

# Overview of Menu Planning for Grades K-12 in the School Breakfast Program

**School Year 2025-26 (July 1, 2025, through June 30, 2026)**

This guidance helps school food authorities (SFAs) meet the U.S. Department of Agriculture’s (USDA) School Breakfast Program (SBP) meal pattern requirements for grades K-12 and encourage student selections of reimbursable meals with offer versus serve (OVS). The SBP meal patterns also apply to the [Seamless Summer Option \(SSO\)](#) of the NSLP.

For detailed guidance on the SBP meal pattern requirements, refer to the Connecticut State Department of Education’s (CSDE) [Menu Planning Guide for Grades K-12 in the National School Lunch Program and School Breakfast Program](#) and visit the CSDE’s [Meal Patterns for Grades K-12 in School Nutrition Programs](#) webpage. The CSDE’s training program, [What’s in a Meal: National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12](#), provides comprehensive guidance on the meal pattern and crediting requirements.



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## Breakfast Meal Patterns

The SBP meal patterns for grades K-12 use a food-based menu planning approach for three required grade groups (K-5, 6-8, and 9-12). The breakfast meal patterns for each grade group require minimum daily and weekly amounts of five meal components, including grains and meats/meat alternates (MMA), fruits (including optional vegetable substitutions), and milk.



The minimum daily requirements for all grades are 1 ounce equivalent (oz eq) of the grains/MMA component, 1 cup of the fruits component, and 1 cup of low-fat or fat-free milk (unflavored or flavored). The weekly requirements for fruits and milk are the sum of the daily requirements. The weekly requirements for the grains/MMA component are ranges; menus must provide at least the minimum but may exceed the maximum. The maximum provides a guide for planning meals that meet the dietary specifications.

School food authorities (SFAs) may offer larger amounts of any meal component if the weekly breakfast weekly menu meets the dietary specifications (refer to “[Dietary Specifications \(Nutrition Standards\)](#)” in this document).

The SBP meal patterns are available in the “[Breakfast Meal Patterns](#)” section of the CSDE’s Meal Patterns for Grades K-12 in School Nutrition Programs webpage. For guidance on the crediting requirements, visit the CSDE’s [Crediting Foods in School Nutrition Programs](#) webpage and [Crediting Documentation for the Child Nutrition Programs](#) webpage.

## Crediting Documentation

SFAs must use the USDA’s [Food Buying Guide for Child Nutrition Programs](#) (FBG) to determine how foods credit and the amount that provides the required serving of each meal component. Commercial processed foods not listed in the FBG require a Child Nutrition (CN) label or product formulation statement (PFS) to document crediting information. Foods made from scratch must have a standardized recipe that documents crediting information.

For information on crediting documentation, refer to the CSDE’s resources, [Using Child Nutrition \(CN\) Labels in the School Nutrition Programs](#), [Using Product Formulation Statements in the School Nutrition Programs](#), and [Accepting Processed Product Documentation in the School Nutrition Programs](#).

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Additional guidance is available on the CSDE's [Crediting Documentation for the Child Nutrition Programs](#) webpage. Training on the requirements for CN labels and PFS forms is available in Module 8: Meal Pattern Documentation for Crediting Commercial Processed Products, of the CSDE's training program, *What's in a Meal: Meal Patterns for Grades K-12 in the School Nutrition Programs*.

### Milk Component

Allowable types of milk include low-fat (1%) and fat-free milk, either unflavored or flavored. Effective July 1, 2025, the USDA final rule, *Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans*, requires that flavored milk in reimbursable meals and afterschool snacks cannot exceed 10 grams of added sugars per 8 fluid ounces. Flavored milk sold as a competitive food in middle and high schools cannot exceed 15 grams of added sugars per 12 fluid ounces.

Breakfast menus must offer at least 1 cup daily for all grades and must include a variety of at least two different milk choices. At least one milk choice must be unflavored.

For more information on the milk component, refer to the CSDE's resource, *Comparison of the Milk Component Requirements in the Meal Patterns for School Nutrition Programs*, and [USDA Memo SP 01-2025: Fluid Milk Requirements for School Meals](#), and visit the "Milk" section of the CSDE's [Crediting Foods in School Nutrition Programs](#) webpage.

### Additional milk requirements for public schools

Milk available for sale to students in public schools must also meet the requirements of [Section 10-221q](#) of the Connecticut General Statutes (C.G.S.). The state beverage requirements apply to milk sold as part of and separately from reimbursable meals and snacks in the school nutrition programs. The state beverage statute does not apply to private schools or residential child care institutions (RCCIs). For more information, refer to the CSDE's resource, *Allowable Beverages for Connecticut Public Schools*, and visit the CSDE's [Beverage Requirements](#) webpage.

The state beverage statute requires that milk cannot exceed 4 grams of sugars per ounce. Products that meet the federal and state requirements for milk are in [list 16](#) on the CSDE's [List of Acceptable Foods and Beverages](#) webpage. This webpage includes brand-specific lists of foods that meet the [Connecticut Nutrition Standards](#) and beverages that meet the requirements of the state beverage statute.

