



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

### Resource List for Module 5: Dietary Specifications

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>

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

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

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>

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>

Guide to the Dietary Specifications for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12 (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/mpg/guide\\_dietary\\_specifications\\_nslp\\_sbp\\_k12.pdf](https://portal.ct.gov/-/media/sde/nutrition/mpg/guide_dietary_specifications_nslp_sbp_k12.pdf)

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>

Proposed Rule 85 FR 4094: Simplifying Meal Service and Monitoring Requirements in the National School Lunch and School Breakfast Programs (USDA):

<https://www.federalregister.gov/documents/2020/01/23/2020-00926/simplifying-meal-service-and-monitoring-requirements-in-the-national-school-lunch-and-school>

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

Sodium Limits for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12 (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/mealpattern/sodium\\_limits\\_nslp\\_sbp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/mealpattern/sodium_limits_nslp_sbp.pdf)

Weekly Calorie Ranges for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12 (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/mealpattern/calorie\\_ranges\\_nslp\\_sbp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/mealpattern/calorie_ranges_nslp_sbp.pdf)

## Resource List for Module 5: Dietary Specifications

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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3. email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

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