

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

This document includes resources and websites 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 on the USDA meal patterns and crediting requirements for foods and beverages, refer to the Connecticut State Department of Education's (CSDE) resource lists below.

- [Meal Pattern and Crediting Resources for the Child and Adult Care Food Program](#)
- [Meal Pattern and Crediting Resources for the School Nutrition Programs](#)
- [Meal Pattern and Crediting Resources for the Summer Food Service Program](#)

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

Sponsors of the Child Nutrition Programs must ensure that local menus comply with the applicable USDA meal patterns. Menu planners must verify meal pattern compliance for all non-USDA recipes and menus and adapt as needed.

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Beans, Peas, and Lentils

[Back-to-School with Beans](https://beaninstitute.com/back-to-school-with-bean-recipes/) (The Bean Institute):

<https://beaninstitute.com/back-to-school-with-bean-recipes/>

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

<https://beaninstitute.com/>

[Beans and Peas \(Legumes\) Health Benefits, Nutrients, and Food Sources](https://theicn.org/wpfd_file/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 in School Meals](https://theicn.org/wpfd_file/beans-peas-and-lentils-in-school-meals/) (Institute of Child Nutrition):

https://theicn.org/wpfd_file/beans-peas-and-lentils-in-school-meals/

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

<https://calbeans.org/>

[Crediting Beans, Peas, and Lentils in the Child and Adult Care Food Program](https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/credit_beans_peas_lentils_cacfp.pdf) (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/credit_beans_peas_lentils_cacfp.pdf

[Crediting Beans, Peas, and Lentils in the School Nutrition Programs](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit_beans_peas_lentils_snp.pdf) (CSDE):

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

[Crediting Beans, Peas, and Lentils in the Summer Food Service Program](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit_beans_peas_lentils_snp.pdf) (CSDE):

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

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

<https://food.unl.edu/article/how-cook-dry-beans-scratch>

[Idaho Bean Commission](https://bean.idaho.gov/):

<https://bean.idaho.gov/>

[Manager's Corner: Legumes in School Meals](https://theicn.org/wpfd_file/managers-corner-legumes/) (Institute of Child Nutrition):

https://theicn.org/wpfd_file/managers-corner-legumes/

[School Lunch Menu Flexibilities: Beans, Peas, and Lentils](https://www.youtube.com/watch?v=IJGC9zvx9Zk) (USDA webinar):

<https://www.youtube.com/watch?v=IJGC9zvx9Zk>

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[The Pulse Playbook: Best Practices for Utilizing Beans, Peas, and Lentils in School Meals, Toolkit for K-12 Nutrition Service Directors](https://foe.org/wp-content/uploads/2026/04/The-Pulse-Playbook_v3.pdf) (Friends of the Earth):

https://foe.org/wp-content/uploads/2026/04/The-Pulse-Playbook_v3.pdf

[USA Pulses:](https://usapulses.org)

<https://usapulses.org>

[Vegetable Subgroups in the Child and Adult Care Food Program](https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/vegetable_subgroups_cacfp.pdf) (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/vegetable_subgroups_cacfp.pdf

[Vegetable Subgroups in the National School Lunch Program](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/vegetable_subgroups_nslp.pdf) (CSDE):

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

[What are Pulses? The Pulse of Our Food System](https://pulses.org/us/what-are-pulses/) (USA Pulses)

<https://pulses.org/us/what-are-pulses/>

Creating and Promoting Healthy Meals

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

<https://schoolnutrition.org/category/communications-marketing/>

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

<https://www.fna.usda.gov/tn/school-lunch-resources>

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

<https://theicn.org/icn-resources-a-z/marketing-your-school-nutrition-program/>

[The Real Food Guide To School Lunch](https://www.fna.usda.gov/tn/school-lunch-resources/realfood-guide) (USDA):

<https://www.fna.usda.gov/tn/school-lunch-resources/realfood-guide>

[Online Training: Focus on the Customer for School Nutrition Managers](https://theicn.org/focus-on-the-customer-for-school-nutrition-managers/) (Institute of Child Nutrition):

<https://theicn.org/focus-on-the-customer-for-school-nutrition-managers/>

[Online Training: Focus on the Customer for School Nutrition Staff](https://theicn.docebosaa.com/learn/courses/59/FocusontheCustomerforSchoolNutritionStaff) (Institute of Child Nutrition):

<https://theicn.docebosaa.com/learn/courses/59/FocusontheCustomerforSchoolNutritionStaff>

[Online Training: Marketing Your School Nutrition Programs](https://theicn.org/marketing-your-school-nutrition-programs/) (Institute of Child Nutrition):

<https://theicn.org/marketing-your-school-nutrition-programs/>

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

<https://api.healthiergeneration.org/resource/1483>

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

<https://www.healthiergeneration.org/app/resources/1982>

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

<https://theicn.org/s-t-a-r-strategies-for-marketing-summer-food-service-programs-april-2020/>

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

<https://www.fna.usda.gov/tn/taste-testing-event-resources>

[Top 10 Ways to Involve Students in Your School Nutrition Program](https://schoolnutrition.org/resource/top-10-ways-to-involve-students-in-your-school-nutrition-program/) (School Nutrition Association):

<https://schoolnutrition.org/resource/top-10-ways-to-involve-students-in-your-school-nutrition-program/>

Additional resources are available in the “Marketing and Promotion” section of the CSDE’s [Resource List for Wellness Policies in Schools and Child Care](#).

