

Menu Planning Guide for School Meals for Grades K-12

Meeting the U.S. Department of Agriculture's meal pattern requirements
for the National School Lunch Program and School Breakfast Program

School Year 2019-20 (July 1, 2019, through June 30, 2020)



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Connecticut State Department of Education
Bureau of Health, Nutrition, Family Services and Adult Education
Child Nutrition Programs
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Menu Planning Guide for School Meals for Grades K-12

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About this Guide

The Connecticut State Department of Education's (CSDE) guide, *Menu Planning Guide for School Meals for Grades K-12*, contains information and guidance on planning menus to meet the U.S. Department of Agriculture's (USDA) 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, based on USDA regulations and policy and Connecticut statutes and regulations.

This guide applies only to meals served to grades K-12 in the NSLP, SBP, and SSO. The meal patterns for preschoolers (ages 1-4) have different requirements. For information on the preschool meal patterns, see the CSDE's guide, *Menu Planning Guide for Preschoolers in the National School Lunch Program, School Breakfast Program, and Afterschool Snack Program*.

Each section of this guide contains links to other sections when appropriate, and to websites with relevant information and resources. These can be accessed by clicking on the blue text throughout the guide.

The mention of trade names, commercial products, or organizations does not imply approval or endorsement by the CSDE or the USDA.

The contents of this guide are subject to change. The CSDE will update this guide as the USDA issues additional policies and guidance regarding school nutrition programs. Please check the CSDE's [Menu Planning Guide for School Meals for Grades K-12](#) webpage for the most current version.

For more information, contact Susan S. Fiore, M.S., R.D., Nutrition Education Coordinator, at susan.fiore@ct.gov or 860-807-2075.

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For questions regarding the NSLP, SBP, and SSO, please contact the school nutrition programs staff in the CSDE’s Bureau of Health/Nutrition, Family Services and Adult Education.

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For information on the Afterschool Snack Program (ASP), Special Milk Program (SMP), Child and Adult Care Food Program (CACFP), Fresh Fruit and Vegetable Program (FFVP), and Summer Food Service Program (SFSP), visit the CSDE’s [Child Nutrition Programs](#) webpage.

Abbreviations and Acronyms

APP	alternate protein product
ASP	Afterschool Snack Program
CFR	Code of Federal Regulations
CN	Child Nutrition
CNP	Child Nutrition Programs
CSDE	Connecticut State Department of Education
FBG	Food Buying Guide for Child Nutrition Programs (USDA)
FDA	Food and Drug Administration
FNS	Food and Nutrition Service, U.S. Department of Agriculture
HHFKA	Healthy, Hunger-Free Kids Act of 2010 (Public Law 111-296)
ICN	Institute of Child Nutrition
LEA	local educational agency
NSLP	National School Lunch Program
OVS	offer versus serve
POS	point of service
RCCI	residential child care institution
SBP	School Breakfast Program
SFA	school food authority
SSO	Seamless Summer Option of the NSLP
USDA	United States Department of Agriculture
WGR	whole grain-rich

