

# Crediting Legumes in the Summer Food Service Program

This guidance applies to meals and snacks served in the U.S. Department of Agriculture’s (USDA) Summer Food Service Program (SFSP). Legumes credit as the meat/meat alternates (MMA) component or the vegetables/fruits component in the SFSP meal patterns. For information on the SFSP meal patterns and the vegetables/fruits components, refer to the Connecticut State Department of Education’s (CSDE) resources, [Requirements for the Meat/Meat Alternates Component of the Summer Food Service Program Meal Patterns](#) and [Requirements for the Vegetables/Fruits Component of the SFSP Meal Patterns](#), and visit the “Meal Patterns for the SFSP,” “Meat/Meat Alternates Component for the SFSP,” and “Vegetables/Fruits Component for the SFSP” sections of the CSDE’s SFSP webpage.



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# Crediting Legumes in the Summer Food Service Program

## Overview of Crediting Requirements

Legumes include cooked dry beans and peas, such as black beans, black-eyed peas (mature, dry), edamame (soybeans), garbanzo beans (chickpeas), kidney beans, lentils, navy beans, soybeans, split peas, and white beans. A  $\frac{1}{4}$ -cup serving of legumes credits as 1 ounce of the meat/meat alternates (MMA) component or  $\frac{1}{4}$  cup of the vegetables/fruits component.

- Legumes may credit as either MMA component or the vegetables/fruits component, but one serving cannot credit as both components in the same meal or snack.
- Legumes may credit as the MMA component or the vegetables/fruits component in different meals. For example, lentils may credit as the vegetables/fruits component at one lunch and as the MMA component at another lunch.
- If the meal includes two servings of legumes, one serving may credit as the vegetables/fruits component and one serving may credit as the MMA component. For example,  $\frac{1}{4}$  cup of garbanzo beans in a salad may credit as  $\frac{1}{4}$  cup of the vegetables/fruits component and  $\frac{1}{2}$  cup of kidney beans in chili may credit as 2 ounces of the MMA component.

Menu planners must determine in advance how to credit legumes in a meal.

## Crediting Legumes as Vegetables

Foods in the vegetables/fruits component credit based on volume (cups), not weight. For example, a  $\frac{1}{2}$ -cup serving of legumes credits as  $\frac{1}{2}$  cup of the vegetables/fruits component. The minimum creditable amount for the vegetables/fruits component is  $\frac{1}{8}$  cup (2 tablespoons).

The meal pattern serving refers to the amount of legumes without added ingredients. For example, to credit as  $\frac{1}{2}$  cup of the vegetables/fruits component, a serving of baked beans must contain  $\frac{1}{2}$  cup of beans, excluding added ingredients such as sauce and pork fat.

Menu planners must round down the amount of legumes to the nearest  $\frac{1}{8}$  cup (2 tablespoons). For example, a recipe with  $2\frac{1}{2}$  tablespoons of kidney beans per serving credits as  $\frac{1}{8}$  cup of the vegetables/fruits component. If the menu item contains less than the full serving of the vegetables/fruits component, the meal must include additional vegetables or fruits to provide the full serving.

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## Crediting Legumes as MMA

Legumes credit as the MMA component based on volume. A ¼-cup serving (4 tablespoons) of legumes credits as 1 ounce of the MMA component. The minimum creditable amount is 1 tablespoon (¼ ounce of MMA).

Menu planners must round down the amount of legumes to the nearest ¼ oz eq. For example, a recipe that contains 2½ tablespoons (0.625 ounce of MMA) of kidney beans per serving rounds down to 0.5 ounce of the MMA component. Table 1 shows the meal pattern contribution for different serving sizes of legumes.