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Food Production

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

<https://theicn.org/cicn/>

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

<https://www.fna.usda.gov/tn/fbg>

[Online Training: Basic Culinary Math: Conversions](https://theicn.docebosaas.com/learn/courses/112/BasicCulinaryMathConversions) (Institute of Child Nutrition):

<https://theicn.docebosaas.com/learn/courses/112/BasicCulinaryMathConversions>

[Online Training: Basic Culinary Math: Measurement](https://theicn.docebosaas.com/learn/courses/111/BasicCulinaryMathMeasurement) (Institute of Child Nutrition):

<https://theicn.docebosaas.com/learn/courses/111/BasicCulinaryMathMeasurement>

[Online Training: Basic Culinary Math: Operation with Decimals](https://theicn.docebosaas.com/learn/courses/91/BasicCulinaryMathOperationswithDecimals) (Institute of Child Nutrition):

<https://theicn.docebosaas.com/learn/courses/91/BasicCulinaryMathOperationswithDecimals>

[Online Training: Basic Culinary Math: Operation with Fractions](https://theicn.docebosaas.com/learn/courses/109/BasicCulinaryMathOperationwithFractions) (Institute of Child Nutrition):

<https://theicn.docebosaas.com/learn/courses/109/BasicCulinaryMathOperationwithFractions>

[Online Training: Basic Culinary Math: Operations with Whole Numbers](https://theicn.docebosaas.com/learn/courses/85/BasicCulinaryMathOperationswithWholeNumbers) (Institute of Child Nutrition):

<https://theicn.docebosaas.com/learn/courses/85/BasicCulinaryMathOperationswithWholeNumbers>

[Online Training: Basic Culinary Math: Scaling Recipes](https://theicn.docebosaas.com/learn/courses/110/BasicCulinaryMathScalingRecipes) (Institute of Child Nutrition):

<https://theicn.docebosaas.com/learn/courses/110/BasicCulinaryMathScalingRecipes>

[Online Training: CARE Connection – Step-by-step Menu Planning in Child Care](https://theicn.org/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](https://theicn.org/ct1-culinary-techniques-introduction/) (Institute of Child Nutrition):

<https://theicn.org/ct1-culinary-techniques-introduction/>

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

<https://theicn.docebosaas.com/learn/courses/8/CT2-PreparingFruitsVegetables&Salads>

[Online Training: Culinary Techniques 3: Preparing Entrée Items](https://theicn.org/ct3-culinary-techniques-preparing-entree-items/) (Institute of Child Nutrition):

<https://theicn.org/ct3-culinary-techniques-preparing-entree-items/>

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[Online Training: Culinary Techniques 4: Preparing Soups, Eggs, Dairy & Sauces](#) (Institute of Child Nutrition):

<https://theicn.docebosaas.com/learn/courses/10/CT4-PreparingSoupsEggsDairy&Sauces>

[Online Training: Culinary Techniques 5: Preparing Breads and Baked Goods](#) (Institute of Child Nutrition):

<https://theicn.docebosaas.com/learn/courses/11/CT5%20-%20Preparing%20Breads%20&%20Baked%20Goods>

[Online Training: Culinary Techniques 6: Using Seasonings](#) (Institute of Child Nutrition):

<https://theicn.docebosaas.com/learn/courses/12/CT6-UsingSeasonings>

[Online Training: Portion Control](#) (Institute of Child Nutrition):

<https://theicn.org/portion-control/>

[Online Training: Recipe Adjustments](#) (Institute of Child Nutrition):

<https://theicn.org/recipe-adjustments/>

[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/courses/19/WeightsandMeasures>

[Cooking Methods and Recipes Videos](#) (Culinary Institute of Child Nutrition):

<https://theicn.org/cicn/cooking-methods-and-recipes/>

[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-vFV7il>

[Video: On the Road to Professional Food Preparation: Weights and Measures](#) (Institute of Child Nutrition):

<https://www.youtube.com/watch?v=AOElrGW76b4>

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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>

[Best Practices for Handling Fresh Produce in Schools](#) (USDA):

<https://www.fna.usda.gov/fs/produce-safety/best-practices-schools>

[CT Fresh Ed](#) (CSDE):

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

[Colorful Fruits](#) (USDA Nibbles for Health Nutrition Newsletters for Parents of Young Children):

https://www.fna.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.fna.usda.gov/tn/cn/crediting-tipsheets/fruits>

[Crediting Vegetables in Child Nutrition Programs Tip Sheet](#) (USDA):

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

[Encouraging Vegetables](#) (USDA Nibbles for Health Nutrition Newsletters for Parents of Young Children):

https://www.fna.usda.gov/sites/default/files/resource-files/NibblesEncouragingVeg_Eng.pdf

[Food Buying Guide for Child Nutrition Programs](#) – Section 2 Vegetables and Section 3 Fruits (USDA):

