Program Meal Patterns for Children (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Crediting_Summary_Charts_CACFP.pdf

Resource List for Menu Planning and Food Production in Child Nutrition Programs

Crediting Summary Charts for the Child and Adult Care Food Program Adult Meal Patterns (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Crediting_Summary_Charts_CACFP_Adults.pdf

Crediting Updates for Child Nutrition Programs: Be in the Know! Webinar Series (USDA):
https://www.fns.usda.gov/tn/crediting-updates-child-nutrition-programs-be-know-webinar-series

Education and Training Resources for CACFP Professionals (Institute of Child Nutrition):
https://theicn.org/cacfp/

Feeding Infants in CACFP Child Care Programs (CSDE):
https://portal.ct.gov/SDE/Nutrition/Feeding-Infants-in-CACFP-Child-Care-Programs

Meal Pattern Requirements for CACFP Adult Day Care Centers (CSDE webpage):
https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Adult-Centers

Meal Pattern Requirements for CACFP Child Care Programs (CSDE webpage):
https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs

Meal Patterns for CACFP Adult Day Care Centers (CSDE):
https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Adult-Centers

Meal Patterns for CACFP Child Care Programs (CSDE):
https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs

Noncreditable Foods in CACFP Adult Day Care Centers (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Noncreditable_Foods_Adults_CACFP.pdf

Noncreditable Foods in CACFP Child Care Programs (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Noncreditable_Foods_CACFP.pdf

Resources for the Child and Adult Care Food Program Meal Patterns (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/Resources_CACFP_Meal_Patterns.pdf

Resource List for Menu Planning and Food Production in Child Nutrition Programs

Meal Patterns for School Nutrition Programs

Afterschool Snack Program Handbook (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/ASP/ASP_Handbook.pdf

Afterschool Snack Program Meal Pattern for Grades K-12 (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/ASP/Meal_Pattern_ASP_grades_K-12.pdf

Afterschool Snack Program Meal Pattern for Preschoolers (Ages 1-4) (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/ASP/Meal_Pattern_ASP_Preschool.pdf

Comparison of Meal Pattern Requirements for Child Nutrition Programs (USDA):
https://portal.ct.gov/-/media/SDE/Nutrition/CNPMealPatternComparison.pdf

Comparison of Meal Pattern Requirements for Preschool and Grades K-12 in the Afterschool Snack Program of the NSLP (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/ASP/Comparison_Preschool_Grades_K-12_ASP.pdf

Comparison of Meal Pattern Requirements for Preschool and Grades K-12 in the National School Lunch Program and School Breakfast Program (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/ComparisonPreschoolK12.pdf

Comparison of Meal Pattern Requirements for the Grains Component in School Nutrition Programs (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Comparison_Grain_Crediting_SNP.pdf

Comparison of Meal Pattern Requirements for the Milk Component in School Nutrition Programs (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Comparison_Milk_Requirements_SNP.pdf

Crediting Foods for Grades K-12 in School Nutrition Programs (CSDE):
https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-School-Nutrition-Programs

Crediting Foods in the Preschool Menus ("Related Resources" section CSDE Meal Patterns for Preschoolers in School Nutrition Programs webpage):
https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-Preschoolers-in-School-Nutrition-Programs/Related-Resources

Resource List for Menu Planning and Food Production in Child Nutrition Programs

Crediting Summary Charts for the Afterschool Snack Program Meal Pattern for Grade K-12 (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/ASP/Crediting_Summary_Charts_ASP_Grades_K-12.pdf

Crediting Summary Charts for the Meal Patterns for Grades K-12 in the School Nutrition Programs (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Crediting_Summary_Charts_SNP_Grades_K-12.pdf

Crediting Summary Charts for the Preschool Meal Patterns of the School Nutrition Programs (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Crediting_Summary_Charts_SNP_Preschool.pdf

Meal Patterns for Grades K-12 in School Nutrition Programs (CSDE):
https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-School-Nutrition-Programs

