Resource List for Special Diets in the Child Nutrition Programs

This document includes resources and websites related to special diets and meal modifications in the U.S. Department of Agriculture's (USDA) Child Nutrition Programs. The Child Nutrition Programs include the National School Lunch Program (NSLP), School Breakfast Program (SBP), Afterschool Snack Program (ASP), Fresh Fruit and Vegetable Program (FFVP), Special Milk Program (SMP), Seamless Summer Option (SSO) of the NSLP, Child and Adult Care Food Program (CACFP), CACFP At-risk Afterschool Meals, and the Summer Food Service Program (SFSP).

Resources are listed by main category. Many websites contain information on multiple content areas. Additional resource lists are available on the CSDE's Resources for Child Nutrition Programs webpage.

The inclusion of commercial websites is for informational purposes only and does not constitute approval or endorsement by the Connecticut State Department of Education (CSDE).



Resource List for Special Diets in the Child Nutrition Programs

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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 Special Diets in the Child Nutrition Programs

Celiac Disease

Celiac Disease (Medline Plus):
https://medlineplus.gov/celiacdisease.html

Celiac Disease (National Institute of Diabetes and Digestive and Kidney Diseases):
https://www.niddk.nih.gov/health-information/digestive-diseases/celiac-disease/definition-facts

Celiac Disease and Intolerance ("Guidance for Special Diets" section of CSDE's Special Diets in School Nutrition Programs webpage:
https://portal.ct.gov/sde/nutrition/special-diets-in-school-nutrition-programs/guidance-for-special-diets#CeliacDisease

Celiac Disease and Intolerance ("Guidance for Special Diets" section of CSDE's Special Diets in CACFP Child Care Programs webpage:|
https://portal.ct.gov/sde/nutrition/special-diets-in-the-child-and-adult-care-food-program/guidance-for-special-diets#CeliacDisease

Celiac Disease and Intolerance ("Guidance for Special Diets" section of CSDE's Special Diets in CACFP Adult Day Care Centers webpage:
https://portal.ct.gov/sde/nutrition/special-diets-in-the-child-and-adult-care-food-program/guidance-for-special-diets#CeliacDisease

Celiac Disease Foundation:
https://celiac.org/

Celiac Disease Kids Site (Nemours Kids Health):
https://kidshealth.org/en/kids/celiac.html

Definition & Facts for Celiac Disease (NIH):
https://www.niddk.nih.gov/health-information/digestive-diseases/celiac-disease/definition-facts

Gluten and Food Labeling (FDA):
https://www.fda.gov/food/nutrition-education-resources-materials/gluten-and-food-labeling

Gluten-free Foods (Celiac Disease Foundation):
https://celiac.org/gluten-free-living/gluten-free-foods/

Gluten-free Recipes (National Celiac Association):
https://nationalceliac.org/gluten-free-recipes/

Developing Policies for Meal Modifications

Action Planning Form (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/nslp/specdiet/action_planning_form.docx

Policies for Meal Modifications (CSDE's Special Diets in School Nutrition Programs webpage):
https://portal.ct.gov/sde/nutrition/special-diets-in-school-nutrition-programs/policy-for-meal-modifications

Policy for Meal Modifications ((CSDE's Special Diets in the Child and Adult Care Food Program webpage):
https://portal.ct.gov/sde/nutrition/special-diets-in-the-child-and-adult-care-food-program/policy-for-meal-modifications

Sample Action Plan: Developing District Policy for Meal Modifications in School Nutrition Programs (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/nslp/specdiet/action_policy_meal_modifications_snp.pdf

Sample Action Plan: Developing Policy for Meal Modifications in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/action_policy_meal_modifications_cacfp.pdf

Sample Action Plan: Promoting District Policy for Meal Modifications in School Nutrition Programs (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/nslp/specdiet/action_promote_meal_modifications_snp.pdf

Resource List for Special Diets in the Child Nutrition Programs

Sample Action Plan: Promoting Policy for Meal Modifications in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/action_promote_meal_modifications_cacfp.pdf

Sample Standard Operating Procedure (SOP) for Meal Modifications in the School Nutrition Programs (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/nslp/specdiet/sample_sop_meal_modifications_snp.docx

Sample Standard Operating Procedure (SOP) for Meal Modifications in Adult Day Care Centers in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/sample_sop_meal_modifications_cacfp_adults.docx

Sample Standard Operating Procedure (SOP) for Meal Modifications in Child Care Facilities in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/sample_sop_meal_modifications_cacfp.docx

Self-assessment of Adult Day Care Center Practices for Meal Modifications in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/assessment_meal_modifications_cacfp_adults.pdf

Self-assessment of Child Care Practices for Meal Modifications in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/assessment_meal_modifications_cacfp.pdf

Self-assessment of Local Practices for Meal Modifications in School Nutrition Programs (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/nslp/specdiet/assessment_meal_ modifications_snp.pdf