<https://www.fna.usda.gov/tn/fbg>

[Fruit and Vegetable Safety](#) (U.S. Department of Health & Human Services):

<https://www.foodsafety.gov/blog/fruit-and-vegetable-safety>

[Fruits & Veggies](#) (The Foundation for Fresh Produce):

<https://fruitsandveggies.org/>

[Fruits Component: CACFP](#) (CSDE):

<https://portal.ct.gov/sde/nutrition/crediting-foods-in-the-child-and-adult-care-food-program/fruits>

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[Fruits Component: School Nutrition Programs](#) (CSDE):

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

[Leafy Greens Safe Handling Posters](#) (Iowa State University):

<https://store.extension.iastate.edu/product/hs7>

[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/>

[Promoting and Supporting School Salad Bars: An Action Guide for State Health Practitioners](#)

(Centers for Disease Control and Prevention):

<https://stacks.cdc.gov/view/cdc/44750>

[Promoting Fruits and Vegetables in Schools: Wellness Policy Opportunities](#) (Produce for Better Health Foundation):

<https://www.fna.usda.gov/ffvp/promoting-schools-wellness-policy>

[Seasonal Produce Guide](#) (USDA SNAP-Ed Connection):

<https://snaped.fna.usda.gov/resources/nutrition-education-materials/seasonal-produce-guide>

[Start with Half a Cup: Fresh Fruit Portioning Guide for Schools](#) (CSDE):

<https://portal.ct.gov/sde/nutrition/menu-planning/portion-control#StartHalfCup>

[Start with Half a Cup: Fresh Vegetables Portioning Guide for Schools](#) (CSDE):

<https://portal.ct.gov/sde/nutrition/menu-planning/portion-control#StartHalfCup>

[Vegetables and Fruits: SFSP](#) (CSDE):

<https://portal.ct.gov/sde/nutrition/crediting-foods-in-the-summer-food-service-program/vegetables-and-fruits>

[Vegetables Component: CACFP](#) (CSDE):

<https://portal.ct.gov/sde/nutrition/crediting-foods-in-the-child-and-adult-care-food-program/vegetables>

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[Vegetables Component: School Nutrition Programs](https://portal.ct.gov/sde/nutrition/crediting-foods-in-school-nutrition-programs/vegetables) (CSDE):

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

For resources related to crediting foods in the fruits component and vegetables component of the USDA meal patterns, refer to the “Fruits Component” and “Vegetables Component” sections of the CSDE’s resources, [Meal Pattern and Crediting Resources for the Child and Adult Care Food Program](#), [Meal Pattern and Crediting Resources for the School Nutrition Programs](#), and [Meal Pattern and Crediting Resources for the Summer Food Service Program](#).

Grains Component

[Cooking Whole Grains](https://wholegrainscouncil.org/recipes/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](https://www.fna.usda.gov/tn/cn/crediting-tipsheets/grains) (USDA):

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

[Grains and Breads: SFSP](https://portal.ct.gov/sde/nutrition/crediting-foods-in-the-summer-food-service-program/grains-and-breads) (CSDE):

<https://portal.ct.gov/sde/nutrition/crediting-foods-in-the-summer-food-service-program/grains-and-breads>

[Grains Component: CACFP](https://portal.ct.gov/sde/nutrition/crediting-foods-in-the-child-and-adult-care-food-program/grains) (CSDE):

<https://portal.ct.gov/sde/nutrition/crediting-foods-in-the-child-and-adult-care-food-program/grains>

[Grains Component: School Nutrition Programs](https://portal.ct.gov/sde/nutrition/crediting-foods-in-school-nutrition-programs/grains) (CSDE):

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

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

<https://wholegrainscouncil.org/whole-grains-101/identifying-whole-grain-products>

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

https://www.fna.usda.gov/sites/default/files/resource-files/NibblesWholeGrain_Eng.pdf

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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 (USDA):

<https://www.fna.usda.gov/cn/school-nutrition-standards-updates/whole-grains>

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>

For resources related to crediting foods in the grains component for the meal patterns for each child nutrition program, refer to the “Grains Component” section of the CSDE’s resources, [Meal Pattern and Crediting Resources for the Child and Adult Care Food Program](#), [Meal Pattern and Crediting Resources for the School Nutrition Programs](#), and [Meal Pattern and Crediting Resources for the Summer Food Service Program](#).

