

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.



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

Contents

- Beans, Peas, and Lentils 3
- Creating and Promoting Healthy Meals..... 4
- Food Production..... 5
- Fruits Component and Vegetables Component..... 7
- Grains Component..... 11
- Limiting Added Sugars 13
- Limiting Fat 13
- Limiting Sodium 14
- Low-cost Healthy Eating 15
- Meal Patterns for the CACFP..... 16
- Meal Patterns for School Nutrition Programs 17
- Meal Patterns for the SFSP..... 19
- Meat/Meat Alternates Component..... 20
- Menu Planning for Child Nutrition Programs 21
- Milk Component..... 23
- Nutrient Analysis 25
- Recipes..... 25
- Sample CACFP Menus 28
- Sample School Menus 29
- Sample SFSP Menus..... 30
- Signage and Posters..... 31

Quick search tips: Click on the topics above to go directly to each section. Search for key words using the “Find” option in the PDF toolbar or Control + F.

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

Beans, Peas, and Lentils

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 Beans, Peas, and Lentils in the CACFP (CSDE):

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

Crediting Beans, Peas, and Lentils in the National School Lunch Program and School Breakfast Program (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 (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/sfsp/crediting/sfsp/credit_beans_peas_lentils_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 (Northharvest 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>

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

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>

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

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>

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

- 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>

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

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/WeightsandMeasure>
s

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=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>

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

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>

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

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

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

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>

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>

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

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=IK9fD9nNn7s>

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 the Grains Component Requirements in the Meal Patterns for School Nutrition Programs (CSDE):

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

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>

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>

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

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

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/>

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

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>

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>

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>

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

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-train-short-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-train-short-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 Health 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>

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

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/nsfp/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>

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/>

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

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/cnp_meal_pattern_comparison.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

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/>

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

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

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/cnp_meal_pattern_comparison.pdf

Comparison of Meal Pattern Requirements for Preschool and Grades K-12 in the School Nutrition Programs (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/asp/comparison_preschool_grades_k-12_asp.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

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

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

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

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>

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 in the Afterschool Snack Program Meal Pattern for Grades K-12 (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/asp/noncreditable_foods_asp_grades_k-12.pdf

Noncreditable Foods in the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12 (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/noncreditable_foods_snp_grades_k-12.pdf

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

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

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

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/>

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/cnp_meal_pattern_comparison.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/creditingfsp/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>

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

Noncreditable Foods in the Summer Food Service Program (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsfp/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-train-short-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

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

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

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 Grades K-12 in the National School Lunch Program and School Breakfast Program (CSDE):

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

Menu Planning Guide for the Preschool Meal Patterns of the School Nutrition Programs(CSDE):

https://portal.ct.gov/-/media/sde/nutrition/nslp/preschool/menu_planning_guide_preschool.pdf

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>

Team Nutrition Resources for Schools: Menu Planning and Technical Assistance (USDA):

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

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

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/crediting/sfsp/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/crediting/sfsp/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 the Milk Component Requirements in the Meal Patterns for School Nutrition Programs (CSDE):

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

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>

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

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/>

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/cnr/>

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

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>

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>

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

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's 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>

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/crediting/sfsp/standardized_recipe_form_sfsp.docx

Sustainable Lunchrooms: Plant Forward (The Lunch Box):

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

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

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/>

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](#)

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

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>

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>

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

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

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 Menu (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>

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

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/>

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

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/>

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>

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

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.

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

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

This institution is an equal opportunity provider

The Connecticut State Department of Education is committed to a policy of equal opportunity/affirmative action for all qualified persons. The Connecticut Department of Education does not discriminate in any employment practice, education program, or educational activity on the basis of race; color; religious creed; age; sex; pregnancy; sexual orientation; workplace hazards to reproductive systems, gender identity or expression; marital status; national origin; ancestry; retaliation for previously opposed discrimination or coercion, intellectual disability; genetic information; learning disability; physical disability (including, but not limited to, blindness); mental disability (past/present history thereof); military or veteran status; status as a victim of domestic violence; or criminal record in state employment, unless there is a bona fide occupational qualification excluding persons in any of the aforementioned protected classes. Inquiries regarding the Connecticut State Department of Education's nondiscrimination policies should be directed to: Attorney Louis Todisco, Connecticut State Department of Education, by mail 450 Columbus Boulevard, Hartford, CT 06103-1841; or by telephone 860-713-6594; or by email louis.todisco@ct.gov.

