

Overview of Menu Planning for Grades K-12 in the School Breakfast Program

School Year 2024-25 (July 1, 2024, through June 30, 2025)

This guidance helps school food authorities (SFAs) meet the U.S. Department of Agriculture’s (USDA) School Breakfast Program (SBP) meal pattern requirements for grades K-12 and encourage student selections of reimbursable meals with offer versus serve (OVS). The SBP meal patterns also apply to the Seamless Summer Option (SSO) of the NSLP. For detailed guidance on the SBP meal pattern requirements, refer to the Connecticut State Department of Education’s (CSDE) [Menu Planning Guide for Grades K-12 in the National School Lunch Program and School Breakfast Program](#). The CSDE’s training program, [What’s in a Meal: National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12](#), provides comprehensive guidance on the meal pattern and crediting requirements



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Breakfast Meal Pattern

The SBP meal pattern requires minimum daily and weekly servings of three meal components for each grade group:

- grains and meat/meat alternates (MMA);
- fruits (including optional vegetable substitutions); and
- milk.



The minimum daily requirements for all grades are 1 oz eq of the grains/MMA component, 1 cup of the fruits component, and 1 cup of low-fat or fat-free milk (unflavored or flavored). The weekly requirements for fruits and milk are the sum of the daily requirements. The weekly requirements for the grains/MMA component are ranges; menus must provide at least the minimum but may exceed the maximum. The maximum provides a guide for planning meals that meet the dietary specifications.

School food authorities (SFAs) may offer larger amounts of any meal component if the weekly breakfast menu meets the dietary specifications (refer to “[Dietary Specifications \(Nutrition Standards\)](#)” in this document).

The SBP meal patterns are available in the “[Breakfast Meal Patterns](#)” section of the Connecticut State Department of Education’s (CSDE) [Meal Patterns for Grades K-12 in School Nutrition Programs](#) webpage. For guidance on the crediting requirements, refer to the CSDE’s [Crediting Summary Charts for the Meal Patterns for Grades K-12 in the School Nutrition Programs](#) and visit the CSDE’s [Crediting Foods in School Nutrition Programs](#) webpage.

Crediting Documentation

SFAs must use the USDA’s [Food Buying Guide for Child Nutrition Programs](#) (FBG) to determine how foods credit and the amount that provides the required serving of each meal component. Commercial processed foods not listed in the FBG require a Child Nutrition (CN) label or product formulation statement (PFS) to document crediting information. Foods made from scratch must have a standardized recipe that documents crediting information.

For information on crediting documentation, refer to the CSDE’s resources, [Using Child Nutrition \(CN\) Labels in the School Nutrition Programs](#), [Using Product Formulation Statements in the School Nutrition Programs](#), [Accepting Processed Product Documentation in the School Nutrition Programs](#), and [Crediting Commercial Meat/Meat Alternate Products in the School Nutrition Programs](#). Additional guidance and resources are available in the “[Crediting Commercial Processed Products](#)” and “[Crediting Foods Made from Scratch](#)” sections of the CSDE’s [Crediting Foods in School Nutrition Programs](#) webpage.

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Milk Component

Allowable types of milk include low-fat (1%) and fat-free milk, either unflavored or flavored. Breakfast menus must offer at least 1 cup daily for all grades and must include a variety of milk, i.e., at least two different choices. At least one milk choice must be unflavored. The milk variety requirement also applies to breakfast in the classroom and fruit/vegetable smoothies made with milk. For more information on the milk component, refer to the CSDE's [Comparison of the Milk Component Requirements in the Meal Patterns for School Nutrition Programs](#) and visit the "Milk Component for Grades K-12" section of the CSDE's [Crediting Foods in School Nutrition Programs](#) webpage.

Effective with school year 2025-26 (July 1, 2025), the USDA final rule, [Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans](#), establishes a sugar limit for flavored milk in school meals: no more than 10 grams of added sugars per 8 fluid ounces.

Additional milk requirements for public schools

In addition to the meal pattern requirements, milk available for sale to students in public schools must also meet the requirements of [Section 10-221q](#) of the Connecticut General Statutes (C.G.S.). The state beverage requirements apply to milk sold as part of, and separately from, reimbursable meals and Afterschool Snack Program (ASP) snacks. The state beverage statute does not apply to private schools or residential child care institutions (RCCIs).