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>

Added Sugars (CSDE):

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

Added Sugars (USDA):

<https://www.fna.usda.gov/cn/school-nutrition-standards-updates/added-sugars>

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[Get the Facts: Added Sugars](https://www.cdc.gov/nutrition/php/data-research/added-sugars.html) (Centers for Disease Control and Prevention):

<https://www.cdc.gov/nutrition/php/data-research/added-sugars.html>

[Sugar 101](https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sugar/sugar-101) (American Heart Association):

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

[Sweeteners: Understand nutritive and non-nutritive sweeteners](https://www.nal.usda.gov/human-nutrition-and-food-safety/food-composition/sweeteners) (USDA National Agricultural Library):

<https://www.nal.usda.gov/human-nutrition-and-food-safety/food-composition/sweeteners>

Limiting Fat

[Fats in Foods](https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/fats/fats-in-foods) (American Heart Association):

<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/fats/fats-in-foods>

[Saturated Fat](https://portal.ct.gov/sde/nutrition/meal-patterns-school-nutrition-programs/dietary-specifications#SaturatedFat) (CSDE):

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

Limiting Sodium

[Adjusting a Recipe with Herbs and Spices \(Lesson 34 from No Time to Train: Short Lessons for School Nutrition Assistants\)](https://theicn.org/wpfd_file/lesson-34-adjusting-a-recipe-with-herbs-and-spices/) (Institute of Child Nutrition):

https://theicn.org/wpfd_file/lesson-34-adjusting-a-recipe-with-herbs-and-spices/

[Developing a Taste for Less Sodium](https://www.fna.usda.gov/sites/default/files/resource-files/tn-nibbles-lessSodium.pdf) (USDA Nibbles for Health: Nutrition Newsletters for Parents of Young Children):

<https://www.fna.usda.gov/sites/default/files/resource-files/tn-nibbles-lessSodium.pdf>

[Dietary Specifications](https://portal.ct.gov/sde/nutrition/meal-patterns-school-nutrition-programs/dietary-specifications#DietarySpecifications) (Nutrition Standards for School Meals (CSDE):

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

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

<https://professional.heart.org/-/media/Files/About-Us/Policy-Research/Fact-Sheets/Access-to-Healthy-Food/Lowering-Sodium-in-School-Foods.pdf>

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

<https://theicn.org/icn-resources-a-z/shaking-it-up/>

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[Sodium](#) (CSDE):

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

[Sodium](#) (USDA):

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

[Sodium Reduction Virtual Instructor-led Training \(VILT\) Series](#) (Institute of Child Nutrition):

<https://theicn.org/icn-resources-a-z/sodium-reduction-vilt-series/>

[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 Limits for the National School Lunch Program and School Breakfast Program Meal Patterns for School Meals for Grades K-12](#) (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/nslp/mealpattern/sodium_limits_nslp_sbp.pdf

[About Sodium and Health](#) (Centers for Disease Control and Prevention):

<https://www.cdc.gov/salt/about/index.html>

[Shaking It Up: School Staff Trainings on Sodium Reduction](#) (Institute of Child Nutrition):

<https://theicn.docebosaas.com/learn/external-ecommerce;view=none;redirectURL=?ctldoc-catalog-0=se-%22Shaking%20It%20Up%22>

[Successful Approaches to Reduce Sodium in School Meals Study](#) (USDA):

<https://www.fna.usda.gov/research/nslp/successful-approaches-reduce-sodium-school-meals-study>

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

Low-cost Healthy Eating

[Celebrate Your Plate: Save time & money on your food budget](https://celebrateyourplate.org/) (Ohio SNAP-Ed):

<https://celebrateyourplate.org/>

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

<https://snaped.fna.usda.gov/resources/nutrition-education-materials/eat-right-when-moneys-tight>

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

<https://communitynutrition.cahnrc.uconn.edu/efnep/>

[Food Shopping and Meal Planning](https://www.nutrition.gov/topics/shopping-cooking-and-meal-planning/food-shopping-and-meal-planning) (USDA):

<https://www.nutrition.gov/topics/shopping-cooking-and-meal-planning/food-shopping-and-meal-planning>

[Food Security](https://www.usda.gov/about-food/food-safety/food-security) (USDA):

<https://www.usda.gov/about-food/food-safety/food-security>

[Navigating Supplemental Food Resources](https://nutritionsource.hsph.harvard.edu/navigating-supplemental-food-resources/) (Harvard T.H. Chan School of Public Health):

<https://nutritionsource.hsph.harvard.edu/navigating-supplemental-food-resources/>

[Nutrition on a Budget](https://www.nutrition.gov/topics/food-security-and-access/nutrition-budget) (USDA):

<https://www.nutrition.gov/topics/food-security-and-access/nutrition-budget>

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

<https://ucanr.edu/sites/fresnonutrition/files/14394.pdf>

[SNAP-Ed Connection](https://snaped.fna.usda.gov) (USDA):

<https://snaped.fna.usda.gov>

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

<https://spendsmart.extension.iastate.edu/plan/what-you-spend/>

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

<https://www.cspi.org/resource/tips-making-healthy-lunches-less>

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

<https://fruitsandveggies.org/stories/30-ways-in-30-days-to-stretch-your-food-budget/>

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

[USDA Food Plans](#) (USDA):

<https://www.fna.usda.gov/research/cnpp/usda-food-plans>

[USDA Food Plans: Monthly Cost of Food Reports](#) (USDA):

<https://www.fna.usda.gov/research/cnpp/usda-food-plans/cost-food-monthly-reports>

Meats/Meat Alternates Component

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

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

[Meats and Meat Alternates Component: CACFP](#) (CSDE):

<https://portal.ct.gov/sde/nutrition/crediting-foods-in-the-child-and-adult-care-food-program/meats-and-meat-alternates>

