



National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12

Resource List for Module 2: Introduction to School Meal Patterns

This document contains the resources highlighted in module 2 of the Connecticut State Department of Education's (CSDE) training program, *What's in a Meal: National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12*.

County Assignments for School Nutrition Programs (CSDE):

<https://portal.ct.gov/-/media/sde/nutrition/cnstaff/countyassign.pdf>

Crediting Documentation for the Child Nutrition Program (CSDE webpage):

<https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs>

Crediting Foods in School Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/sde/nutrition/crediting-foods-in-school-nutrition-programs#ScratchFoods>

Final Rule: Child Nutrition Programs: Transitional Standards for Milk, Whole Grains, and Sodium (USDA):

<https://www.federalregister.gov/documents/2022/02/07/2022-02327/child-nutrition-programs-transitional-standards-for-milk-whole-grains-and-sodium>

Final Rule: Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for America (USDA):

<https://www.federalregister.gov/documents/2024/04/25/2024-08098/child-nutrition-programs-meal-patterns-consistent-with-the-2020-2025-dietary-guidelines-for>

Food and Nutrition Service (FNS) Documents & Resources (USDA):

<https://www.fns.usda.gov/resources>

Laws and Regulations for Child Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Laws-and-Regulations-for-Child-Nutrition-Programs>

Meal Patterns for Grades K-12 in School Nutrition Programs (CSDE webpage):

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

Menu Planning Guidance for School Meals for Grades K-12 (CSDE):

<https://portal.ct.gov/sde/nutrition/menu-planning-guidance-for-school-meals>

National School Lunch Program (NSLP) regulations 7 CFR 210 (USDA):

<https://www.ecfr.gov/current/title-7/subtitle-B/chapter-II/subchapter-A/part-210>

Operational Memoranda for School Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/sde/lists/operational-memoranda-for-school-nutrition-programs>

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Program Guidance for School Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/sde/nutrition/program-guidance-school-nutrition-programs>

Reimbursable School Meals from Introduction to School Nutrition Leadership (Institute of Child Nutrition):

<https://theicn.org/icn-resources-a-z/reimbursable-school-meals-from-introduction-to-school-nutrition-leadership>

Resources for the School Meal Patterns for Grades K-12 (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/nslp/mealpattern/resources_school_meal_patterns_grades_k-12.pdf

School Breakfast Program (SBP) regulations 7 CFR 220 (USDA):

<https://www.ecfr.gov/current/title-7/subtitle-B/chapter-II/subchapter-A/part-220>

School Lunch Tray and Table Talk (CSDE webpage):

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

Summary of Final Rule Updates to the Meal Patterns for the School Nutrition Programs *CDE):

https://portal.ct.gov/-/media/sde/nutrition/nslp/mealpattern/summary_final_rule_snp_meal_patterns.pdf

Upcoming Meal Pattern Changes (CSDE's Meal Patterns for Grades K-12 in School Nutrition Programs webpage):

https://portal.ct.gov/sde/nutrition/meal-patterns-school-nutrition-programs#Upcoming_Meal_Pattern_Changes

What's in a Meal: National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12 (CSDE's Meal Pattern Training for School Nutrition Programs webpage):

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

Resource List for Module 2: Introduction to School Meal Patterns

The CSDE's *What's in a Meal* training program is a series of recorded modules that provide comprehensive guidance on complying with the meal patterns for grades K-12 in the National School Lunch Program (NSLP), School Breakfast Program (SBP), and Seamless Summer Option (SSO) of the NSLP. To access the training modules, visit the CSDE's [Meal Pattern Training for School Nutrition Programs](#).

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