The state beverage statute requires that milk cannot contain more than 4 grams of sugars per ounce. Products that meet the federal and state requirements for milk are in [list 16](#) on the CSDE's [List of Acceptable Foods and Beverages](#) webpage, which includes brand-specific lists of foods that meet the Connecticut Nutrition Standards and beverages that meet the requirements of the state beverage statute. For more information on the state beverage statute, visit the CSDE's [Beverage Requirements](#) webpage.

Fruits Component

The fruits component includes fresh, frozen, and dried fruits; canned fruits in juice, water, or light syrup; pasteurized 100 percent full-strength fruit juices; and optional vegetable substitutions. All fruits credit based on volume except dried fruits, which credit as twice the volume served. For example, $\frac{1}{4}$ cup of raisins or dried apricots credits as $\frac{1}{2}$ cup of the fruits component. A serving of canned fruit may include the juice, which counts toward the weekly juice limit (refer to "Juices" in this document).

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Breakfast menus must offer at least 1 cup of fruits (including optional vegetable substitutions) daily for all grades. For more information on the fruits component, visit the [“Fruits Component for Grades K-12”](#) section of the CSDE’s [Crediting Foods in School Nutrition Programs](#) webpage.

Optional vegetable substitutions

Effective July 1, 2024, the USDA final rule, [Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans](#), continues to allow vegetables to substitute for fruits in the SBP and simplifies the vegetable variety requirement. Vegetable substitutions may be from any of the five vegetable subgroups (dark green; red/orange; beans, peas, and lentils; starchy; and other).

- SFAs that choose to offer vegetable substitutions on one day per school week may offer any vegetable, including a starchy vegetable.
- SFAs that choose to offer vegetable substitutions on two or more days per school week must offer vegetables from at least two different subgroups.

Creditable vegetables include fresh, frozen, canned, and rehydrated dried vegetables, and pasteurized 100 percent full-strength vegetable juice. Vegetable juice counts with fruit juice toward the weekly limit (refer to [“Juices”](#) in this document).

All vegetables credit based on volume except raw leafy greens, which credit as half the volume served. For example, 1 cup of spinach or lettuce credits as ½ cup of the vegetables component. The meal pattern serving refers to the amount of vegetables before added ingredients, such as the sauce in baked beans or mayonnaise in potato salad. A serving of canned vegetables must be drained. Dried vegetables (such as potato flakes and dried soup mix) credit based on their rehydrated volume and require a PFS.

For more information on the vegetables component, refer to the CSDE’s [Vegetable Subgroups in the National School Lunch Program](#) and visit the [“Vegetables Component for Grades K-12”](#) section of the CSDE’s [Crediting Foods in School Nutrition Programs](#) webpage.

Juices

Fruit juices, vegetable juices, and combination juices must be pasteurized 100 percent full-strength juice. Fruit juices together with vegetable juices cannot exceed half of the weekly fruit offerings. For example, if a five-day breakfast menu offers 5 cups of the fruits component (including optional vegetable substitutions), the weekly amount of all offered fruit/vegetable juices cannot exceed 2½ cups.

The juice limit applies to all sources of 100 percent juice served at breakfast during the week, including fruit and vegetable juices, frozen juice pops made from 100 percent juice, and pureed fruits and vegetables in smoothies. The juice from canned fruit also counts toward the juice limit if the menu planner credits the juice toward the fruits component. For more information, refer to

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the CSDE's [Crediting Juice in the Meal Patterns for Grades K-12 in the School Nutrition Programs](#) and [Crediting Smoothies for Grades K-12 in the School Nutrition Programs](#).

Grains and Meats/Meat Alternates (MMA) Component

Effective July 1, 2024, the USDA final rule, [Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans](#), establishes a combined grains and MMA component in the SBP meal pattern and removes the requirement to offer 1 ounce equivalent (oz eq) of grains each day at breakfast.

Requirements for grains

Grain products and recipes must be whole grain-rich (WGR) or enriched. Cooked and ready-to-eat (RTE) breakfast cereals must be WGR, enriched, or fortified. For more information on the grains, visit the "[Grains Component for Grades K-12](#)" section of the CSDE's [Crediting Foods in School Nutrition Programs](#) webpage.

Whole grain-rich (WGR) requirement

At least 80 percent of the grains offered at breakfast must be WGR (refer to the CSDE's [Calculating the Weekly Percentage of Whole Grain-rich Menu Items in the National School Lunch Program and School Breakfast Program](#)). Grains that are not WGR must be enriched and cannot exceed 20 percent of the offered weekly grains (refer to the CSDE's [Crediting Enriched Grains in the School Nutrition Programs](#)).