[Meats and Meat Alternates Component: School Nutrition Programs](#) (CSDE):

<https://portal.ct.gov/sde/nutrition/crediting-foods-in-school-nutrition-programs/meats-and-meat-alternates>

[Meats and Meat Alternates Component: SFSP](#) (CSDE):

<https://portal.ct.gov/sde/nutrition/crediting-foods-in-the-summer-food-service-program/meats-and-meat-alternates>

[Prioritize Protein Foods](#) (USDA Nibbles for Health Nutrition Newsletters for Parents of Young Children):

<https://fna-bwbufwdzbabpezgc.z01.azurefd.us/sites/default/files/resource-files/tn-nibbles-prioritize-protein.pdf>

For resources related to crediting foods in the meats/meat alternates component for the meal patterns for each child nutrition program, refer to the “Grains Component” section of the CSDE’s resources, [Meal Pattern and Crediting Resources for the Child and Adult Care Food Program](#), [Meal Pattern and Crediting Resources for the School Nutrition Programs](#), and [Meal Pattern and Crediting Resources for the Summer Food Service Program](#).

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

Menu Planning for Child Nutrition Programs

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

<https://theicn.org/icn-resources-a-z/basics-at-a-glance/>

[Child Nutrition Sharing Site](https://theicn.org/cnss/) (Institute of Child Nutrition):

<https://theicn.org/cnss/>

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

<https://www.fna.usda.gov/tn/fbg>

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

<https://www.fna.usda.gov/tn/cacfp/trainers-tools/its-breakfast-time>

[Menu Planner for School Meals](https://www.fna.usda.gov/tn/menu-planner-school-meals) (USDA):

<https://www.fna.usda.gov/tn/menu-planner-school-meals>

[Menu Planning](https://theicn.org/cnss/resources#tab-abce3817e9f5d3db1fa) (ICN Child Nutrition Sharing Site):

<https://theicn.org/cnss/resources#tab-abce3817e9f5d3db1fa>

[Menu Planning for Child Nutrition Programs](https://portal.ct.gov/sde/nutrition/menu-planning) (CSDE):

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

[Menu Planning for the Afterschool Snack Program](https://portal.ct.gov/sde/nutrition/afterschool-snack-program/menu-planning) (CSDE):

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

[Menu Planning for the Child and Adult Care Food Program](https://portal.ct.gov/sde/nutrition/meal-patterns-for-the-child-and-adult-care-food-program/menu-planning) (CSDE):

<https://portal.ct.gov/sde/nutrition/meal-patterns-for-the-child-and-adult-care-food-program/menu-planning>

[Menu Planning for the Summer Food Service Program](https://portal.ct.gov/sde/nutrition/summer-food-service-program/menu-planning) (CSDE):

<https://portal.ct.gov/sde/nutrition/summer-food-service-program/menu-planning>

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

<https://portal.ct.gov/sde/nutrition/menu-planning-guidance-for-school-meals>

[Menu Planning Guidance Series for the Child and Adult Care Food Program](https://portal.ct.gov/sde/nutrition/meal-patterns-for-the-child-and-adult-care-food-program#CSDEGuides) (CSDE):

<https://portal.ct.gov/sde/nutrition/meal-patterns-for-the-child-and-adult-care-food-program#CSDEGuides>

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

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

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

[Menu Planning Tools](https://theicn.org/cicn/menu-plannig-tools/) (Culinary Institute of Child Nutrition):

<https://theicn.org/cicn/menu-plannig-tools/>

[Offer versus Serve \(OVS\) for CACFP Adult Day Care Centers and At-risk Afterschool Programs](https://portal.ct.gov/sde/nutrition/meal-patterns-for-the-child-and-adult-care-food-program/meal-service#OVS) (CSDE):

<https://portal.ct.gov/sde/nutrition/meal-patterns-for-the-child-and-adult-care-food-program/meal-service#OVS>

[Offer versus Serve for School Nutrition Programs](https://portal.ct.gov/sde/nutrition/offer-versus-serve-for-school-nutrition-programs) (CSDE webpage):

<https://portal.ct.gov/sde/nutrition/offer-versus-serve-for-school-nutrition-programs>

[OVS in the Summer Food Service Program](https://portal.ct.gov/sde/nutrition/summer-food-service-program/meal-service#OVS) (CSDE):

<https://portal.ct.gov/sde/nutrition/summer-food-service-program/meal-service#OVS>

[School Breakfast Materials](https://www.fna.usda.gov/tn/sbp/materials) (USDA):

<https://www.fna.usda.gov/tn/sbp/materials>

[School Breakfast Program Menu Planning](https://fns-prod.azureedge.us/sbp/menu-planning) (USDA):

<https://fns-prod.azureedge.us/sbp/menu-planning>

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

<https://www.fna.usda.gov/tn/school>

For resources related to crediting foods in the meal patterns for each child nutrition program, refer to the CSDE's resources, [Meal Pattern and Crediting Resources for the Child and Adult Care Food Program](#), [Meal Pattern and Crediting Resources for the School Nutrition Programs](#), and [Meal Pattern and Crediting Resources for the Summer Food Service Program](#).