Meal Patterns for Preschoolers in School Nutrition Programs (CSDE):
https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-Preschoolers-in-School-Nutrition-Programs

Meal Patterns for Preschoolers in School Nutrition Programs (CSDE):
https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-Preschoolers-in-School-Nutrition-Programs

Noncreditable Foods for Grades K-12 in the Afterschool Snack Program (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/ASP/Noncreditable_Foods_ASP_grades_K-12.pdf

Noncreditable Foods for Grades K-12 in the National School Lunch Program and School Breakfast Program (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Noncreditable_Foods_SNP_grades_K-12.pdf

Noncreditable Foods for Preschoolers in the National School Lunch Program, School Breakfast Program, and Afterschool Snack Program (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Noncreditable_Foods_SNP_preschool.pdf

Planning Reimbursable School Meals for Menu Planners (Institute of Child Nutrition):
https://theicn.org/icn-resources-a-z/planning-reimbursable-school-meals-for-menu-planners/

Resource List for Menu Planning and Food Production in Child Nutrition Programs

Resources for the Preschool Meal Patterns (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/Resources_Preschool_Meal_Patterns.pdf

Resources for the School Meal Patterns for Grades K-12 (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/MealPattern/Resources_School_Meal_Patterns_grades_K-12.pdf

School Meal Pattern Mini-Posters (Institute of Child Nutrition):
https://theicn.org/icn-resources-a-z/school-meal-pattern-mini-posters/

Webinar Series (USDA):
https://www.fns.usda.gov/tn/crediting-updates-child-nutrition-programs-be-know-webinar-series

What's in a Meal: National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12 (CSDE training modules):
https://portal.ct.gov/SDE/Nutrition/Meal-Pattern-Training-Materials

Meal Patterns for the SFSP

Comparison of Meal Pattern Requirements for Child Nutrition Programs (USDA):
https://portal.ct.gov/-/media/SDE/Nutrition/CNPMealPatternComparison.pdf

Crediting Foods in the SFSP ("Documents/Forms" section of CSDE's SFSP webpage):
https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program/Documents

Crediting Summary Charts for the Summer Food Service Program Meal Patterns (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Crediting_Summary_Charts_SFSP.pdf

Crediting Updates for Child Nutrition Programs: Be in the Know! Webinar Series (USDA):
https://www.fns.usda.gov/tn/crediting-updates-child-nutrition-programs-be-know-webinar-series

Meal Patterns and Menu Planning for the SFSP ("How To" section of CSDE's SFSP webpage):
https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program/How-To

Noncreditable Foods in the Summer Food Service Program (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Noncreditable_Foods_SFSP.pdf

Resources for the Summer Food Service Program Meal Patterns (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/MealPattern/Resources_SFSP_Meal_Patterns.pdf

Summer Food Service Program (SFSP) Meal Patterns (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/MealPattern/SFSP_Meal_Patterns.pdf

Meat/Meat Alternates Component

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

Meat/Meat Alternates Component for CACFP Adult Day Care Centers (CSDE):
https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Adult-Day-Care-Centers/Documents#Meat

Meat/Meat Alternates Component for CACFP Child Care Programs (CSDE):
https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents#MMA

Meat/Meat Alternates Component for Grades K-12 in School Nutrition Programs (CSDE):
https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-School-Nutrition-Programs/Documents#MMA

Meat/Meat Alternates Component for Grades K-12 in the Afterschool Snack Program (CSDE):
https://portal.ct.gov/SDE/Nutrition/Afterschool-Snack-Program/Documents#MMAK12

Meat/Meat Alternates Component for Preschoolers in School Nutrition Programs (CSDE):
https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-Preschoolers-in-School-Nutrition-Programs/Related-Resources#MMA

Meat/Meat Alternates Component for the SFSP (CSDE webpage):
https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program/Documents#MMA