WGR criteria

The WGR criteria depend on the grain group where the grain item belongs in the USDA's chart, [Exhibit A: Grain Requirements for Child Nutrition Programs](#).

- **Groups A-G (e.g., breads, muffins, pancakes, and crackers) and group H (e.g., rice, pasta, quinoa, and cooked breakfast cereals, e.g., oatmeal):** These foods are WGR if: 1) they are 100 percent whole grain or contain a blend of whole and enriched grains that is at least 50 percent whole grain; and 2) noncreditable grains are less than $\frac{1}{4}$ oz eq per portion, i.e., no more than 3.99 grams per portion for groups A-G or 6.99 grams per portion for group H.
- **Group I (ready-to-eat (RTE) breakfast cereals):** These cereals are WGR if: 1) the first ingredient is a whole grain and the cereal is fortified, or the cereal is 100 percent whole grain; and 2) noncreditable grains do not exceed 6.99 grams per portion. Fortification is not required if the RTE cereal is 100 percent whole grain. For more information, refer to the CSDE's [Crediting Breakfast Cereals in the Meal Patterns for Grades K-12 in the School Nutrition Programs](#).

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Effective with school year 2025-26 (July 1, 2025), the USDA final rule, *Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans*, establishes a sugar limit for breakfast cereals: no more than 6 grams of added sugars per dry ounce.

For comprehensive guidance on the WGR criteria, refer to the CSDE's *Guide to Meeting the Whole Grain-rich Requirement for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12*.

Required meal pattern servings of grains/MMA

For all grades, breakfast menus must offer at least 1 oz eq daily of grains, MMA, or a combination of both. The weekly five-day menu must offer at least 7 oz eq of grains/MMA for grades K-5, at least 8 oz eq for grades 6-8, and at least 9 oz eq for grades 9-12. The weekly seven-day menu must offer at least 10 oz eq of grains/MMA for grades K-5, at least 11 oz eq for grades 6-8, and at least 12.5 oz eq for grades 9-12. The weekly maximums are not required but provide a guide for planning meals that meet the dietary specifications (refer to "[Dietary Specifications \(Nutrition Standards\)](#)" in this document).

Oz eq of grains

Grain products and recipes must meet the required weight (groups A-G) or volume (groups H-I) in the USDA's Exhibit A chart or provide the minimum creditable grains. For additional guidance, refer to the CSDE's *Grain Ounce Equivalents for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12*, *How to Use the Grain Ounce Equivalents Chart for the National School Lunch Program and School Breakfast Program*, *Calculation Methods for Grain Ounce Equivalents for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12*, and *When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs*.

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Oz eq of MMA

The serving size of MMA refers to the edible portion of cooked lean meat, poultry, or fish as served, e.g., cooked lean meat without bone, breading, binders, extenders, or other ingredients.

A 1-oz eq serving equals:

- 1 ounce of lean meat, poultry, or fish;
- 1 ounce of cheese (low-fat recommended);
- 2 ounces of cottage or ricotta cheese (low-fat recommended);
- ¼ cup of cooked beans, peas, and lentils (refer to the CSDE's [Crediting Beans, Peas, and Lentils in the School Nutrition Programs](#));
- ½ large egg;
- 2 tablespoons of nut or seed butters (refer to the CSDE's [Crediting Nuts and Seeds in the School Nutrition Programs](#));
- 1 ounce of nuts or seeds, e.g., almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, walnuts, pine nuts, pistachios, pumpkin seeds, sunflower seeds, and soy nuts (refer to the CSDE's [Crediting Nuts and Seeds in the School Nutrition Programs](#));
- ¼ cup (2.2 ounces) of commercial tofu containing at least 5 grams of protein (refer to the CSDE's [Crediting Tofu and Tofu Products in the School Nutrition Programs](#));
- 1 ounce of tempeh;
- 3 ounces of surimi;
- ½ cup of yogurt or soy yogurt (refer to the CSDE's [Crediting Yogurt for Grades K-12 in the School Nutrition Programs](#)); and
- 1 ounce of alternate protein products (APPs) that meet the USDA's requirements in [appendix A](#) of the NSLP regulations (refer to the CSDE's [Requirements for Alternate Protein Products in the School Nutrition Programs](#)).

Effective with school year 2025-26 (July 1, 2025), the USDA final rule, [Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans](#), establishes a sugar limit for yogurt: no more than 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce).