**Table 1. Crediting legumes as MMA component**

Serving size (volume)	Meal pattern contribution
8 tablespoons (½ cup)	2 ounces
7 tablespoons	1¾ ounces
6 tablespoons (¾ cup)	1½ ounces
5 tablespoons	1¼ ounces
<b>4 tablespoons (¼ cup)</b>	<b>1 ounce</b>
3 tablespoons	¾ ounce
2 tablespoons (⅓ cup)	½ ounce
1 tablespoon (⅓ cup)	¼ ounce (minimum creditable amount)

## Crediting Hummus

Hummus may credit as either the MMA component or the vegetables/fruits component, but one serving cannot credit as both components in the same meal or snack. To credit as the MMA component, the serving must contain at least ¼ ounce of MMA from the chickpeas/garbanzo beans (legumes) and tahini (sesame paste) combined.

- **Legumes:** A ¼-cup serving of chickpeas/garbanzo beans credits as 1 ounce of the MMA component. The minimum creditable amount is 1 tablespoon (¼ oz eq).
- **Tahini:** Tahini credits the same as nut/seed butters. Two tablespoons of tahini credit as 1 ounce of the MMA component. The minimum creditable amount is ½ tablespoon (¼ oz eq).



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Hummus credits as the vegetables/fruits component based on the amount of chickpeas per serving. For example, hummus that contains  $\frac{1}{4}$  cup of chickpeas per serving credits as  $\frac{1}{4}$  cup of the vegetables/fruits component. The minimum creditable amount of legumes is  $\frac{1}{8}$  cup.

SFSP sponsors must maintain crediting documentation for hummus that indicates the amount of legumes and tahini per serving. Commercial products require a Child Nutrition (CN) label or manufacturer's product formulation statement (PFS) (refer to "[Crediting Documentation for Commercial Legume Products](#)" in this document). Hummus made from scratch requires a recipe (refer to "[Crediting Legumes in Recipes](#)" in this document).

### Crediting Roasted or Dried Legumes

Roasted or dried legumes, such as roasted garbanzo beans (chickpeas) and roasted soybeans, may credit as either the MMA component or the vegetables/fruits component, but one serving cannot credit as both components in the same meal or snack.

- **MMA component:** Roasted or dried legumes credit as the MMA component based on weight (ounces). A 1-ounce serving of roasted or dried legumes credits as 1 ounce of the MMA component. At lunch and supper, roasted or dried legumes cannot credit for more than half of the MMA component. They must be combined with another food from the MMA component to meet the full requirement.
- **Vegetables/fruits component:** Roasted or dried legumes credit as the vegetables/fruits component based on volume (cups). For example,  $\frac{1}{4}$  cup of roasted or dried legumes credits as  $\frac{1}{4}$  cup of the vegetables/fruits component.

The USDA recommends using discretion when offering snack-type legumes (such as individually wrapped soy nuts) as part of reimbursable meals because they may be perceived as snack foods. When offering snack-type legumes as either the MMA component or the vegetables/fruits component, make sure that SFSP menus clearly identify how they contribute to the reimbursable meal or snack.

Children younger than 4 are at the highest risk of choking. Consider children's ages and developmental readiness when deciding whether to offer roasted or dried legumes in SFSP menus. For additional guidance, visit the "[Choking Prevention](#)" section of the CSDE's [Food Safety for Child Nutrition Programs](#) webpage.

# Crediting Legumes in the Summer Food Service Program

## Crediting Documentation for Commercial Legume Products

Commercial processed products that contain legumes (such as black bean burritos and vegetarian chili) require documentation stating the amount of the MMA component per serving. Acceptable documentation includes:

- the original Child Nutrition (CN) label from the product carton or a photocopy or photograph of the CN label shown attached to the original product carton (refer to the CSDE's resource, [Using Child Nutrition \(CN\) Labels in the School Nutrition Programs](#)); or
- a product formulation statement (PFS) signed by an official of the manufacturer stating the amount of each meal pattern component contained in one serving of the product.

For example, to credit a black bean burrito as 1 ounce of the MMA component, the product's CN label or PFS must state that one serving contains  $\frac{1}{4}$  cup of black beans. To credit vegetarian chili as  $\frac{1}{4}$  cup of vegetable component, the product's CN label or PFS must state that one serving contains  $\frac{1}{4}$  cup of legumes.

Commercial processed legume products without a CN label or PFS cannot credit in SFSP meals and snacks.