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

Milk Component

[Comparison of the Milk Component Requirements in the Meal Patterns for School Nutrition Programs](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/comparison_milk_requirements_snp.pdf) (CSDE):

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

[Crediting Fluid Milk in the Child Nutrition Programs Tip Sheet](https://www.fna.usda.gov/tn/cn/crediting-tipsheets/milk) (USDA)

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

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

https://www.fna.usda.gov/sites/default/files/resource-files/NibblesMilk_Eng.pdf

[Milk Component: CACFP](https://portal.ct.gov/sde/nutrition/crediting-foods-in-the-child-and-adult-care-food-program/milk) (CSDE):

<https://portal.ct.gov/sde/nutrition/crediting-foods-in-the-child-and-adult-care-food-program/milk>

[Milk Component: School Nutrition Programs](https://portal.ct.gov/sde/nutrition/crediting-foods-in-school-nutrition-programs/milk) (CSDE):

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

[Milk Component: SFSP](https://portal.ct.gov/sde/nutrition/crediting-foods-in-the-summer-food-service-program/milk) (CSDE):

<https://portal.ct.gov/sde/nutrition/crediting-foods-in-the-summer-food-service-program/milk>

For resources related to crediting foods in the milk component for the meal patterns for each child nutrition program, refer to the “Milk Component” section of the CSDE’s resources, [Meal Pattern and Crediting Resources for the Child and Adult Care Food Program](#), [Meal Pattern and Crediting Resources for the School Nutrition Programs](#), and [Meal Pattern and Crediting Resources for the Summer Food Service Program](#).

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

Nutrient Information and Analysis

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

<https://fdc.nal.usda.gov/>

[Food Labels](https://portal.ct.gov/sde/nutrition/nutrition-education/food-labels) (CSDE's Nutrition Education webpage):

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

[Nutrient Analysis of Menus](https://portal.ct.gov/sde/nutrition/menu-planning/nutrient-analysis-of-menus) (CSDE's Menu Planning for Child Nutrition Programs webpage):

<https://portal.ct.gov/sde/nutrition/menu-planning/nutrient-analysis-of-menus>

[Nutrient Analysis Protocols: How to Analyze Menus for USDA's School Meals Programs](https://fns-prod.azureedge.us/tn/nutrient-analysis-protocols-manual)

(USDA):

<https://fns-prod.azureedge.us/tn/nutrient-analysis-protocols-manual>

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

<https://www.fna.usda.gov/tn/program-operator/nutrient-meal-pattern-analysis>

[Nutrient Analysis of Menus](https://portal.ct.gov/sde/nutrition/menu-planning/nutrient-analysis-of-menus) (CSDE):

<https://portal.ct.gov/sde/nutrition/menu-planning/nutrient-analysis-of-menus>

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

<https://www.fna.usda.gov/tn/usda-approved-nutrient-analysis-software>

[USDA Foods in Schools Product Information Sheets](https://www.fna.usda.gov/usda-fis/product-information-sheets) (USDA):

<https://www.fna.usda.gov/usda-fis/product-information-sheets>

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

<https://www.nutrition.gov/topics/whats-food>

[What's in the Foods You Eat Search Tool](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/) (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 the Child Nutrition Programs

Recipes and Cycle Menus

Sponsors of the Child Nutrition Programs are responsible for ensuring that local menus meet the USDA meal patterns. Review recipes from non-USDA sources to ensure their meal pattern contribution is correct. For more information, refer to "[Meal Patterns for Child Nutrition Programs](#)" in this document.

[CACFP Recipes for Child Care Homes and Adult Day Care](#) (USDA):

<https://www.fna.usda.gov/tn/cacfp/standardized-recipes>

[CACFP Tofu Recipe Guide](#) (Wisconsin Department of Public Instruction):

https://dpi.wi.gov/sites/default/files/imce/community-nutrition/pdf/tofu_recipe_guide.pdf

[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/>

[Cycle Menus for Child Care: Preschoolers](#) (Institute of Child Nutrition):

https://theicn.org/wpfd_file/cycle-menus-for-child-care-preschoolers/

[Farm to School Cycle Menu](#) (Northeast Iowa Food & Fitness Initiative):

<https://www.iowafoodandfitness.org/site/cyclemenu.html>

[Food Hero Quantity Recipes](#) (Oregon State University):

<https://foodhero.org/quantity-recipes>

[Grab and Go Recipes](#) (Culinary Institute of Child Nutrition):

<https://theicn.org/cicn/grab-and-go-recipes/>

[Healthier Kansas Menus 8-Week Lunch Cycle with Alternate Entrées](#) (Kansas State Department of Education):

<https://cnw.ksde.gov/snp/food-service-facts/chapters/chapter-16-menu-planning/healthier-kansas-menus/lunch-cycle-with-alternate-entrees>

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

[Menu Planning & Meal Service Ideas Using USDA Foods](#) (Florida Department of Agriculture and Consumer Services)

<https://ccmedia.fdacs.gov/content/download/95413/file/UsingUSDAFoods-v3.pdf>

[Menus/Recipes](#) (ICN Child Nutrition Sharing Site):