Resource List for Special Diets in the Child Nutrition Programs

Diabetes

American Diabetes Association:
https://www.diabetes.org/

Carb Choices (Centers for Disease Control and Prevention):
https://www.cdc.gov/diabetes/managing/eat-well/diabetes-and-carbs/carbohydrate-choice-lists.html

Carb Counting and Diabetes (American Diabetes Association):
https://www.diabetes.org/nutrition/understanding-carbs/carb-counting

Care of Children with Diabetes in the School and Day Care Setting (American Diabetes Association):
https://diabetesjournals.org/care/article/26/suppl_1/s131/21695/Care-of-Children-With-Diabetes-in-the-School-and

Diabetes ("Guidance for Special Diets" section of CSDE's Special Diets in School Nutrition Programs webpage):
https://portal.ct.gov/sde/nutrition/special-diets-in-school-nutrition-programs/guidance-for-special-diets#Diabetes

Diabetes ("Guidance for Special Diets" section of CSDE's Special Diets in the Child and Adult Care Food Program webpage):
https://portal.ct.gov/sde/nutrition/special-diets-in-the-child-and-adult-care-food-program/guidance-for-special-diets#Diabetes

Diabetes (USDA nutrition.gov):
https://www.nutrition.gov/topics/diet-and-health-conditions/diabetes

Diabetes Fact Sheets (Centers for Disease Control and Prevention):
https://www.cdc.gov/diabetes/library/factsheets.html

Diabetes National Institutes of Health, National Institute of Diabetes and Digestive and Kidney Diseases):
https://www.niddk.nih.gov/health-information/diabetes

Helping the Student with Diabetes Succeed: A Guide for School Personnel (National Institutes of Health, National Institute of Diabetes and Digestive and Kidney Diseases):
https://www.niddk.nih.gov/health-information/professionals/clinical-tools-patient-management/diabetes/helping-student-diabetes-succeed-guide-school-personnel

Learning and Diabetes: A Resource Guide for Children and Families (CSDE)
https://portal.ct.gov/SDE/Publications/Learning-and-Diabetes?archived=true

Managing Diabetes in Schools (Centers for Disease Control and Prevention):
https://www.cdc.gov/school-health-conditions/chronic/diabetes.htm

Safe at School: Training Resources for Schools (American Diabetes Association):
https://diabetes.org/advocacy/safe-at-school-state-laws/training-resources-school-staff

Understanding Advanced Carbohydrate Counting — A Useful Tool for Some Patients to Improve Blood Glucose Control (Today's Dietitian):
https://www.todaysdietitian.com/understanding-advanced-carbohydrate-counting-a-useful-tool-for-some-patients-to-improve-blood-glucose-control/

Eating Disorders

Academy for Eating Disorders:
https://www.aedweb.org/home

ANRED: Anorexia Nervosa & Related Eating Disorders:
https://www.anred.com/

Eating Disorders (Medline Plus):
https://medlineplus.gov/eatingdisorders.html

National Association of Anorexia Nervosa and Associated Eating Disorders (ANAD):
https://anad.org/

National Eating Disorders Association (NEDA):
https://www.nationaleatingdisorders.org/

Resource List for Special Diets in the Child Nutrition Programs

Feeding and Swallowing Disorders

Diet Texture Modifications for Dysphagia (American Speech-Language-Hearing Association):
https://www.asha.org/SLP/clinical/dysphagia/Dysphagia-Diets/

Dysphagia (National Institute on Deafness and Other Communication Disorders):
https://www.nidcd.nih.gov/health/dysphagia

Feeding and Swallowing ("Guidance for Special Diets" section of CSDE's Special Diets in School Nutrition Programs webpage:
https://portal.ct.gov/sde/nutrition/special-diets-in-school-nutrition-programs/guidance-for-special-diets#FeedingSwallowing

Feeding and Swallowing ("Guidance for Special Diets" section of CSDE's Special Diets in the Child and Adult Care Food Program webpage):
https://portal.ct.gov/sde/nutrition/special-diets-in-the-child-and-adult-care-food-program/guidance-for-special-diets#FeedingSwallowing

Feeding and Swallowing Disorders in Children (American Speech-Language-Hearing Association):
https://www.asha.org/public/speech/swallowing/Feeding-and-Swallowing-Disorders-in-Children/

Guidelines for Feeding and Swallowing Programs in Schools (CSDE):
https://portal.ct.gov/-/media/SDE/Special-Education/feeding_and_swallowing.pdf

International Dysphagia Diet Standardization Initiative (IDDSI) (Academy of Nutrition and Dietetics):
https://www.eatrightpro.org/practice/dietetics-resources/post-acute-and-long-term-care-management/international-dysphagia-diet-standardization-initiative