SFSP sponsors must obtain a PFS for all commercial processed products that are not CN labeled. Crediting documentation must be maintained on file. The CSDE will review this information during the Administrative Review of the SFSP.

For information on CN labels and PFS forms, refer to the CSDE's resources, [Using Child Nutrition \(CN\) Labels in the Summer Food Service Program](#), [Using Product Formulation Statements in the Summer Food Service Program](#), and [Accepting Processed Product Documentation in the Summer Food Service Program](#). For guidance on how to review a PFS, refer to the USDA's [Tips for Evaluating a Manufacturer's Product Formulation Statement](#) and [Reviewer's Checklist for Evaluating Manufacturer Product Formulation Statements for Meat/Meat Alternates](#).

For additional guidance on documentation for commercial products, visit the "[Crediting Commercial Processed Products](#)" section of the CSDE's SFSP webpage. Training on the PFS requirements and how to review a PFS is available in Module 6: Meal Pattern Documentation of the CSDE's training program, [What's in a Meal: National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12](#).

# Crediting Legumes in the Summer Food Service Program

## Crediting Legumes in Recipes

Legume-based foods made from scratch credit based on the volume (cups) of legumes in the recipe serving. The crediting information depends on whether the menu planner credits the legumes as the vegetables/fruits component or the MMA component. To determine the amount of legumes per serving, the menu planner must determine the total volume (cups) of legumes in the recipe.

- **Vegetables/fruits component:** The minimum creditable amount of the vegetables/fruits component is  $\frac{1}{8}$  cup. To determine the number of  $\frac{1}{8}$ -cup servings of legumes in one serving of the recipe, divide the cups of legumes in one serving of the recipe by 0.125, then round down to the nearest  $\frac{1}{8}$  cup. Refer to “[Steps for calculating the vegetables contribution of legumes](#)” below for an example of how to calculate the vegetables/fruits contribution of legumes in a recipe.
- **MMA component:** The minimum creditable amount of the MMA component is  $\frac{1}{4}$  ounce (1 tablespoon). A  $\frac{1}{4}$ -cup serving of legumes provides 1 ounce of the MMA component. To determine the ounces of the MMA component in one serving of the recipe, divide the cups of legumes in one serving of the recipe by 0.25, then round down to the nearest  $\frac{1}{4}$  ounce. Refer to “[Steps for calculating the MMA contribution of legumes](#)” for an example of how to calculate the MMA contribution of legumes in a recipe.

For assistance with recipe calculations, use the equivalent volume measures in the ICN’s [Basics at a Glance Portion Control Poster](#) and the decimal fraction equivalents chart (table 6) in the “[Introduction](#)” section of the USDA’s *Food Buying Guide for Child Nutrition Programs* (FBG). For information on standardized recipes, visit the “[Crediting Foods Made from Scratch](#)” section of the CSDE’s SFSP webpage.



# Crediting Legumes in the Summer Food Service Program

## Steps for calculating the vegetables contribution of legumes

Example: A recipe provides 50 servings and contains 1 gallon and 1 quart of chickpeas. How many cups of vegetables (legumes subgroup) does the recipe provide per serving?

1. **Determine the total cups of legumes in the recipe:** Use the ICN's [Basics at a Glance Portion Control Poster](#) to convert larger measurements to cups. Use the decimal fraction equivalents chart (table 6) in the FBG's "[Introduction](#)" section to convert fractions to decimals.

1 gallon (16 cups) plus 1 quart (4 cups) of chickpeas = 20 cups of chickpeas.

2. **List the number of servings in the recipe:** 50 servings
3. **Determine the cups of legumes per serving:** Divide the total cups of legumes (step 1) by the number of servings in the recipe (step 2).

20 cups of chickpeas divided by 50 servings = 0.4 cup of chickpeas per serving.

**Note:** If the decimal amount for the cups of legumes per serving converts to an even multiple of  $\frac{1}{8}$  cup, such as 0.5 ( $\frac{1}{2}$ ) cup, 0.25 ( $\frac{1}{4}$ ) cup, or 0.125 ( $\frac{1}{8}$ ) cup, this is the final meal pattern contribution for the vegetables/fruits component. Do not complete steps 4 and 5.

