



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

### Resource List for Module 11: Grains Component

This document contains the resources highlighted in module 6 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*.

Calculation Methods for Grain Ounce Equivalents for Grades K-12 in the National School Lunch Program and School Breakfast Program (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Grain\\_Calculation\\_SNP\\_grades\\_K-12.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Grain_Calculation_SNP_grades_K-12.pdf)

County Assignments for School Nutrition Programs (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CNstaff/countyassign.pdf>

Crediting Breakfast Cereals for Grades K-12 in the National School Lunch Program and School Breakfast Program (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit\\_Cereals\\_SNP\\_grades\\_K-12.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit_Cereals_SNP_grades_K-12.pdf)

Crediting Enriched Grains in the National School Lunch Program and School Breakfast Program (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit\\_Enriched\\_Grains\\_SNP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit_Enriched_Grains_SNP.pdf)

Crediting Grain-based Desserts for Grades K-12 in the School Nutrition Programs (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Crediting\\_Grain\\_Based\\_Desserts\\_grades\\_K-12\\_SNP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Crediting_Grain_Based_Desserts_grades_K-12_SNP.pdf)

Crediting Summary Charts for the Meal Patterns for Grades K-12 in the School Nutrition Programs (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Crediting\\_Summary\\_Charts\\_SNP\\_Grades\\_K-12.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Crediting_Summary_Charts_SNP_Grades_K-12.pdf)

Crediting Whole Grains in the National School Lunch Program and School Breakfast Program (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit\\_Whole\\_Grains\\_SNP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit_Whole_Grains_SNP.pdf)

Exhibit A: Grain Requirements for Child Nutrition Programs (USDA):

<https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/ExhibitA.pdf>

Food Buying Guide for Child Nutrition Programs (USDA):

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

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Grain Ounce Equivalents for Grades K-12 in the National School Lunch Program and School Breakfast Program (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Grains\\_Oz\\_Eq\\_SNP\\_grades\\_K-12.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Grains_Oz_Eq_SNP_grades_K-12.pdf)

Grains Component Section of Crediting Foods in School Nutrition Programs (CSDE webpage):

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

How to Use the Grain Ounce Equivalents Chart for the National School Lunch Program and School Breakfast Program (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/How\\_to\\_Use\\_Grain\\_Ounce\\_Equivalents\\_Chart\\_NSLP\\_SBP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/How_to_Use_Grain_Ounce_Equivalents_Chart_NSLP_SBP.pdf)

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

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-School-Nutrition-Programs/Documents#LunchMealPatterns>

Meeting the Whole Grain-rich Requirement 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/Crediting/WGR\\_Requirement\\_SNP\\_grades\\_K-12.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/WGR_Requirement_SNP_grades_K-12.pdf)

Noncreditable Foods for Grades K-12 in the National School Lunch Program and School Breakfast Program (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Noncreditable\\_Foods\\_SNP\\_grades\\_K-12.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Noncreditable_Foods_SNP_grades_K-12.pdf)

Ounce Equivalents (Documents/Forms section of the CSDE's Crediting Foods in School Nutrition Programs webpage):

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

Recipe Analysis Workbook (RAW) for Standardized Recipes (USDA):

<https://www.fns.usda.gov/tn/food-buying-guide-interactive-web-based-tool>

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)

USDA Memo SP 05-2022: Meal Requirements Under the National School Lunch Program and School Breakfast Program: Questions and Answers for Program Operators Updated to Support the Transitional Standards for Milk, Whole Grains, and Sodium Effective July 1, 2022:

<https://www.fns.usda.gov/cn/sp052022-questions-answers-program-operators>

## Resource List for Module 11: Grains Component

USDA Memo SP 23-2019, CACFP 10-2019 and SFSP 09-2019: Crediting Popcorn in the Child Nutrition Programs:

<https://www.fns.usda.gov/cn/crediting-popcorn-child-nutrition-programs>

USDA Memo SP 30-2012: Grain Requirements for the National School Lunch Program and School Breakfast Program:

<https://www.fns.usda.gov/school-meals/grain-requirements-national-school-lunch-program-and-school-breakfast-program>

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: 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>

## Resource List for Module 11: Grains 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), 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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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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