

## What's in a Meal Resource List for Module 12: Vegetables Component

This document contains the resources highlighted in Module 12: Vegetables 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 Beans, Peas, and Lentils in the School Nutrition Programs (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit\\_beans\\_peas\\_lentils\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit_beans_peas_lentils_snp.pdf)

Crediting Documentation for the Child Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs>

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 Soups 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\\_soups\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit_soups_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)

Dietary Guidelines for Americans (USDA):

<https://www.dietaryguidelines.gov/>

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>

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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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 Vegetable Portioning Guide for Schools (CSDE):

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

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>

Vegetable Subgroups in the National School Lunch Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/vegetable\\_subgroups\\_nslp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/vegetable_subgroups_nslp.pdf)

Vegetables Component (CSDE's CSDE Crediting Foods in School Nutrition Programs webpage):

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

What's in a Meal Module 10 Worksheet: Crediting Vegetables (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/training/wiam/wiam\\_worksheet\\_module\\_9\\_crediting\\_vegetables.pdf](https://portal.ct.gov/-/media/sde/nutrition/training/wiam/wiam_worksheet_module_9_crediting_vegetables.pdf)

What's in a Meal Answer Key for Module 10 Worksheet: Crediting Vegetables (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/training/wiam/wiam\\_worksheet\\_module\\_9\\_crediting\\_vegetables\\_answer.pdf](https://portal.ct.gov/-/media/sde/nutrition/training/wiam/wiam_worksheet_module_9_crediting_vegetables_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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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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