International Dysphagia Diet Standardization Initiative:
https://www.eatrightpro.org/practice/dietetics-resources/post-acute-and-long-term-care-management/international-dysphagia-diet-standardization-initiative

Patient Handouts (International Dysphagia Diet Standardization Initiative):
https://iddsi.org/Resources/Patient-Handouts

The Minced and Moist Diet Explained for Beginners (The Dysphagia Dietitian):
https://dysphagiadietitian.com/blog/minced-and-moist/

United States IDDSI Reference Group (IDDSI):
https://www.iddsi.org/around-the-world/united-states

Food Allergies

Allergies and Anaphylaxis (National Association of School Nurses):
https://www.nasn.org/nasn-resources/practice-topics/allergies-anaphylaxis

American Academy of Allergy, Asthma and Immunology:
https://www.aaaai.org/

Asthma and Allergy Foundation of America:
https://www.aafa.org/

Avoiding Cross Contact (Food Allergy Research and Education):
https://www.foodallergy.org/resources/avoiding-cross-contact

Child Care Center Food Allergy Fact Sheets (Institute of Child Nutrition):
https://theicn.org/icn-resources-a-z/child-care-center-food-allergy-fact-sheets/

Common Allergens (Food Allergy Research and Education):
https://www.foodallergy.org/living-food-allergies/food-allergy-essentials/common-allergens

Food Allergies (CSDE's Special Diets in CACFP Child Care Programs webpage):
https://portal.ct.gov/sde/nutrition/special-diets-in-the-child-and-adult-care-food-program/food-allergies

Food Allergies (CSDE's Special Diets in School Nutrition Programs webpage):
https://portal.ct.gov/sde/nutrition/special-diets-in-school-nutrition-programs/food-allergies

Food Allergies (FDA):
https://www.fda.gov/food/food-labeling-nutrition/food-allergies

Food Allergies (School Nutrition Association):
https://schoolnutrition.org/resources/featured-resources/food-allergies/

Food Allergies in Schools (Centers for Disease Control and Prevention):
https://www.cdc.gov/school-health-conditions/food-allergies/index.html

Food Allergies in Schools Toolkit (Centers for Disease Control and Prevention):
https://www.cdc.gov/healthyschools/foodallergies/toolkit.htm

Resource List for Special Diets in the Child Nutrition Programs

Food Allergy & Anaphylaxis Emergency Care Plan (Food Allergy Research and Education):
https://www.foodallergy.org/resources/food-allergy-anaphylaxis-emergency-care-plan

Food Allergy (National Institutes of Health, National Institute of Allergy and Infectious Diseases):
https://www.niaid.nih.gov/diseases-conditions/food-allergy

Food Allergy Fact Sheets (Institute of Child Nutrition):
https://theicn.org/icn-resources-a-z/food-allergy-fact-sheets/

Food Allergy Medline Plus (National Library of Medicine and National Institutes of Health):
https://medlineplus.gov/foodallergy.html

Food Allergy Research & Education (Food Allergy Research and Education):
http://www.foodallergy.org/

Food Labels: Read It Before You Eat It! (American Academy of Allergy, Asthma & Immunology):
https://www.aaaai.org/tools-for-the-public/conditions-library/allergies/food-labels

Guidance for Industry: Questions and Answers Regarding Food Allergen Labeling (Edition 5)
(U.S. Food and Drug Administration):
https://www.fda.gov/regulatory-information/search-fda-guidance-documents/guidance-industry-questions-and-answers-regarding-food-allergen-labeling-edition-5

Guidelines for Managing Life-threatening Food Allergies in Connecticut Schools (CSDE):
https://portal.ct.gov/SDE/Publications/Managing-Life-Threatening-Food-Allergies-in-Connecticut-Schools?archived=true

How to Read a Food Label (Food Allergy Research and Education):
https://www.foodallergy.org/resources/how-read-food-label

Management of Food Allergy in the School Setting (American Academy of Pediatrics):
https://publications.aap.org/pediatrics/article/126/6/1232/64983/Management-of-Food-Allergy-in-the-School-Setting

Managing Food Allergies at School (Kids with Food Allergies, Asthma and Allergy Foundation of America):
https://kidswithfoodallergies.org/living-with-food-allergies/planning-for-school/

Resource List for Special Diets in the Child Nutrition Programs

Managing Food Allergies in School: The Role of School Nutrition Professionals (Centers for Disease Control and Prevention):
https://www.cdc.gov/school-health-conditions/media/pdfs/20_316712-D_FA_nutrition_508tagged.pdf

Managing Life Threatening Food Allergies in Schools (Massachusetts Department of Education):
https://johnstalkerinstitute.org/wp-content/uploads/2020/06/Mng-Allergies.pdf