MyPlate: Protein Foods (Lesson 21 from No Time to Train: Short Lessons for School Nutrition Assistants) (Institute of Child Nutrition):
https://theicn.org/resources/354/no-time-to-trainshort-lessons-for-school-nutrition-assistants/105420/lesson-21-myplate-protein-foods.pdf

Product Formulation Statement for Documenting Meats/Meat Alternates (M/MA) in Child Nutrition Programs (USDA):
https://fns-prod.azureedge.us/sites/default/files/resource-files/PFS_Meats-Meat_Alternates_Fillable_508.pdf

Vary Your Protein Food (USDA Nibbles for Health Nutrition Newsletters for Parents of Young Children):
https://www.fns.usda.gov/sites/default/files/resource-files/NibblesProtein_Eng.pdf

Resource List for Menu Planning and Food Production in Child Nutrition Programs

Vary Your Protein Routine (USDA MyPlate):
https://www.myplate.gov/tip-sheet/vary-your-protein-routine

Video: Crediting Meat and Meat Alternates in the National School Lunch Program (Maine Department of Education):
https://www.youtube.com/watch?v=WES8HiegOnk

Video: Crediting Meat in a Recipe (Maine Department of Education):
https://www.youtube.com/watch?v=e52So70wtdM

Menu Planning for Child Nutrition Programs

Basics at a Glance Portion Control Poster (Institute of Child Nutrition):
https://theicn.org/icn-resources-a-z/basics-at-a-glance/

Crediting Foods for Grades K-12 in the Afterschool Snack Program ("Documents/Forms" section of CSDE's ASP webpage):
https://portal.ct.gov/SDE/Nutrition/Afterschool-Snack-Program/Documents#CreditingFoodsGradesK-12

Food Buying Guide for Child Nutrition Programs (USDA):
https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs

It's Breakfast Time! Child and Adult Care Food Program Breakfast Menu Planner for Children 3 Through 18 Years of Age (USDA):
https://www.fns.usda.gov/tn/its-breakfast-time

Menu Planner for School Meal (USDA):
https://www.fns.usda.gov/tn/menu-planner-school-meals

Menu Planning for CACFP Adult Day Care Centers ("Documents/Forms" section of the CSDE's Meal Patterns for CACFP Adult Day Care Centers webpage):
https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Adult-Centers/Related-Resources#MenuPlanning

Menu Planning 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/Related-Resources#MenuPlanning

Menu Planning for Child Nutrition Programs (CSDE):
https://portal.ct.gov/SDE/Nutrition/Menu-Planning

Resource List for Menu Planning and Food Production in Child Nutrition Programs

Menu Planning for Preschoolers (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

Menu Planning for School Meals (CSDE's Meal Patterns for Grades K-12 in School Nutrition Programs webpage):
https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-School-Nutrition-Programs/Related-Resources#MenuPlanningSchoolMeals

Menu Planning for the SFSP ("How To" section of CSDE's SFSP webpage):
https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program#MenuPlanning

Menu Planning Guide for Preschoolers in the National School Lunch Program, School Breakfast Program, and Afterschool Snack Program (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/MPGpreschool.pdf

Menu Planning Guide for School Meals for Grades K-12 (CSDE):
https://portal.ct.gov/SDE/Nutrition/Menu-Planning-Guide-for-School-Meals

Menu Planning Tools (ICN Child Nutrition Sharing Site):
https://theicn.org/cnss/menu-planning-tools/

OVS for School Nutrition Programs (CSDE webpage:
https://portal.ct.gov/SDE/Nutrition/Offer-versus-Serve-for-School-Nutrition-Programs)

OVS in At-risk Afterschool Centers in the CACFP (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/AtRisk/OVS_At_Risk_CACFP.pdf

OVS in CACFP Adult Day Care Centers (CSDE's Meal Patterns for CACFP Adult Day Care Centers webpage):
https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Adult-Centers/Related-Resources#OVS

