

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*. 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.

[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

[Crediting Smoothies in the School Nutrition Programs](#) (CSDE):

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

[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](#) (CSDE's 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

[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

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[Offering Smoothies as Part of Reimbursable School Meals](https://www.fns.usda.gov/tn/offering-smoothies-part-reimbursable-school-meals) (USDA):

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

[CSDE 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](https://portal.ct.gov/-/media/sde/nutrition/nslp/memos/om2019/om07-19.pdf):

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

[Start with Half a Cup: Fresh Fruit Portioning Guide for Schools](https://portal.ct.gov/sde/nutrition/menu-planning/portion-control#StartHalfCup) (CSDE):

<https://portal.ct.gov/sde/nutrition/menu-planning/portion-control#StartHalfCup>

[USDA Memo SP 34-2019, CACFP 15-2019, and SFSP 15-2019: Crediting Coconut, Hominy, Corn Masa, and Masa Harina in the Child Nutrition Programs](https://www.fns.usda.gov/cn/crediting-coconut-hominy-corn-masa-and-masa-harina-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](https://portal.ct.gov/-/media/sde/nutrition/training/wiam/wiam_worksheet_module_11_crediting_fruits.pdf) (CSDE):

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](https://portal.ct.gov/-/media/sde/nutrition/training/wiam/wiam_worksheet_module_11_crediting_fruits_answer.pdf) (CSDE):

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](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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Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
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