Safe at School and Ready to Learn: A Comprehensive Policy Guide for Protecting Students with Life-Threatening Food Allergies (Missouri Department of Elementary & Secondary Education):
https://dese.mo.gov/media/pdf/safe-school-and-ready-learn-comprehensive-guide-protecting-students-life-threatening-food

School Tools (American Academy of Allergy, Asthma & Immunology):
https://www.aaaai.org/tools-for-the-public/school-tools

Standard Operating Procedure (SOP): Serving Safe Food to Students with Food Allergies (Institute of Child Nutrition):
https://theicn.org/resources/181/food-safety-standard-operating-procedures/105719/serving-safe-food-to-students-with-food-allergies-3.docx

Standard Operating Procedure (SOP): Washing Hands (Institute of Child Nutrition):
https://theicn.org/resources/181/food-safety-standard-operating-procedures/105741/washing-hands.docx

The Food Allergy Book: What School Employees Need to Know (NEA Health Information Network and the U.S. Department of Agriculture):
https://community.kidswithfoodallergies.org/blog/food-allergy-book-what-school-employees-need-to-know-English-Spanish

Tips for Avoiding Your Allergen: English and Spanish (Food Allergy Research and Education):
https://www.foodallergy.org/living-food-allergies/food-allergy-essentials/common-allergens/tips-avoiding-your-allergen

Voluntary Guidelines for Managing Food Allergies In Schools and Early Care and Education Programs (Centers for Disease Control and Prevention):
https://www.cdc.gov/school-health-conditions/media/pdfs/20_316712-A_FA_guide_508tag.pdf

Resource List for Special Diets in the Child Nutrition Programs

Inborn Errors of Metabolism

Galactosemia (National Institutes of Health, U.S. National Library of Medicine):
https://ghr.nlm.nih.gov/condition/galactosemia

Hereditary Fructose Intolerance (National Institutes of Health, U.S. National Library of Medicine):
https://ghr.nlm.nih.gov/condition/hereditary-fructose-intolerance

Inborn Errors of Metabolism (MedlinePlus):
https://medlineplus.gov/ency/article/002438.htm

Maple Syrup Urine Disease (National Institutes of Health, U.S. National Library of Medicine):
https://ghr.nlm.nih.gov/condition/maple-syrup-urine-disease

Phenylketonuria (National Institutes of Health, U.S. National Library of Medicine):
https://ghr.nlm.nih.gov/condition/phenylketonuria

Inborn Errors of Metabolism (CSDE's Special Diets in the Child and Adult Care Food Program webpage):
https://portal.ct.gov/sde/nutrition/special-diets-in-the-child-and-adult-care-food-program/guidance-for-special-diets#InbornErrorsMetabolism

Inborn Errors of Metabolism (CSDE's Special Diets in School Nutrition Programs webpage:
https://portal.ct.gov/sde/nutrition/special-diets-in-school-nutrition-programs/guidance-for-special-diets#InbornErrorsMetabolism

Resource List for Special Diets in the Child Nutrition Programs

Lactose Intolerance

Eating, Diet, & Nutrition for Lactose Intolerance (National Institute of Diabetes and Digestive and Kidney Diseases):
https://www.niddk.nih.gov/health-information/digestive-diseases/lactose-intolerance/eating-diet-nutrition

Lactose Intolerance (National Digestive Diseases Information Clearinghouse):
https://www.niddk.nih.gov/health-information/digestive-diseases/lactose-intolerance

Lactose Intolerance Facts (Undeniably Dairy):
https://www.usdairy.com/news-articles/lactose-intolerance-facts

Offering Lactose-Free and Lactose-Reduced Milk in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/lactose_free_reduced_milk_cacfp.pdf

Offering Lactose-Free and Lactose-Reduced Milk in the School Nutrition Programs (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/nslp/specdiet/lactose_free_reduced_milk_snp.pdf

Teens Health: Lactose Intolerance (Nemours Kids Health):
https://kidshealth.org/en/teens/lactose-intolerance.html

Meal Modifications in CACFP Adult Day Care Centers

Adult Day Care Food Allergy Fact Sheets (Institute of Child Nutrition):
https://theicn.org/icn-resources-a-z/adult-day-care-food-allergy-fact-sheets/

Allowable Fluid Milk Substitutes for Non-disability Reasons for Adult Participants in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/milk_substitutes_cacfp_adults.pdf

CACFP regulations 7 CFR 226.20(g)(1): Modifications for disability reasons (USDA):
https://www.ecfr.gov/current/title-7/part-226#p-226.20(g)(1)

CACFP regulations 7 CFR 226.20(g)(2): Variations for non-disability reasons (USDA):
https://www.ecfr.gov/current/title-7/part-226#p-226.20(g)(2)

Resource List for Special Diets in the Child Nutrition Programs

CACFP regulations 7 CFR 226.20(g)(3): Fluid milk substitutes for non-disability reasons (USDA):
https://www.ecfr.gov/current/title-7/part-226#p-226.20(g)(3)