OVS in the SFSP ("How To" section of CSDE's SFSP webpage):
https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program/How-To#OVS_SFSP

School Breakfast Materials (USDA):
https://www.fns.usda.gov/tn/sbp-materials

Serving School Meals to Preschoolers (USDA):
https://www.fns.usda.gov/tn/serving-school-meals-preschoolers

Serving Snacks in the CACFP (USDA):
https://www.fns.usda.gov/tn/serving-snacks-cacfp

Resource List for Menu Planning and Food Production in Child Nutrition Programs

Team Nutrition Resources for Schools: Menu Planning and Technical Assistance (USDA):
https://www.fns.usda.gov/tn/school

Tips for Evaluating a Manufacturer's Product Formulation Statement (USDA):
https://fns-prod.azureedge.us/sites/default/files/resource-files/manufacturerPFStipsheet.pdf

Using Child Nutrition (CN) Labels in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Using_CN_labels_CACFP.pdf

Using Child Nutrition (CN) Labels in the School Nutrition Programs (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/CN_Labels_SNP.pdf

Using Child Nutrition (CN) Labels in the Summer Food Service Program (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/CN_Labels_SFSP.pdf

Using Product Formulation Statements in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Using_Product_Formulation_Statements_CACFP.pdf

Using Product Formulation Statements in the School Nutrition Programs (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Product_Formulation_Statements.pdf

Using Product Formulation Statements in the Summer Food Service Program (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Product_Formulation_Statements_SFSP.pdf

Yield Study Data Form for Child Nutrition Programs (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Yield_Study_Form.pdf

Milk Component

Comparison of Meal Pattern Requirements for the Milk Component in School Nutrition Programs (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Comparison_Milk_Requirements.pdf

Crediting Fluid Milk in the Child Nutrition Programs Tip Sheet (USDA)
https://www.fns.usda.gov/tn/crediting-milk-child-nutrition-programs-tip-sheet

Growing Strong with Milk (USDA Nibbles for Health Nutrition Newsletters for Parents of Young Children):
https://www.fns.usda.gov/sites/default/files/resource-files/NibblesMilk_Eng.pdf

Resource List for Menu Planning and Food Production in Child Nutrition Programs

Milk Component for CACFP Adult Day Care Centers ("Documents/Forms" section of CSDE's Crediting Foods in CACFP Adult Day Care Centers webpage): https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Adult-Day-Care-Centers/Documents#Milk

Milk Component for CACFP Child Care Programs ("Documents/Forms" section of CSDE's Crediting Foods in CACFP Child Care Programs webpage): https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents#Milk

Milk Component for Grades K-12 in School Nutrition Programs ("Documents/Forms" section of CSDE's Crediting Foods in School Nutrition Programs webpage): https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-School-Nutrition-Programs/Documents#milk

Milk Component for Grades K-12 in the Afterschool Snack Programs("Documents/Forms" section of CSDE's ASP webpage): https://portal.ct.gov/SDE/Nutrition/Afterschool-Snack-Program/Documents#MilkK12ASP

Milk Component for Preschoolers in School Nutrition Programs ("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#Milk

Milk Component for the SFSP (CSDE webpage): https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program/Documents#Milk

Milk Substitutes for CACFP Adult Day Care Centers ("Documents/Forms" section of CSDE's Special Diets in CACFP Adult Day Care Centers webpage): https://portal.ct.gov/SDE/Nutrition/Special-Diets-in-CACFP-Adult-Day-Care-Centers/Documents#MilkSubstitutes

Milk Substitutes for CACFP Child Care Programs ("Documents/Forms" section of CSDE's Special Diets in CACFP Child Care Programs webpage): https://portal.ct.gov/SDE/Nutrition/Special-Diets-in-CACFP-Child-Care-Programs/Documents#MilkSubstitutes

Milk Substitutes in 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#MilkSubstitutes

