

## What's in a Meal Resource List for Module 11: Fruits Component

This document contains the resources highlighted in Module 11: Fruits Component 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*.

County Assignments for School Nutrition Programs (CSDE):

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

Crediting Juices in the School Nutrition Programs (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit\\_juices\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit_juices_snp.pdf)

Crediting Smoothies in the School Nutrition Programs (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit\\_smoothies\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit_smoothies_snp.pdf)

Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/crediting\\_summary\\_charts\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/crediting_summary_charts_snp.pdf)

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 Buying Guide for Child Nutrition Programs (USDA):

<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>

Fruits Component (CSDEs Crediting Foods in School Nutrition Programs webpage):

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

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)

Noncreditable Foods in the Meal Patterns for the School Nutrition Programs (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/noncreditable\\_foods\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/noncreditable_foods_snp.pdf)

Offering Smoothies as Part of Reimbursable School Meals (USDA):

<https://www.fns.usda.gov/tn/offering-smoothies-part-reimbursable-school-meals>

Operational Memorandum No. 07-19: Compliance Issues with the Vegetables and Fruits Components for Grades K-12 in the National School Lunch Program and School Breakfast Program (CSDE):

<https://portal.ct.gov/-/media/sde/nutrition/nslp/memos/om2019/om07-19.pdf>

Start with Half a Cup Fresh Fruit Portioning Guide for Schools (CSDE):

<https://portal.ct.gov/sde/nutrition/menu-planning#portionguidefreshfruit>

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USDA Memo SP 34-2019, CACFP 15-2019 and SFSP 15-2019: Crediting Coconut, Hominy, Corn Masa, and Corn Flour in the Child Nutrition Programs:

<https://www.fns.usda.gov/cn/crediting-coconut-hominy-corn-masa-and-masa-harina-child-nutrition-programs>

What's in a Meal Module 11 Worksheet: Crediting Fruits (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/training/wiam/wiam\\_worksheet\\_module\\_11\\_crediting\\_fruits.pdf](https://portal.ct.gov/-/media/sde/nutrition/training/wiam/wiam_worksheet_module_11_crediting_fruits.pdf)

What's in a Meal Answer Key for Module 11 Worksheet: Crediting Fruits (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/training/wiam/wiam\\_worksheet\\_module\\_11\\_crediting\\_fruits\\_answer.pdf](https://portal.ct.gov/-/media/sde/nutrition/training/wiam/wiam_worksheet_module_11_crediting_fruits_answer.pdf)

What's in a Meal: Meal Patterns for Grades K-12 in the School Nutrition Programs (CSDE's Meal Pattern Training for School Nutrition Programs webpage):

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

## What's in a Meal Resource List for Module 11: Fruits Component

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), Afterschool Snack Program (ASP) of the NSLP, 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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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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