FNS Instruction 783-13, Revision 3: Variations in Meal Requirements for Religious Reasons: Jewish Schools, Institutions and Sponsors (USDA):
https://www.fna.usda.gov/cn/variations-in-meal-requirements-for-religious-reasons

Guidance for Special Diets (CSDE's Special Diets in the Child and Adult Care Food Program webpage):
https://portal.ct.gov/sde/nutrition/special-diets-in-the-child-and-adult-care-food-program/guidance-for-special-diets

Guide to Meal Modifications for Adult Day Care Centers in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/guide_meal_modifications_cacfp_adults.pdf

Identifying Products that Meet the USDA's Nutrition Standards for Fluid Milk Substitutes in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/identify_allowable_nondairy_milk_substitutes_cacfp.pdf

Medical Statements (CSDE's Special Diets in the Child and Adult Care Food Program):
https://portal.ct.gov/sde/nutrition/special-diets-in-the-child-and-adult-care-food-program/medical-statements

Milk Substitutes for Non-disability Reasons (CSDE's Special Diets in the Child and Adult Care Food Program webpage):
https://portal.ct.gov/sde/nutrition/special-diets-in-the-child-and-adult-care-food-program/milk-substitutes-for-non-disability-reasons

Overview of the Requirements for Meal Modifications for Adult Participants in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/overview_meal_modifications_cacfp_adults.pdf

Special Diets in the Child and Adult Care Food Program (CSDE webpage):
https://portal.ct.gov/sde/nutrition/special-diets-in-the-child-and-adult-care-food-program/guidance-for-special-diets

Resource List for Special Diets in the Child Nutrition Programs

Summary Charts of the Requirements for Meal Modifications for Participants in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/summary_chart_meal_modifications_cacfp.pdf

USDA Memo CACFP 01-2025: Nutrition Requirements for Fluid Milk and Substitutions in the CACFP, Questions and Answers :
https://www.fna.usda.gov/cacfp/nutrition-requirements-fluid-milk-qas

USDA Memo CACFP 14-2017 and SFSP 10-2017: Modifications to Accommodate Disabilities in the Child and Adult Care Food Program and Summer Food Service Program:
https://www.fna.usda.gov/cr/cacfp/modifications-accomodate-disabilities

Meal Modifications in CACFP Child Care Programs

Allowable Fluid Milk Substitutes for Non-disability Reasons for Children in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/milk_substitutes_cacfp.pdf

CACFP regulations 7 CFR 226.20(g)(1): Modifications for disability reasons (USDA):
https://www.ecfr.gov/current/title-7/part-226#p-226.20(g)(1)

CACFP regulations 7 CFR 226.20(g)(2): Variations for non-disability reasons (USDA):
https://www.ecfr.gov/current/title-7/part-226#p-226.20(g)(2)

CACFP regulations 7 CFR 226.20(g)(3): Fluid milk substitutes for non-disability reasons (USDA):
https://www.ecfr.gov/current/title-7/part-226#p-226.20(g)(3)

FNS Instruction 783-13, Revision 3: Variations in Meal Requirements for Religious Reasons: Jewish Schools, Institutions and Sponsors (USDA):
https://www.fna.usda.gov/cn/variations-in-meal-requirements-for-religious-reasons

Guide to Meal Modifications for Child Care Programs in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/guide_special_diets_cacfp.pdf

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Guidance for Special Diets (CSDE's Special Diets in the Child and Adult Care Food Program webpage):
https://portal.ct.gov/sde/nutrition/special-diets-in-the-child-and-adult-care-food-program/guidance-for-special-diets

Identifying Products that Meet the USDA's Nutrition Standards for Fluid Milk Substitutes in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/identify_allowable_nondairy_milk_substitutes_cacfp.pdf

Medical Statements (CSDE's Special Diets in the Child and Adult Care Food Program):
https://portal.ct.gov/sde/nutrition/special-diets-in-the-child-and-adult-care-food-program/medical-statements

Milk Substitutes for Non-disability Reasons (CSDE's Special Diets in the Child and Adult Care Food Program webpage):
https://portal.ct.gov/sde/nutrition/special-diets-in-the-child-and-adult-care-food-program/milk-substitutes-for-non-disability-reasons

Overview of the Requirements for Meal Modifications for Children in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/overview_meal_modifications_cacfp.pdf

Special Diets in the Child and Adult Care Food Program (CSDE webpage):
https://portal.ct.gov/sde/nutrition/special-diets-in-the-child-and-adult-care-food-program/guidance-for-special-diets

Summary Charts of the Requirements for Meal Modifications for Children in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/summary_chart_meal_modifications_cacfp.pdf

USDA Memo CACFP 01-2025: Nutrition Requirements for Fluid Milk and Substitutions in the CACFP, Questions and Answers :
https://www.fna.usda.gov/cacfp/nutrition-requirements-fluid-milk-qas

