Module 8 Worksheet: Grain-based Desserts

Instructions: Check “yes” or “no” to indicate if each grain food below is a grain-based dessert. Grain-based desserts do not credit as the grains component in the preschool meal patterns.

Animal crackers	☐ Yes	☐ No
Brownies made with pureed black beans	☐ Yes	☐ No
Coffee cake	☐ Yes	☐ No
Cereal bars or granola bars	☐ Yes	☐ No
Cookies	☐ Yes	☐ No
Doughnuts	☐ Yes	☐ No
Fruit cobblers	☐ Yes	☐ No
Graham crackers	☐ Yes	☐ No
Muffins, e.g., corn, blueberry, and cinnamon	☐ Yes	☐ No
Cinnamon buns	☐ Yes	☐ No
Rice pudding	☐ Yes	☐ No
Cinnamon sugar pita chips	☐ Yes	☐ No
Vanilla wafers	☐ Yes	☐ No

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The CSDE's *Preschool Meal Pattern Training for the School Nutrition Programs* is a series of 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.

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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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