

Preschool Meal Pattern Training for the School Nutrition Programs

Module 7 Worksheet: Grain-based Desserts



Grain-based desserts do not credit as the grains component in the preschool meal patterns.

Instructions: Indicate if each grain food below is a grain-based dessert.

Food	Grain-based dessert?
Animal crackers	<input type="checkbox"/> Yes <input type="checkbox"/> No
Brownies made with pureed black beans	<input type="checkbox"/> Yes <input type="checkbox"/> No
Coffee cake	<input type="checkbox"/> Yes <input type="checkbox"/> No
Cereal bars or granola bars	<input type="checkbox"/> Yes <input type="checkbox"/> No
Cookies	<input type="checkbox"/> Yes <input type="checkbox"/> No
Doughnuts	<input type="checkbox"/> Yes <input type="checkbox"/> No
Fruit cobblers	<input type="checkbox"/> Yes <input type="checkbox"/> No
Graham crackers	<input type="checkbox"/> Yes <input type="checkbox"/> No
Muffins, e.g., corn, blueberry, and cinnamon	<input type="checkbox"/> Yes <input type="checkbox"/> No
Cinnamon buns	<input type="checkbox"/> Yes <input type="checkbox"/> No
Rice pudding	<input type="checkbox"/> Yes <input type="checkbox"/> No
Cinnamon sugar pita chips	<input type="checkbox"/> Yes <input type="checkbox"/> No
Vanilla wafers	<input type="checkbox"/> Yes <input type="checkbox"/> No

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The Connecticut State Department of Education's (CSDE) **Preschool Meal Patterns Training for the School Nutrition Programs** is a series of eight recorded modules that provide comprehensive guidance on complying with the preschool meal patterns for the National School Lunch Program (NSLP), School Breakfast Program (SBP), Afterschool Snack Program (ASP) of the NSLP, and Seamless Summer Option (SSO) of the NSLP. To access the training modules and resources, visit the CSDE's [Meal Patterns for Preschoolers in School Nutrition Programs](#) webpage.

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