USDA Memo CACFP 14-2017 and SFSP 10-2017: Modifications to Accommodate Disabilities in the Child and Adult Care Food Program and Summer Food Service Program:
https://www.fna.usda.gov/cr/cacfp/modifications-accomodate-disabilities

Resource List for Special Diets in the Child Nutrition Programs

Meal Modifications in the School Nutrition Programs

Accommodating Children with Disabilities in the School Meal Programs: Guidance for School Food Service Professionals (USDA):
https://www.fna.usda.gov/cn/2017-edition-accommodating-children-disabilities-school-meal-programs

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

Connecticut General Statutes Section 10-212c: Life-threatening food allergies and glycogen storage disease: Guidelines; district plans:
https://www.cga.ct.gov/current/pub/chap_169.htm#sec_10-212c

FNS Instruction 783-13, Revision 3: Variations in Meal Requirements for Religious Reasons: Jewish Schools, Institutions and Sponsors (USDA):
https://www.fna.usda.gov/cn/variations-in-meal-requirements-for-religious-reasons

Guidance for Special Diets (CSDE's Special Diets in School Nutrition Programs webpage):
https://portal.ct.gov/sde/nutrition/special-diets-in-school-nutrition-programs/guidance-for-special-diets

Guide to Meal Modifications in the School Nutrition Programs (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/nslp/specdiet/guide_meal_modifications_snp.pdf

Identifying Products that Meet the USDA's Nutrition Standards for Fluid Milk Substitutes in the School Nutrition Programs (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/nslp/specdiet/identify_allowable_nondairy_ milk_ substitutes_snp.pdf

Medical Statements (CSDE's Special Diets in School Nutrition Programs webpage):
https://portal.ct.gov/sde/nutrition/special-diets-in-school-nutrition-programs/medical-statements

Milk Substitutes for Non-disability Reasons (CSDE's Special Diets in School Nutrition Programs webpage):
https://portal.ct.gov/sde/nutrition/special-diets-in-school-nutrition-programs/milk-substitutes-for-non-disability-reasons

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NSLP regulations 7 CFR 210.10(d)(2): Fluid milk substitutes for non-disability reasons (USDA):
https://www.ecfr.gov/current/title-7/part-210#p-210.10(d)(2)

NSLP regulations 7 CFR 210.10(m)(1): Modifications for disability reasons (USDA):
https://www.ecfr.gov/current/title-7/part-210#p-210.10(m)(1)

NSLP regulations 7 CFR 210.10(m)(2): Variations for non-disability reason (USDA):
https://www.ecfr.gov/current/title-7/part-210#p-210.10(m)(2)

Overview of the Requirements for Meal Modifications in the School Nutrition Programs (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/nslp/specdiet/overview_meal_modifications_snp.pdf

Requirements for Procedural Safeguards for Meal Modifications in the School Nutrition Programs (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/nslp/specdiet/procedural_safeguards_snp.pdf

SBP regulations 7 CFR 220.8(m): Modifications and variations in reimbursable meals:
https://www.ecfr.gov/current/title-7/part-220#p-220.8(m)

Special Diets in School Nutrition Programs (CSDE webpage):
https://portal.ct.gov/sde/nutrition/special-diets-in-school-nutrition-programs

Summary Charts of the Requirements for Meal Modifications in the School Nutrition Programs (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/nslp/specdiet/summary_chart_meal_modifications_snp.pdf

USDA Memo SP 01-2026: Whole Milk for Healthy Kids Act of 2025 – Implementation Requirements for the National School Lunch Program:
https://www.fna.usda.gov/nslp/wmfhka-implementation

USDA Memo SP 26-2017: Accommodating Disabilities in the School Meal Programs: Guidance and Questions and Answers (Q&As):
https://www.fna.usda.gov/nslp/wmfhka-implementation

USDA Memo SP 59-2016: Policy Memorandum on Modifications to Accommodate Disabilities in the School Meal Programs:
https://fns-prod.azureedge.us/cn/2016-modification-to-accomodate-disabilities-in-school-meals

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Meal Modifications in the SFSP

Guidance for Meal Modifications in the Summer Food Service Program(CSDE):
https://portal.ct.gov/-/media/sde/nutrition/sfsp/mealpattern/meal_modification_guidance_sfsp.pdf

Meal Modifications for Special Diets ("Meal Patterns" section of CSDE's SFSP webpage):
https://portal.ct.gov/sde/nutrition/summer-food-service-program/meal-patterns#MealModifications

USDA Memo CACFP 14-2017 and SFSP 10-2017: Modifications to Accommodate Disabilities in the Child and Adult Care Food Program and Summer Food Service Program:
https://www.fna.usda.gov/cr/cacfp/modifications-accomodate-disabilities

