



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

Resource List for Module 3: National School Lunch Program (NSLP) Meal Pattern

This document contains the resources highlighted in module 3 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 Foods in School Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-School-Nutrition-Programs#ScratchFoods>

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 Checklists for Lunch for Grades K-12 (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Forms-for-School-Nutrition-Programs#MenuPlanningChecklistsLunchGradesK-12>

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

<https://portal.ct.gov/SDE/Nutrition/Menu-Planning-Guide-for-School-Meals>

Program Guidance for School Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Program-Guidance-School-Nutrition-Programs>

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

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>

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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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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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