Resource List for Menu Planning and Food Production in Child Nutrition Programs

Nutrient Analysis

FoodData Central (USDA):
https://fdc.nal.usda.gov/

Nutrient Analysis Protocols: How to Analyze Menus for USDA's School Meals Programs (USDA):
https://www.fns.usda.gov/tn/Nutrient-Analysis-Protocols-Manual

Nutrient and Meal Pattern Analysis Resources for School Meals (USDA):
https://www.fns.usda.gov/tn/program-operator/nutrient-meal-pattern-analysis

USDA Approved Nutrient Analysis Software (USDA):
https://www.fns.usda.gov/tn/usda-approved-nutrient-analysis-software

What's in Food (nutrition.gov):
https://www.nutrition.gov/topics/whats-food

What's in the Foods You Eat Search Tool (USDA Agricultural Research Service):
https://www.ars.usda.gov/northeast-area/beltsville-md-bhnrc/beltsville-human-nutrition-research-center/food-surveys-research-group/docs/whats-in-the-foods-you-eat-search-tool/

Resource List for Menu Planning and Food Production in Child Nutrition Programs

Recipes

> Sponsors of the Child Nutrition Programs are responsible for ensuring that local menus meet the USDA meal patterns and should review the meal pattern contribution of all recipes. For more information, refer to "Meal Patterns for Child Nutrition Programs" in this document.

CACFP Tofu Recipe Guide (Wisconsin Department of Public Instruction): https://dpi.wi.gov/sites/default/files/imce/community-nutrition/pdf/tofu_recipe_guide.pdf

CACFP Recipes for Child Care Homes and Adult Day Care (USDA): https://www.fns.usda.gov/tn/standardized-recipes-cacfp

Chef-designed School Lunch Recipes (Idaho Department of Education): https://www.education.ne.gov/wp-content/uploads/2017/07/Recipes_Idaho.pdf

Child Nutrition Recipe Box (Institute of Child Nutrition): https://theicn.org/cnrb/

Crediting Foods Made from Scratch ("Documents/Forms" section of CSDE's SFSP webpage): https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program/Documents#CreditingFoodsScratch

Crediting Foods Made from Scratch (CSDE's Crediting Foods in School Nutrition Programs webpage): https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-School-Nutrition-Programs#ScratchFoods

Crediting Foods Made from Scratch in CACFP Adult Day Care Centers ("Documents/Forms" section of CSDE's Crediting Foods in CACFP Adult Day Care Centers webpage): https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Adult-Day-Care-Centers/Documents#ScratchFoods

Crediting Foods Made from Scratch in CACFP Child Care Programs ("Documents/Forms" section of CSDE's Crediting Foods in CACFP Child Care Programs webpage): https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents#ScratchFoods

Crediting Foods Made from Scratch in Preschool Menus ("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#ScratchFoods

Resource List for Menu Planning and Food Production in Child Nutrition Programs

Food Hero Quantity Recipes (Oregon State university):
https://foodhero.org/quantity-recipes

Measuring Success with Standardized Recipes (Institute of Child Nutrition):
https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/
Measuring_Success_Standardized_Recipes_NFSMI.pdf

Multicultural Child Care Recipes: English and Spanish (USDA):
https://www.fns.usda.gov/tn/recipes-cacfp

Multicultural Recipes for Child Care Centers, Family Day Homes & Adult Daycare Centers (Texas Department of Agriculture):
https://squaremeals.org/Portals/8/files/cacfp/New%20Meal%20Pattern/CACFP_Multicultural%20Recipe%20Cards_Web%20file%20no%20graphics_book%20layout.pdf

MyPlate Kitchen (USDA):
https://www.choosemyplate.gov/myplatekitchen

New School Cuisine: Nutritious and Seasonal Recipes for School Cooks by School Cooks (Vermont Agency of Education):
https://vtfeed.org/resources/new-school-cuisine-nutritious-and-seasonal-recipes-school-cooks-school-cooks