Nondiscrimination Legislation

Americans with Disabilities Act (ADA) Amendments Act of 2008 (P.L. 110-325):
https://www.ada.gov/pubs/ada.htm

Americans with Disabilities Act (ADA) Amendments Act of 2008 Final rule: Amendment of Americans with Disabilities Act Title II and Title III Regulations to Implement ADA Amendments Act of 2008 (28 CFR Parts 35 and 36):
https://www.ada.gov/regs2016/adaaa.html

Americans with Disabilities Act (ADA) Final Rule: Nondiscrimination on the Basis of Disability by Public Accommodations and in Commercial Facilities (28 CFR Part 36) (Implementing regulation for Title III of the Americans with Disabilities Act (ADA)):
https://www.ada.gov/regs2010/titleIII_2010/titleIII_2010_regulations.pdf

Americans with Disabilities Act (ADA):
https://www.ada.gov/

Americans with Disabilities Act (ADA): The Americans with Disabilities Act of 1990 and Revised ADA Regulations Implementing Title II and Title III (U.S. Department of Justice website):
https://www.ada.gov/2010_regs.htm

Americans with Disabilities Act of 1990 (ADA) and the ADA Amendments Act of 2008 (Public Law 110-325):
https://www.ada.gov/pubs/ada.htm

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Civil Rights: Discrimination on the Basis of Disability (U.S. Department of Health & Human Services, Office for Civil Rights):
https://www.hhs.gov/civil-rights/for-individuals/disability/index.html

Code of Federal Regulations 7CFR15b.3 Nondiscrimination on the Basis of Handicap in Programs and Activities Receiving Federal Financial Assistance (USDA):
https://www.gpo.gov/fdsys/pkg/CFR-2003-title7-vol1/xml/CFR-2003-title7-vol1-sec15b-3.xml

CSDE Circular Letter C-9: Section 504 of the Rehabilitation Act of 1975: Procedural Safeguards:
https://portal.ct.gov/-/media/SDE/Circular-Letters/circ00-01/c9.pdf

Family Educational Rights and Privacy Act (FERPA) (U.S. Department of Education):
https://www2.ed.gov/policy/gen/guid/fpco/ferpa/index.html

Health Insurance Portability and Accountability Act of 1996 (HIPAA) (U.S. Department of Health and Human Services):
https://www.hhs.gov/hipaa/index.html

Individuals with Disabilities Education Act (IDEA):
https://www.gpo.gov/fdsys/pkg/PLAW-108publ446/html/PLAW-108publ446.htm

Individuals with Disabilities Education Act (U.S. Department of Education):
https://sites.ed.gov/idea/

Know the Rights That Protect Individuals with Disabilities from Discrimination (U.S. Department of Health & Human Services Office for Civil Rights):
https://www.hhs.gov/sites/default/files/knowyourrights504adafactsheet.pdf

U.S. Department of Education Office of Special Education Programs (OSEP):
https://www2.ed.gov/about/offices/list/osers/osep/index.html

USDA's nondiscrimination regulations (7 CFR 15b: Nondiscrimination on the Basis of Handicap in Programs or Activities Receiving Federal Financial Assistance):
https://www.gpo.gov/fdsys/granule/CFR-2010-title7-vol1/CFR-2010-title7-vol1-part15b

Your Rights Under Section 504 of the Rehabilitation Act (U.S. Department of Health & Human Services, Office for Civil Rights):
https://www.hhs.gov/sites/default/files/ocr/civilrights/resources/factsheets/504.pdf

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Training for Special Diets

FARE Food Allergy Academy (Food Allergy Research and Education):
https://www.foodallergy.org/our-initiatives/education-programs-training/fare-training

Food Allergies for School Nutrition (Institute of Child Nutrition):
https://theicn.org/icn-resources-a-z/food-allergies-in-school-nutrition/

Online Training: Carbohydrate Counting for School Nutrition Programs (Institute of Child Nutrition):
https://theicn.docebosaas.com/learn/courses/22/CarbohydrateCountingforSNPs

Online Training: Food Allergies in School Nutrition Programs, Part 1: General Food Allergies (ICN):
https://theicn.docebosaas.com/learn/courses/118/food-allergies-in-snps-general-food-allergies

Online Training: Food Allergies in School Nutrition Programs, Part 2: Reading Food Labels (ICN):
https://theicn.docebosaas.com/learn/courses/126/food-allergies-in-snps-reading-food-labels

Online Training: Food Allergies in School Nutrition Programs, Part 3: Avoiding Cross-Contact (ICN):
https://theicn.docebosaas.com/learn/courses/153/food-allergies-in-school-nutrition-programs-avoiding-cross-contact

Online Training: Food Allergies in School Nutrition Programs, Part 4: Accommodating Food Allergies in Schools (ICN):
https://theicn.docebosaas.com/learn/courses/162/food-allergies-in-snps-accommodating-food-allergies-in-schools