4. **Determine the number of  $\frac{1}{8}$ -cup servings (minimum creditable amount) of legumes in one serving of the recipe:** Divide the cups of legumes per serving (step 3) by 0.125.

0.4 cup of chickpeas per serving divided by 0.125 = 3.2 servings of  $\frac{1}{8}$  cup.

5. **Round down the number of serving from step 4 to the nearest  $\frac{1}{8}$ -cup serving.**

3.2 servings rounds down to 3 servings of  $\frac{1}{8}$  cup, i.e.,  $\frac{3}{8}$  cup. One serving of this recipe contains  $\frac{3}{8}$  cup of the vegetables/fruits component.

# Crediting Legumes in the Summer Food Service Program

## Steps for calculating the MMA contribution of legumes

Example: A recipe provides 50 servings and contains 1 gallon and 1 quart of chickpeas. How many ounces of the MMA component does the recipe provide per serving?

1. **Determine the total cups of legumes in the recipe:** Use the ICN's [Basics at a Glance Portion Control Poster](#) to convert larger measurements to cups. Use the decimal fraction equivalents chart (table 6) in the FBG's "Introduction" section to convert fractions to decimals.

1 gallon (16 cups) plus 1 quart (4 cups) of chickpeas = 20 cups of chickpeas.

2. **List the number of servings in the recipe:** 50 servings

3. **Determine the cups of legumes per serving:** Divide the total cups of legumes (step 1) by the number of servings in the recipe (step 2).

20 cups of chickpeas divided by 50 servings = 0.4 cup of chickpeas per serving.

4. **Determine the ounces of MMA per serving:** Divide the cups of legumes per serving (step 3) by 0.25 (1 ounce =  $\frac{1}{4}$  cup (0.25) of legumes).

0.4 cup of chickpeas per serving divided by 0.25 = 1.6 ounces of MMA.

5. **Round down the ounces from step 4 to the nearest  $\frac{1}{4}$  oz eq.**

1.6 ounces rounds down to 1.5 ounces of MMA. One serving of this recipe contains 1.5 ounces of the MMA component.





# Crediting Legumes in the Summer Food Service Program

## Pasta Products Made of Legume Flours

Pasta products made of 100 percent legume flour (such as chickpea flour or lentil flour) may credit as either the vegetables/fruits component or the MMA component, but one serving cannot credit as both components in the same meal or snack.

- **MMA component:** Crediting pasta products that contain legume flours as the MMA component is the same as crediting legumes. A ½-cup serving of cooked pasta made of 100 percent legume flours credits as 2 ounces of the MMA component.

Legume flour pasta must be offered with additional MMA, such as tofu, cheese, or meat. The USDA's intent for this requirement is to ensure that MMA are in a form that is recognizable to children. The nutrition education aspect of the Child Nutrition Programs includes the goal of helping children recognize the food groups that contribute to healthy meals and snacks.

- **Vegetables/fruits component:** Pasta products that contain vegetable flours from one vegetable subgroup credit toward that vegetable subgroup. For example, ½ cup of pasta made of 100 percent red lentil flour credits as ½ cup of the legumes subgroup.

Alternatively, manufacturers and SFSP sponsors may credit legume flour pasta using the bean flour yield information on page C-1 of [Appendix C](#) of the FBG, or with appropriate documentation on the manufacturer's product formulation PFS. For more information on PFS forms, refer to "[Crediting Documentation for Commercial Legume Products](#)" in this document.

