



Preschool Meal Pattern Training for the School Nutrition Programs

Module 1:  
Introduction to Training




Connecticut State Department of Education  
Bureau of Child Nutrition Programs

School Year 2025-26

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Training Applies To

- National School Lunch Program (NSLP)
- School Breakfast Program (SBP)
- Afterschool Snack Program (ASP) of NSLP
- Seamless Summer Option (SSO) of NSLP



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Sponsors of School Nutrition Programs Include

- Public schools
- Private schools
- Residential child care institutions (RCCIs)



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Topics

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Module 1 Topics

- Training objectives
- Introduction to modules
- Definitions of common terms for administration of school nutrition programs
- Resources



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Training Objectives

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Objectives

1. Review preschool meal pattern requirements

2. Describe crediting criteria for the five meal components

3. Explain differences between meal patterns for preschool and K-12

4. Review meal service requirements for preschoolers

5. Identify resources for guidance and training

Resources and websites are listed in the yellow bar

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Introduction to Training Modules

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Preschool Meal Pattern Training Modules

1. Introduction to Training

2. Preschool Meal Patterns

3. Comparison of Meal Patterns for Preschool and Grades K-5

4. Milk Component

5. Meats/Meat Alternates Component

6. Vegetables Component

7. Fruits Component

8. Grains Component

9. Meal Service for Preschoolers

10. Co-mingled Meal Service

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CSDE Webpage

Meal Patterns for Preschoolers in School Nutrition Programs

Preschool Meal Pattern Training



<https://portal.ct.gov/sde/nutrition/meal-patterns-preschoolers-in-school-nutrition-programs/preschool-meal-pattern-training>

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Definitions for Administration of School Nutrition Programs

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U.S. Department of Agriculture (USDA)

The federal agency that oversees the Child Nutrition Programs

Terms to Know

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### Connecticut State Department of Education (CCDE)

The state agency that oversees public education in Connecticut, including the implementation of the USDA's Child Nutrition Programs

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### Code of Federal Regulations (CFR)


The codification of the administrative regulations of the federal government, such as the USDA

- Includes all requirements for the Child Nutrition Programs

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### Connecticut General Statutes (CGS)


The state laws that apply to Connecticut public schools

- Include requirements for foods and beverages available for sale to students on school premises and other nutrition-related requirements

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### School Food Authority (SFA)

The governing body responsible for the administration of one or more schools and that has the legal authority to operate one or more of the USDA's school nutrition programs

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### Sponsor

A public, private nonprofit, or for-profit organization that is approved by the CSDE to operate one or more of the USDA Child Nutrition Programs


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### CSDE Resource

Common Acronyms and Abbreviations in the School Nutrition Programs



[https://portal.ct.gov/-/media/sde/nutrition/nsp/acronyms\\_abbreviations\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nsp/acronyms_abbreviations_snp.pdf)

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### Meal Pattern Resources

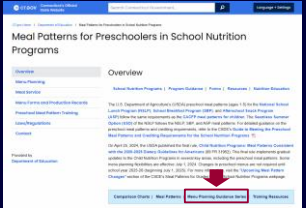
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### CSDE Resource

#### Menu Planning Guidance Series

- Meal Patterns for Preschoolers in School Nutrition Programs webpage
- Menu Planning Guidance Series



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

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### Summary of Menu Planning Guidance Series

- Guide to the Preschool Meal Patterns for the School Nutrition Programs
- Crediting Guide for the School Nutrition Programs
- Guide to Menu Documentation for the School Nutrition Programs
- Guide to Meal Service Requirements for Preschoolers in the School Nutrition Programs

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


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### CSDE Webpage

#### More Resources: Meal Patterns for Preschoolers in School Nutrition Programs

- Menu planning
- Meal service
- Menu forms and production records



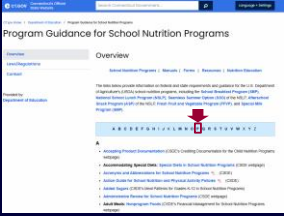
<https://portal.ct.gov/sde/nutrition/meal-patterns-preschoolers-in-school-nutrition-programs>

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### CSDE Webpage

#### Program Guidance for School Nutrition Programs



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

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### CSDE Webpage

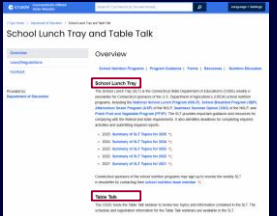
#### School Lunch Tray and Table Talk

##### School Lunch Tray

- Guidance and resources
- Deadlines
- New and updated resources

##### Table Talk

- Key topics and information
- Schedule in SLT




<https://portal.ct.gov/sde/nutrition/school-lunch-tray-and-table-talk>

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CSDE Resource

Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs



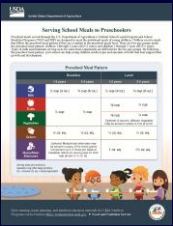
[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/crediting\\_summary\\_charts\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/crediting_summary_charts_snp.pdf)

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USDA Resource

Serving School Meals to Preschoolers



<https://www.fns.usda.gov/tm/serving-school-meals-preschoolers>

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USDA Resource

CACFP Meal Pattern Training Slides



<https://www.fns.usda.gov/tm/meal-pattern-training-slides-cacfp>


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Institute of Child Nutrition (ICN) Website

Education and Training Resources for School Nutrition Programs

- Meal pattern resources
- Online trainings
- Educational resources



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

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Institute of Child Nutrition (ICN) Website

iLearn Self-paced Online Courses



<https://theicn.docebosaa.com/learn>


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CSDE Resource

Meal Pattern and Crediting Resources for the School Nutrition Programs


- NSLP
- SBP
- ASP



[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/resources\\_school\\_meal\\_patterns\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/resources_school_meal_patterns_snp.pdf)

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### Questions?

- Contact the school nutrition programs staff

<https://portal.ct.gov/-/media/sde/nutrition/cnstaff/countassign.pdf>  
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### Thank you for participating!

<https://portal.ct.gov/sde/nutrition/meal-patterns-preschoolers-in-school-nutrition-programs>  
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- mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or
- fax: (833) 256-1665 or (202) 690-7442; or
- email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

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