Planning, Implementing, and Assessing Taste-Test Surveys (Institute of Child Nutrition):
https://theicn.org/wpfd_file/planning-implementing-and-assessing-taste-test-surveys/

Plant-Powered Meals (NYC Public Schools):
https://www.schools.nyc.gov/school-life/food/school-meals/plant-powered

Recipe Analysis Workbook (RAW) (USDA's Food Buying Guide for Child Nutrition Programs):
https://foodbuyingguide.fns.usda.gov/

Recipe Evaluation Forms (Institute of Child Nutrition):
https://theicn.org/documentlibraryfiles/PDF/20080218092449.pdf

Recipes (The John Stalker Institute):
https://johnstalkerinstitute.org/resource/recipes/

Recipes for Child Nutrition Programs (CSDE" Menu Planning for Child Nutrition Programs webpage):
https://portal.ct.gov/SDE/Nutrition/Menu-Planning#Recipes

Recipes for Healthy Kids: Cookbook for Child Care Centers (USDA):
https://www.fns.usda.gov/tn/recipes-healthy-kids-cookbook-child-care-centers

Recipes for Healthy Kids: Cookbook for Homes (USDA):
https://www.fns.usda.gov/tn/recipes-healthy-kids-cookbook-homes

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Recipes for Healthy Kids: Cookbook for Schools (USDA):
https://www.fns.usda.gov/tn/recipes-healthy-kids-cookbook-schools

School Recipes (The Lunch Box):
https://www.thelunchbox.org/recipes-menus/recipes/

Serving Traditional Indigenous Foods in Child Nutrition Programs (USDA):
https://www.fns.usda.gov/cn/serving-traditional-indigenous-foods

Standardized Recipe Form for School Nutrition Programs (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/
Standardized_Recipe_Form_Schools.docx

Standardized Recipe Form for the CACFP (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/
Standardized_Recipe_Form_CACFP.docx

Standardized Recipe Form for the SFSP (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/
Standardized_Recipe_Form_SFSP.docx

Sustainable Lunchrooms: Plant Forward (The Lunch Box):
https://www.thelunchbox.org/fresh-food-initiatives/sustainable-lunchrooms/plant-forward/

Team Nutrition Recipes (USDA):
https://www.fns.usda.gov/tn/team-nutrition-recipes

USDA Recipe Standardization Guide for School Nutrition Programs (Institute of Child Nutrition):
https://theicn.org/cicn/usda-recipe-standardization-guide-for-school-nutrition-programs/

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Sample CACFP Menus

> Review sample menus for compliance with the CACFP meal patterns. Older menus might not meet the current meal pattern requirements. For information on the CACFP meal patterns, visit the CSDE's Meal Patterns for CACFP Child Care Programs and Meal Patterns for CACFP Adult Day Care Centers webpages.

CACFP Meal Pattern Posters (USDA):
https://www.fns.usda.gov/tn/meal-pattern-posters-cacfp

CACFP Sample Menus (The Nemours Foundation):
https://healthykidshealthyfuture.org/cacfp/

Healthier Kansas Menus CACFP 8-Week Menu Cycle (Kansas Department of Education):
https://cnw.ksde.org/cacfp/cacfp-administrative-handbook/chapters/chapter-4-meal-guidelines/healthier-kansas-menus---cacfp

Sample Child and Adult Care Menu (New York State Department of Public Health):
https://www.health.ny.gov/prevention/nutrition/cacfp/docs/cacfp-182.pdf

Sample Child and Adult Menu (New York State Department of Health):
https://www.health.ny.gov/prevention/nutrition/cacfp/docs/cacfp-182.pdf

Sample Menus for CACFP Adult Day Care Centers ("Documents/Forms" section of CSDE's Meal Patterns for CACFP Adult Day Care Centers webpage):
https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Adult-Centers/Documents#SampleMenus

Sample Menus for CACFP Child Care Programs ("Documents/Forms" section of CSDE's Meal Patterns for CACFP Child Care Programs webpage):
https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs/Documents#SampleMenus

