

# What's in a Meal Resource List for Module 6: Dietary Specifications

This document contains the resources highlighted in Module 6: Dietary Specifications of the Connecticut State Department of Education's (CSDE) training program, *What's in a Meal: Meal Patterns for Grades K-12 in the School Nutrition Programs*. This 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), Afterschool Snack Program (ASP) of the NSLP, and Seamless Summer Option (SSO) of the NSLP. To access the *What's in a Meal* training modules, visit the CSDE's [Meal Pattern Training for School Nutrition Programs](#) webpage.

[Added Sugars](#) ("Dietary Specifications" section of 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#AddedSugars>

[County Assignments for School Nutrition Programs](#) (CSDE):  
<https://portal.ct.gov/-/media/sde/nutrition/cnstaff/countyassign.pdf>

[Crediting Documentation for the Child Nutrition Programs](#) (CSDE webpage):  
<https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs>

[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>

[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 Pattern and Crediting Resources for the School Nutrition Programs](#) (CSDE):  
[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/resources\\_school\\_meal\\_patterns\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/resources_school_meal_patterns_snp.pdf)

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[Meal Patterns for Grades K-12 in School Nutrition Programs](https://portal.ct.gov/sde/nutrition/meal-patterns-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](https://portal.ct.gov/sde/nutrition/menu-planning-guidance-for-school-meals) (CSDE webpage):  
<https://portal.ct.gov/sde/nutrition/menu-planning-guidance-for-school-meals>

[Program Guidance for School Nutrition Programs](https://portal.ct.gov/sde/nutrition/program-guidance-school-nutrition-programs) (CSDE webpage):  
<https://portal.ct.gov/sde/nutrition/program-guidance-school-nutrition-programs>

[Proposed Rule 85 FR 4094: Simplifying Meal Service and Monitoring Requirements in the National School Lunch and School Breakfast Programs](https://www.federalregister.gov/documents/2020/01/23/2020-00926/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>

[Sodium Limits for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12](https://portal.ct.gov/-/media/sde/nutrition/nslp/mealpattern/sodium_limits_nslp_sbp.pdf) (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](https://portal.ct.gov/-/media/sde/nutrition/nslp/mealpattern/calorie_ranges_nslp_sbp.pdf) (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)

[What's in a Meal: Meal Patterns for Grades K-12 in the School Nutrition Programs](https://portal.ct.gov/sde/nutrition/meal-pattern-training-materials) (CSDE's Meal Pattern Training for School Nutrition Programs webpage):  
<https://portal.ct.gov/sde/nutrition/meal-pattern-training-materials>



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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](mailto:program.intake@usda.gov)

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