Commercial processed products that contain added ingredients (such as combination foods, deli meats, and sausages) do not credit based on weight, i.e., 1 ounce does not equal 1 oz eq of MMA. These foods require a CN label or PFS to document crediting information (refer to “[Crediting Documentation](#)” in this document and the CSDE's [Crediting Commercial Meat/Meat Alternate Products in the School Nutrition Programs](#) and [Crediting Deli Meats in the School Nutrition Programs](#)).

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Dietary Specifications (Nutrition Standards)

Breakfast menus for each grade group must meet the weekly limits for calories, saturated fat, and sodium. Effective July 1, 2024, the USDA final rule, [Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans](#), removes the dietary specification prohibiting synthetic trans fat in school meals. The USDA determined that this requirement is no longer necessary due to the Food and Drug Administration's (FDA) actions that eliminated synthetic trans fat from the U.S. food supply by 2021.

The nutrition standards are indicated at the bottom of each SBP meal pattern. When selecting food items to help school breakfast menus to meet the dietary specifications, menu planners should consider nutrition information and limit noncreditable foods (refer to the CSDE's [Noncreditable Foods in the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12](#)).

Effective with school year 2025-26 (July 1, 2025), the USDA final rule, [Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans](#), phases in a weekly limit for added sugars of less than 10 percent of calories. This weekly limit is in addition to the product-based limits for breakfast cereals, yogurt, and milk. By July 1, 2027, the final sodium limit applies. Schools must implement a 15 percent reduction for lunch and a 10 percent reduction for breakfast from the current sodium limits (refer to the CSDE's [Sodium Limits for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12](#)).

For information on the dietary specifications, refer to the CSDE's [Weekly Calorie Ranges for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12](#), [Sodium Limits for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12](#), and section 6 of the [Menu Planning Guide for Grades K-12 in the National School Lunch Program and School Breakfast Program](#). Additional guidance is available in the "Dietary Specifications (Nutrition Standards for School Meals)" section of the CSDE's [Meal Patterns for Grades K-12 in School Nutrition Programs](#) webpage.

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Offer versus serve (OVS)

OVS at breakfast is optional. To implement OVS, breakfast menus must offer at least four food items from the three meal components (grains/MMA, fruits, and milk). The planned serving for each food item must be at least the full serving (minimum daily amount) for each grade group.

The four food items may include two servings of grains/MMA (either two of the same grains/MMA or two different grains/MMA), one serving of grains and one serving of MMA, or two servings of fruits or vegetable substitutions (either two of the same fruit or vegetable, two different fruits or vegetables, or one fruit and one vegetable). The four food items cannot include two servings of milk.

Figure 1 shows a sample OVS breakfast menu with four food items (one grain/MMA, two fruits, and one milk).

Figure 1. Sample OVS breakfast menu with four food items

Grains/MMA	Fruits: Choose at least one serving (½ cup)	Milk
Choose 1 Assorted whole-grain cereals Whole-grain muffins WGR mini pancakes Yogurt Cheese stick Peanut butter	Choose up to 2 (limit of 1 juice) Apple Banana Blueberries Sliced peaches Assorted fruit juice	Choose 1 Fat-free milk Low-fat milk Low-fat chocolate milk

For a reimbursable meal with OVS, students must select at least three food items, including at least ½ cup of fruit or vegetable and the full serving of at least two other food items. Except for fruits and vegetables, student selections of less than the minimum daily serving do not count as a food item for reimbursable meals with OVS.

For more information on OVS, refer to the CSDE’s resources, [Overview of Offer Versus Serve \(OVS\) in the School Breakfast Program](#) and [Offer versus Serve Guide for School Meals](#), and visit the CSDE’s [OVS](#) webpage. Module 16 of the CSDE’s [What’s in a Meal training program](#) provides comprehensive guidance on the meal pattern and crediting requirements for OVS at breakfast.

Staff training for OVS

SFAs must provide adequate training for school food service staff on how to recognize reimbursable meals with OVS. In addition to regular training, a recommended best practice for

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cafeteria managers is conducting a daily pre-service meeting with cashiers and servers to review each menu choice and what students must select for a reimbursable meal. This helps to ensure that all food service staff (including substitutes) can accurately identify reimbursable meals.

Required Cafeteria Signage

SFAs are required to post two different types of cafeteria signage. This signage must clearly indicate the meal components for each daily menu choice and what students may select for a reimbursable meal.