Serve Tasty and Healthy Foods in the CACFP Sample Meals for Children Ages 1-2 (USDA):
https://www.fns.usda.gov/tn/serve-tasty-and-healthy-foods-cacfp-sample-meals-children-ages-1-2

Serve Tasty and Healthy Foods in the CACFP Sample Meals for Children Ages 3-5 (USDA):
https://www.fns.usda.gov/tn/serve-tasty-and-healthy-foods-cacfp-sample-meals-children-ages-3-5

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Serve Tasty and Healthy Foods in the CACFP Sample Meals for Children Ages 6-12 and 13-18 (USDA): https://www.fns.usda.gov/tn/serve-tasty-and-healthy-foods-cacfp-sample-meals-children

Serve Tasty and Healthy Foods in the CACFP: Sample Meals for Adults (USDA): https://www.fns.usda.gov/tn/serve-tasty-and-healthy-foods-cacfp-sample-meals-adults-poster

Sample School Menus

> Review sample menus for compliance with the USDA meal patterns for the National School Lunch Program (NSLP), School Breakfast Program (SBP), and Afterschool Snack Program (ASP) of the NSLP. Older menus might not meet the current meal pattern requirements. For information on the USDA's meal patterns for preschoolers and grades K-12 in school nutrition programs, visit the CSDE's webpages, Meal Patterns for Grades K-12 in School Nutrition Programs, Meal Patterns for Preschoolers in School Nutrition Programs, and Afterschool Snack Program.

Healthier Kansas Lunch 8-Week Menu Cycle (Kansas Department of Education): https://cnw.ksde.org/snp/food-service-facts/chapters/chapter-16-menu-planning/healthier-kansas-menus/lunch-cycle-with-alternate-entrees

Iowa Gold Star Breakfast and Lunch Menus (Iowa Department of Education) https://educate.iowa.gov/pk-12/operation-support/nutrition-programs/school-meals/menus

Menu Planning and Recipes: Iowa Gold Star Menus and Recipes (Iowa Department of Education): https://educate.iowa.gov/pk-12/operation-support/nutrition-programs/school-meals/menus

Menu Planning Ideas and Samples (Florida Department of Agriculture and Consumer Services): https://www.fdacs.gov/Food-Nutrition/Nutrition-Programs/National-School-Lunch-Program/Menu-Planning-and-Meal-Service/Menu-Samples

Menus That Move (Ohio Department of Education): https://education.ohio.gov/Topics/Student-Supports/Food-and-Nutrition/Resources-and-Tools-for-Food-and-Nutrition/Menus-that-Move

Nutrition and Menu Planning Resources: School Breakfast (USDA): https://www.fns.usda.gov/sbp/toolkit_nutrition

Sample Afterschool Snack Program Menus for Ages 3-4 (CSDE): https://portal.ct.gov/-/media/SDE/Nutrition/ASP/Sample_Menu_ASP_ages_3-4.pdf

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Sample Afterschool Snack Program Menus for Grades K-12 (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/ASP/Sample_Menu_ASP_grades_K-12.pdf

Menu Cycles (The Lunch Box, Chef Ann Foundation):
https://www.thelunchbox.org/recipes-menus/menu-cycles/

Menu Cycles for Breakfast and Lunch (The Lunch Box):
https://www.thelunchbox.org/recipes-menus/menu-cycles/

Sample SFSP Menus

Review sample menus for compliance with the SFSP meal patterns. For information on the SFSP meal patterns, visit the "Meal Patterns for the SFSP" section of the CSDE's SFSP webpage.

