

# 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*. 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 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 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 in the School Nutrition Programs](#) (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)

[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>

[Dietary Guidelines for Americans](#) (USDA):

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

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[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)

[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>

[Start with Half a Cup: Fresh Vegetables Portioning Guide for Schools](#) (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>

[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)  
*Applies only to the meal patterns for grades K-12*

[Vegetables Component](#) (CSDE's 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)

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[What's in a Meal Answer Key for Module 10 Worksheet: Crediting Vegetables](https://portal.ct.gov/-/media/sde/nutrition/training/wiam/wiam_worksheet_module_9_crediting_vegetables_answer.pdf) (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](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>



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

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Office of the Assistant Secretary for Civil Rights  
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