## Resources

Accepting Processed Product Documentation in the Summer Food Service Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsfp/accepting\\_processed\\_product\\_documentation\\_sfsp.pdf](https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsfp/accepting_processed_product_documentation_sfsp.pdf)

Appendix C: Food Items for Further Processing, Food Buying Guide for Child Nutrition Programs (USDA):

[https://foodbuyingguide.fns.usda.gov/files/Reports/USDA\\_FBG\\_FoodItemsForFurtherProcessing\\_YieldTable.pdf](https://foodbuyingguide.fns.usda.gov/files/Reports/USDA_FBG_FoodItemsForFurtherProcessing_YieldTable.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 Legumes in the Summer Food Service Program

Food Buying Guide for Child Nutrition Programs (USDA):

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

Meal Patterns for the SFSP (“How To” Section of CSDE’s SFSP webpage):

<https://portal.ct.gov/sde/nutrition/summer-food-service-program/how-to#MealPatterns>

Meat/Meat Alternates Component for the SFSP (“Documents/Forms” section of CSDE’s SFSP webpage):

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

Menu Planning for Child Nutrition Programs (CSDE webpage):

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

Nutrition Guide: Summer Food Service Program (USDA):

<https://www.fns.usda.gov/sfsp/nutrition-guide>

Product Formulation Statement (Product Analysis) for Meat/Meat Alternate (M/MA) Products in Child Nutrition Programs (USDA):

[https://www.fns.usda.gov/sites/default/files/resource-files/PFS\\_Meats-Meat\\_Alternates\\_Fillable\\_508.pdf](https://www.fns.usda.gov/sites/default/files/resource-files/PFS_Meats-Meat_Alternates_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](https://fns-prod.azureedge.us/sites/default/files/resource-files/PFS_Total_Veg_Fruits_Fillable_508.pdf)

Requirements for the Meat/Meat Alternates Component of the Summer Food Service Program Meal Patterns (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsfp/component\\_mma\\_sfsp.pdf](https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsfp/component_mma_sfsp.pdf)

Requirements for the Vegetables/Fruits Component of the Summer Food Service Program Meal Patterns (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsfp/component\\_vegetables\\_fruits\\_sfsp.pdf](https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsfp/component_vegetables_fruits_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](https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/MealPattern/Resources_SFSP_Meal_Patterns.pdf)

Reviewer’s Checklist for Evaluating Manufacturer Product Formulation Statements for Meat/Meat Alternates (USDA):

[https://fns-prod.azureedge.us/sites/default/files/reviewer\\_checklist.pdf](https://fns-prod.azureedge.us/sites/default/files/reviewer_checklist.pdf)

Standardized Recipe Form for the Summer Food Service Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsfp/standardized\\_recipe\\_form\\_sfsp.docx](https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsfp/standardized_recipe_form_sfsp.docx)

## Crediting Legumes in the Summer Food Service Program

Standardized Recipes (“Documents/Forms” section of CSDE’s SFSP webpage):

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

Tips for Evaluating a Manufacturer’s Product Formulation Statement (USDA):

<https://fns-prod.azureedge.us/sites/default/files/resource-files/manufacturerPFStipsheet.pdf>

USDA Memo SP 26-2019, CACFP 13-2019 and SFSP 12-2019: Crediting Pasta Products Made of Vegetable Flour in the Child Nutrition Programs:

<https://www.fns.usda.gov/crediting-pasta-products-made-vegetable-flour-child-nutrition-programs>

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>

Using Child Nutrition (CN) Labels in the Summer Food Service Program (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/CN\\_Labels\\_SFSP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/CN_Labels_SFSP.pdf)

Using Product Formulation Statements in the Summer Food Service Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsp/product\\_formulation\\_statements\\_sfsp.pdf](https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsp/product_formulation_statements_sfsp.pdf)

What’s in a Meal Module 6: Meal Pattern Documentation (CSDE’s Training Program, What’s in a Meal: National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12):

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

## Crediting Legumes in the Summer Food Service Program

For more information, visit the [Meal Patterns for the SFSP](#) and [Crediting Foods in the SFSP](#) sections of the CSDE's SFSP webpage or contact the [Summer Meals 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/sfsp/creditingfsfp/credit\\_legumes\\_sfsp.pdf](https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsfp/credit_legumes_sfsp.pdf).

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Washington, D.C. 20250-9410; or
2. fax: (833) 256-1665 or (202) 690-7442; or
3. email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

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