Grab-and-go Menus (California Department of Education):
https://www.cde.ca.gov/ls/nu/sf/sfspmealpatternguidance.asp#grab

Montana Made Cycle Menus (Montana Office of Public Instruction):
https://opi.mt.gov/Portals/182/Page%20Files/School%20Nutrition/SFSP/SFSP%20Montana%20Made%20Cycle%20Menus.pdf?ver=2018-06-07-102103-657

RTE Shelf-Stable Menus (California Department of Education):
https://www.cde.ca.gov/ls/nu/sf/sfspmealpatternguidance.asp#rte

Sample SFSP Menus ("How To" section of CSDE's Summer Food Service Program webpage):
https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program/How-To#SampleSFSPMenus

Shelf-Stable Menus (California Department of Education):
https://www.cde.ca.gov/ls/nu/sf/sfspmealpatternguidance.asp#shelf

Summer Food Service Program Cold Breakfast Sample Menu (Florida Department of Education):
https://ccmedia.fdacs.gov/content/download/103484/file/SFSPColdBreakfast10DaySampleMenuColor-Coded3-2022.pdf

Summer Food Service Program Cold Lunch Sample Menu (Florida Department of Education):
https://www.fdacs.gov/content/download/103485/file/SFSPColdLunch10DaySampleMenuColor-Coded3-2022.pdf

Summer Food Service Program Cold Snack Sample Menu (Florida Department of Education): https://ccmedia.fdacs.gov/content/download/103486/file/SFSPColdSnack10DaySampleMenuColor-Coded3-2022.pdf

Signage and Posters

> The inclusion of commercial websites and products is for informational purposes only and does not constitute approval or endorsement by the CSDE.

1 Terrific Tray (Visualz): https://getvisualz.com/collections/search-results?type=product&q=1+terrific+tray&submit=Search

Basics at a Glance Poster (Institute of Child Nutrition): https://theicn.org/wpfd_file/basics-at-a-glance-full-poster/

CACFP Meal Pattern Posters (USDA): https://www.fns.usda.gov/tn/meal-pattern-posters-cacfp

Child Care Mini-Posters (Institute of Child Nutrition): https://theicn.org/icn-resources-a-z/child-care-mini-posters/

Commercial Food Systems, Inc: https://www.commercialfoodsystems.com/signs/

Dig In Posters (USDA): https://www.fns.usda.gov/tn/dig-posters

Explain-A-Meal system (Descon): https://www.desconinc.com/solutions-for-cafeterias/explain-a-meal/

Graphics Library (USDA): https://www.fns.usda.gov/tn/graphics-library

Have a Say in School Meals Middle & High School Poster (Alliance for a Healthier Generation): https://www.healthiergeneration.org/app/resources/1976

Marketing Nutrition: School Cafeteria Signage Resources (Cooperative Extension): https://healthy-food-choices-in-schools.extension.org/marketing-nutrition-school-cafeteria-signage-resources/

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NCES Health and Nutrition Education:
https://ncescatalog.com/

Offer Versus Serve Posters for Breakfast and Lunch (USDA):
https://www.fns.usda.gov/tn/offer-versus-serve-national-school-lunch-program-posters

Posters (ICN Child Nutrition Sharing Site):
https://theicn.org/cnss/posters/

Reimbursable Meal Signage (Iowa Department of Education):
https://educate.iowa.gov/pk-12/operation-support/nutrition-programs/school-meals/communication-tools#Reimbursable_Meal_Signage

Signage (Wisconsin Department of Public Instruction)
https://dpi.wi.gov/school-nutrition/program-requirements/menu-planning/signage

Signage for OVS ("Documents/Forms" section of CSD's Offer versus Serve for School Nutrition Programs):
https://portal.ct.gov/SDE/Nutrition/Offer-versus-Serve-for-School-Nutrition-Programs/Documents#SignageOVS

Signage Requirements for the National School Lunch Program and School Breakfast Program (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/OVS/Signage_Requirements_NSLP_SBP.pdf

Team Nutrition Posters (USDA):
https://www.fns.usda.gov/tn/posters

For more information, visit the CSDE's Child Nutrition Programs webpage or contact the child nutrition 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/Resources/Resources_Menu_Planning.pdf.