<https://theicn.org/cnss/resources#tab-abce3817e9f5d3db1fa>

[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>

[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

[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>

[Plant-Powered Meals](#) (NYC Public Schools):

<https://www.schools.nyc.gov/school-life/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>

[Recipe Library](#) (School Nutrition Association):

<https://schoolnutrition.org/resources/recipe-library/>

[Recipes](#) (The John Stalker Institute):

<https://johnstalkerinstitute.org/resource/recipes/>

[Recipes for Child Nutrition Programs](#) (CSDE):

<https://portal.ct.gov/sde/nutrition/menu-planning/recipes-for-child-nutrition-programs>

[Recipes for Healthy Kids: Cookbook for Child Care Centers](#) (USDA):

<https://www.fna.usda.gov/tn/recipes-healthy-kids-cookbook-child-care-centers>

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

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

<https://www.fna.usda.gov/tn/recipes-healthy-kids-cookbook-homes>

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

<https://www.fna.usda.gov/tn/recipes-healthy-kids-cookbook-schools>

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

<https://www.thelunchbox.org/recipes-menus/recipes/>

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

<https://www.fna.usda.gov/cn/serving-traditional-indigenous-foods>

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

<https://www.thelunchbox.org/fresh-food-initiatives/sustainable-lunchrooms/plant-forward/>

[Team Nutrition Recipes](https://www.fna.usda.gov/tn/recipes) (USDA):

<https://www.fna.usda.gov/tn/recipes>

Sample CACFP Menus

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

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

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

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

<https://healthykidshealthyfuture.org/cacfp/>

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

<https://cnw.ksde.org/cacfp/cacfp-administrative-handbook/chapters/chapter-4-meal-guidelines/healthier-kansas-menus---cacfp>

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

[Let's Make a Snack: Child and Adult Care Food Program Snack Menu Planner for Children 3 Through 18 Years of Age](https://www.fns.usda.gov/tn/lets-make-snack) (USDA):

<https://www.fns.usda.gov/tn/lets-make-snack>

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

<https://www.health.ny.gov/prevention/nutrition/cacfp/docs/cacfp-182.pdf>

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

<https://www.health.ny.gov/prevention/nutrition/cacfp/docs/cacfp-182.pdf>

[Sample CACFP Menus](https://portal.ct.gov/sde/nutrition/meal-patterns-for-the-child-and-adult-care-food-program/menu-planning#SampleCACFPMenus) ("Documents/Forms" section of CSDE's Meal Patterns for CACFP Adult Day Care Centers webpage):

<https://portal.ct.gov/sde/nutrition/meal-patterns-for-the-child-and-adult-care-food-program/menu-planning#SampleCACFPMenus>

[Serve Tasty and Healthy Foods in the CACFP Sample Meals for Children Ages 1-2](https://www.fna.usda.gov/tn/cacfp/trainers-tools/posters/sample-meals-ages-1-2) (USDA):

<https://www.fna.usda.gov/tn/cacfp/trainers-tools/posters/sample-meals-ages-1-2>

[Serve Tasty and Healthy Foods in the CACFP Sample Meals for Children Ages 3-5](https://www.fna.usda.gov/tn/cacfp/trainers-tools/posters/sample-meals-ages-3-5) (USDA):

<https://www.fna.usda.gov/tn/cacfp/trainers-tools/posters/sample-meals-ages-3-5>

[Serve Tasty and Healthy Foods in the CACFP Sample Meals for Children Ages 6-12 and 13-18](https://www.fna.usda.gov/tn/cacfp/trainers-tools/posters/sample-meals-ages-6-18) (USDA):

<https://www.fna.usda.gov/tn/cacfp/trainers-tools/posters/sample-meals-ages-6-18>

[Serve Tasty and Healthy Foods in the CACFP: Sample Meals for Adults](https://www.fna.usda.gov/tn/cacfp/trainers-tools/posters/sample-meals-adults) (USDA):

<https://www.fna.usda.gov/tn/cacfp/trainers-tools/posters/sample-meals-adults>

[Snack Inspiration](https://dpi.wi.gov/sites/default/files/imce/community-nutrition/pdf/snack_inspiration.pdf) (Wisconsin Department of Public Instruction):

https://dpi.wi.gov/sites/default/files/imce/community-nutrition/pdf/snack_inspiration.pdf

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

Sample School Menus

Review sample menus for compliance with the NSLP, SBP, and ASP meal patterns. Older menus might not meet the current meal pattern requirements. For information on the USDA's meal patterns for preschool 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.gov/snp/food-service-facts/chapters/chapter-16-menu-planning/healthier-kansas-menus/lunch-cycle-with-alternate-entrees>

[Louisiana Cycle Menus \(LCM\) Fit for Kids](#) (Louisiana Fit Kids):

<https://www.louisianafitkids.com/Home/MealPattern>

[Menu Cycles](#) (The Lunch Box, Chef Ann Foundation):

<https://www.thelunchbox.org/recipes-menus/menu-cycles/>

[Menu Plans and Sample Menus](#) (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>

[Sample Afterschool Snack Program Menus for Ages 3-5](#) (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/asp/sample_menu_asp_ages_3-5.pdf

[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

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

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.