1. **Signage to identify the foods and amounts offered for all planned reimbursable meals:** SFAs must post signage to identify all planned reimbursable meals (i.e., offered full meals), including the components and portions and any choices or combination of choices available within each component. This signage must be located near or at the beginning of each serving line. This requirement applies to all schools, including schools that do not implement OVS and schools that implement family-style meal service.
2. **Signage that indicates the required student selections for reimbursable meals with OVS:** SFAs must post signage that indicates the required student selections for all reimbursable meal choices with OVS. This signage must be located at all applicable points in the serving line where the meal components are available. For example, if the lunch menu for grades 9-12 offers all fruits in ½-cup servings, the serving line signage must indicate that students may select up to two choices but must select at least one choice. This requirement applies only to schools that implement OVS.

For more information, visit the “[Signage for OVS](#)” section of the CSDE’s Offer versus Serve for School Nutrition Programs webpage.

Resources

Accepting Processed Product Documentation in the School Nutrition Programs (CSDE):

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

Calculating the Weekly Percentage of Whole Grain-rich Menu Items in the National School Lunch Program and School Breakfast Program (CSDE):

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

Calculation Methods for Grain Ounce Equivalents for 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/grain_calculation_snp_grades_k-12.pdf

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

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

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Crediting Breakfast Cereals in the Meal Patterns for Grades K-12 in the School Nutrition Programs (CSDE):

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

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

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

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

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

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

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

Crediting Foods in School Nutrition Programs (CSDE webpage):

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

Crediting Grain-based Desserts in the Meal Patterns for Grades K-12 in the School Nutrition Programs (CSDE):

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

Crediting Juice for Grades K-12 in the School Nutrition Programs (CSDE):

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

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

https://fns-prod.azureedge.us/sites/default/files/resource-files/mma_tipsheet.pdf

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

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

Crediting Smoothies in the Meal Patterns for Grades K-12 in the School Nutrition Programs (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit_smoothies_snp_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 Tofu and Tofu Products in the School Nutrition Programs (CSDE):

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

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

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

Crediting Yogurt in the Meal Patterns for Grades K-12 in the School Nutrition Programs (CSDE):

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

Food Buying Guide for Child Nutrition Programs (USDA):

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

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Fruits Component for Grades K-12 (CSDE's Crediting Foods in School Nutrition Programs webpage):

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

Grain Ounce Equivalents for 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/grains_oz_eq_snp_grades_k-12.pdf

Grains Component for Grades K-12 (CSDE's Crediting Foods in School Nutrition Programs webpage):

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

Guide to Meeting the Whole Grain-rich Requirement for 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/wgr_requirement_snp_grades_k-12.pdf

How to Use the Grain Ounce Equivalents Chart for the National School Lunch Program and School Breakfast Program (CSDE):

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

Meal Patterns for Grades K-12 in School Nutrition Programs (CSDE webpage):

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

Meats/Meat Alternates Component for Grades K-12 (CSDE's Crediting Foods in School Nutrition Programs webpage):

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

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 Resources for School Meals (CSDE):

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

Milk Component for Grades K-12 (CSDE's Crediting Foods in School Nutrition Programs webpage):

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

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

Offer versus Serve for School Nutrition Programs (CSDE webpage):

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

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Offer versus Serve Guide for School Meals (CSDE):

https://portal.ct.gov/sde/nutrition/-/media/sde/nutrition/nslp/ovs/ovs_guide_snp.pdf

Overview of OVS in the National School Lunch Program (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/nslp/ovs/overview_ovs_nslp.pdf

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

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

Resources for the School Meal Patterns (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/nslp/meal_pattern/resources_school_meal_patterns_grades_k-12.pdf

Sodium Limits for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12 (CSDE):

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

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

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

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

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

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

Vegetables Component for Grades K-12 (CSDE's Crediting Foods in School Nutrition Programs webpage):

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

Weekly Calorie Ranges for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12 (CSDE):

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

What's in a Meal: National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12 (CSDE Training Program):

<https://portal.ct.gov/sde/nutrition/meal-pattern-training-materials>

Worksheet to Calculate the Weekly Percentage of Whole Grain-rich Menu Items in School Lunch and Breakfast Menus for Grades K-12 (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/worksheet_calculate_wgr_percentage_snp_grades_k-12.xlsx

Overview of Menu Planning for Grades K-12 in the SBP

For more information, visit the CSDE's [Meal Patterns for Grades K-12 in School Nutrition Programs](#) and [Crediting Foods in School Nutrition Programs](#) webpages or contact the [school nutrition programs staff](#) at the Connecticut State Department of Education, Bureau of Child Nutrition Programs, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841. This document is available at https://portal.ct.gov/-/media/sde/nutrition/sbp/overview_menu_planning_sbp_grades_k-12.pdf.

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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

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