

Preschool Meal Pattern Training for the School Nutrition Programs

Answer Key for 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 checked="" type="checkbox"/> No *
Brownies made with pureed black beans	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
Coffee cake	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
Cereal bars or granola bars	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
Cookies	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
Doughnuts	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
Fruit cobblers	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
Graham crackers	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No *
Muffins, e.g., corn, blueberry, and cinnamon	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Cinnamon buns	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
Rice pudding	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
Cinnamon sugar pita chips	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
Vanilla wafers	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No

* Recommended limit for sweet crackers like animal and graham crackers: no more than twice per week, between all meals and snacks served to preschoolers.

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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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