[Summer Food Service Program 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>

[Sample Menus & Menu Planning](#) (Florida Department of Education):

<https://www.fdacs.gov/Food-Nutrition/Nutrition-Programs/National-School-Lunch-Program/Menu-Planning-and-Meal-Service/Summer-Food-Service-Program>

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

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. Sponsors of the Child Nutrition Programs must ensure that the content of commercial products is accurate.

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

https://theicn.org/wpfd_file/basics-at-a-glance-full-poster/

[CACFP Meal Pattern Posters](https://www.fna.usda.gov/tn/cacfp/trainers-tools/posters) (USDA):

<https://www.fna.usda.gov/tn/cacfp/trainers-tools/posters>

[Cafeteria Signs & Banners](https://www.desconinc.com/solutions-for-cafeterias/solutions-for-cafeterias-play.html) (Descon Sign Company):

<https://www.desconinc.com/solutions-for-cafeterias/solutions-for-cafeterias-play.html>

[Child Care Mini-Posters](https://theicn.org/icn-resources-a-z/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/):

<https://www.commercialfoodsystems.com/signs/>

[Dig In Posters](https://www.fna.usda.gov/tn/digin/posters) (USDA):

<https://www.fna.usda.gov/tn/digin/posters>

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

<https://www.desconinc.com/solutions-for-cafeterias/explain-a-meal/>

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

<https://www.healthiergeneration.org/app/resources/1976>

[Made With School Lunch Digital Signage Template-Customizable in Canva](https://schoolnutrition.org/resource/mwsl-digital-signage-template-customizable-in-canva) (School Nutrition Association):

[https://schoolnutrition.org/resource/mwsl-digital-signage-template-customizable-in-canva/](https://schoolnutrition.org/resource/mwsl-digital-signage-template-customizable-in-canva)

[NCES Health and Nutrition Education](https://ncescatalog.com/):

<https://ncescatalog.com/>

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[Offer Versus Serve Posters for Breakfast and Lunch](#) (USDA):

<https://www.fna.usda.gov/tn/nslp/offer-versus-serve-posters>

[Posters & Signs](#) (The Lunch Box):

<https://www.thelunchbox.org/marketing/posters-signs/>

[Reimbursable Meal Signage](#) (Iowa Department of Education):

https://educate.iowa.gov/pk-12/operation-support/nutrition-programs/school-meals/communication-tools#Reimbursable_Meal_Signage

[Required Signage for OVS](#) (CSDE)

<https://portal.ct.gov/sde/nutrition/offer-versus-serve-for-school-nutrition-programs/required-signage-for-ovs>

[Signage](#) (Wisconsin Department of Public Instruction):

<https://dpi.wi.gov/school-nutrition/program-requirements/menu-planning/signage>

[Team Nutrition School Breakfast Posters](#) (USDA):

<https://www.fna.usda.gov/tn/school-breakfast-posters>

[Team Nutrition Posters](#) (USDA):

<https://www.fna.usda.gov/tn/posters>

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Standardized Recipes

[Manager's Corner – Standardized Recipes](https://theicn.org/wpfd_file/managers-corner-standardized-recipes/) (Institute of Child Nutrition):

https://theicn.org/wpfd_file/managers-corner-standardized-recipes/

[Recipe Analysis Workbook \(RAW\) for Standardized Recipes](https://www.fna.usda.gov/tn/fbg/webtool) (USDA's Food Buying Guide for Child Nutrition Programs):

<https://www.fna.usda.gov/tn/fbg/webtool>

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

<https://theicn.org/documentlibraryfiles/PDF/20080218092449.pdf>

[Standardized Recipe Form for School Nutrition Programs](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/standardized_recipe_form_schools.docx) (CSDE):

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

[Standardized Recipe Form for the Child and Adult Care Food Program](https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/standardized_recipe_form_cacfp.docx) (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/standardized_recipe_form_cacfp.docx

[Standardized Recipe Form for the Summer Food Service Program](https://portal.ct.gov/-/media/sde/nutrition/sfsp/crediting/sfsp/standardized_recipe_form_sfsp.docx) (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/sfsp/crediting/sfsp/standardized_recipe_form_sfsp.docx

[Standardized Recipes](https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs/standardized-recipes) (CSDE):

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

[Step-by-Step Recipe Standardization Guide for the Child and Adult Care Food Program](https://theicn.org/icn-resources-a-z/step-by-step-recipe-standardization-guide-for-the-child-and-adult-care-food-program/)

(Institute of Child Nutrition):

<https://theicn.org/icn-resources-a-z/step-by-step-recipe-standardization-guide-for-the-child-and-adult-care-food-program/>

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

<https://theicn.org/s-t-a-r-strategies-for-utilizing-standardized-recipes-may-2019/>

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

<https://theicn.org/cicn/usda-recipe-standardization-guide-for-school-nutrition-programs/>

[Yield Study Data Form for the Child Nutrition Programs](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/recipe_yield_study_form.pdf) (CSDE):

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

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For more information, visit the CSDE's [Menu Planning for 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.

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

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