Online Training: Food Allergies: Keeping Students Safe and Included (Food Allergy Research & Education (FARE)):
https://www.foodallergy.org/our-initiatives/education-programs-training/fare-training/keeping-students-safe-and-included

Training for Food Allergies ("Food Allergies" section of CSDE's Special Diets in School Nutrition Programs webpage):
https://portal.ct.gov/sde/nutrition/special-diets-in-school-nutrition-programs/food-allergies#Training

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Video: Managing Food Allergies in Child Care Centers (Institute of Child Nutrition):
https://theicn.org/wpfd_file/managing-food-allergies-in-child-care-centers/

Webinar: Menu Strategies for Special Diets and Allergens (Culinary Institute of Child Nutrition):
https://theicn.org/cicn-menu-strategies-for-special-diets-and-allergens-jul-2021/

Vegetarian Meals

Building a Healthy Vegetarian Meal: Myths and Facts (Academy of Nutrition and Dietetics):
https://www.eatright.org/health/wellness/vegetarian-and-plant-based/building-a-healthy-vegetarian-diet-myths

Eating Vegetarian (USDA Nutrition.Gov):
https://www.nutrition.gov/topics/basic-nutrition/eating-vegetarian

Feeding Vegan Kids (Vegetarian Resource Group):
https://www.vrg.org/nutshell/kids.php

Healthy Climate-Friendly Recipes (Coalition for Healthy School Food):
https://healthyschoolfood.org/wp/recipes/

Healthy Vegetarian Dietary Pattern for Ages 2 and Older, With Daily or Weekly Amounts From Food Groups, Subgroups, and Components (Table A3-4 in the USDA's Dietary Guidelines for Americans):
https://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary_Guidelines_for_Americans-2020-2025.pdf#page=160

Healthy Vegetarian Dietary Pattern for Toddlers Ages 12 Through 23 Months Who Are No Longer Receiving Human Milk or Infant Formula, With Daily or Weekly Amounts From Food Groups, Subgroups, and Components (Table A3-3 in the USDA's Dietary Guidelines for Americans):
https://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary_Guidelines_for_Americans-2020-2025.pdf#page=160

Lesson 5: Alternate Eating Patterns, Nutrition 101: A Taste of Food and Fitness (Institute of Child Nutrition):
https://theicn.org/resources/113/nutrition-101-a-taste-of-food-and-fitness-4th-edition/106975/nutrition-101-participants-workbook.pdf

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More Plants on Plates:
https://www.moreplantsonplatesusa.org/

Plant-based Meal Options in CNPs (California Department of Education):
https://www.cde.ca.gov/ls/nu/he/vegmealoptionscnp.asp

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

Protein Foods for Your Vegetarian Child (Academy of Nutrition and Dietetics):
https://www.eatright.org/food/food-groups/protein-foods/protein-foods-for-your-vegetarian-child

Serving Children that are Vegetarian in the CACFP (National CACFP Sponsors Association):
https://www.cacfp.org/2022/11/29/serving-children-that-are-vegetarian-in-the-cacfp/

Serving Vegetarian Meals in School Nutrition Programs (Center for Nutrition in Schools, University of California):
https://cns.ucdavis.edu/resources/webinars/svmsnp

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

Teen Vegetarians: Facts for Parents (The University of Maine):
https://extension.umaine.edu/publications/4054e/

The Vegetarian Resource Group:
https://www.vrg.org/

Vegetarian Diet (MedlinePlus):
https://medlineplus.gov/vegetariandiet.html

Vegetarian Diets (KidsHealth, Nemours Foundation):
https://kidshealth.org/en/parents/vegetarianism.html

Vegetarian Nutrition (USDA National Agricultural Library):
https://www.nal.usda.gov/human-nutrition-and-food-safety/vegetarian-nutrition

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Vegetarian Nutrition Fact Sheets ("Consumer Resources" section of Academy of Nutrition and Dietetics Vegetarian Nutrition Dietetic Practice Group): https://www.eatrightpro.org/career/academy-groups/dietetic-practice-groups/vegetarian-nutrition

Vegetarianism: The Basic Facts (Academy of Nutrition and Dietetics): https://www.eatright.org/health/wellness/vegetarian-and-plant-based/vegetarianism-the-basic-facts

Resource List for Special Diets in the Child Nutrition Programs

For more information, visit the CSDE's Special Diets in School Nutrition Programs webpage, Special Diets in CACFP Child Care Programs webpage, Special Diets in CACFP Adult Day Care Centers webpage, or the "Meal Modifications for Special Diets" section of the SFSP 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_special_diets.pdf.

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Resource List for Special Diets in the Child Nutrition Programs

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2. fax: (833) 256-1665 or (202) 690-7442; or
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