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### Fruits Component

The fruits component includes fresh, frozen, and dried fruits; canned fruits in juice, water, or light syrup; and pasteurized 100 percent fruit juices. All fruits credit based on volume except dried fruits, which credit as twice the volume served. For example,  $\frac{1}{4}$  cup of raisins or dried apricots credits as  $\frac{1}{2}$  cup of the fruits component.

Breakfast menus must offer at least 1 cup of fruits daily for all grades. For more information on the fruits component, visit the “[Fruits](#)” section of the CSDE’s Crediting Foods in School Nutrition Programs webpage.

### Optional vegetable substitutions

SFAs may substitute vegetables for the fruits component at any breakfast. Vegetable substitutions may be from any of the five vegetable subgroups, which include dark green, red/orange, beans, peas, and lentils, starchy, and other (refer to the CSDE’s resource, [Vegetable Subgroups in the National School Lunch Program](#).)

- SFAs that offer vegetable substitutions on one day per school week may offer any vegetable, including a starchy vegetable.
- SFAs that offer vegetable substitutions on two or more days per school week must offer vegetables from at least two different subgroups.

The vegetables component includes fresh, frozen, canned, and rehydrated dried vegetables, and pasteurized 100 percent vegetable juices. Vegetable juices cannot exceed half of the weekly vegetable offerings (refer to “[Fruit and vegetables juices](#)” in this document).

All vegetables credit based on volume except raw leafy greens, which credit as half the volume served. For example, 1 cup of spinach or lettuce credits as  $\frac{1}{2}$  cup of the vegetables component.

The meal pattern serving refers to the amount of vegetables before added ingredients, such as the sauce in baked beans or mayonnaise in potato salad. A serving of canned vegetables must be drained. Dried vegetables (such as potato flakes and dried soup mix) credit based on their rehydrated volume and require a PFS.

For more information on the vegetables component, visit the “[Vegetables](#)” section of the CSDE’s Crediting Foods in School Nutrition Programs webpage.

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### Fruit and vegetables juices

Fruit and vegetable juices must be pasteurized 100 percent juices. Fruit juices cannot exceed half of the weekly fruit offerings and vegetable juice cannot exceed half of the weekly vegetable offerings. For example, if a five-day breakfast menu offers 5 cups of the fruits component (including optional vegetable substitutions), the weekly amount of all offered fruit/vegetable juices cannot exceed 2½ cups.

The juice limit applies to all sources of 100 percent juice served at lunch during the week, including fruit and vegetable juices, frozen juice pops made from 100 percent juice, and pureed fruits and vegetables in smoothies. For more information, refer to the CSDE's resources, [Crediting Juices in the School Nutrition Programs](#) and [Crediting Smoothies in the School Nutrition Programs](#).

### Grains and Meats/Meat Alternates (MMA) Component

The breakfast meal pattern requires a combined grains and MMA component. For all grades, breakfast menus must offer at least 1 oz eq daily of grains, MMA, or a combination of both. The minimum weekly grains/MMA for five-day menus are 7 oz eq for grades K-5, 8 oz eq for grades 6-8, and 9 oz eq for grades 9-12. The minimum weekly grains/MMA for seven-day menus are 10 oz eq for grades K-5, 11 oz eq for grades 6-8, and 12.5 oz eq for grades 9-12. The weekly maximums are not required but provide a guide for planning meals that meet the dietary specifications (refer to “[Dietary Specifications \(Nutrition Standards\)](#)” in this document).

### Requirements for grains

Commercial grain products and grain foods made from scratch must be whole grain-rich (WGR) or enriched. Cooked and ready-to-eat (RTE) breakfast cereals must be WGR, enriched, or fortified, and cannot exceed 6 grams of added sugars per dry ounce. For more information on the grains component, visit the “[Grains](#)” section of the CSDE's [Crediting Foods in School Nutrition Programs](#) webpage.

### Whole grain-rich (WGR) requirement

At least 80 percent of the grains offered at breakfast must be WGR based on the total oz eq of all offered grains (refer to the CSDE's resource, [Calculating the Weekly Percentage of Whole Grain-rich Menu Items in the School Nutrition Programs](#)). Grains that are not WGR must be enriched and cannot exceed 20 percent of the offered weekly grains (refer to the CSDE's resource, [Crediting Enriched Grains in the School Nutrition Programs](#)). For more information on the WGR requirement and criteria, visit “[Whole Grain-rich Requirement](#)” in the “Grains” section of the CSDE's [Crediting Foods in School Nutrition Programs](#) webpage.

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### WGR criteria

The WGR criteria depend on the grain group where the grain item belongs in the USDA's chart, [Exhibit A: Grain Requirements for Child Nutrition Programs](#). The CSDE's resource, [Grain Ounce Equivalents Chart for the School Nutrition Programs](#), indicates the applicable Exhibit A quantities and requirements.

- **Commercial grain products (groups A-H):** Grain products in groups A-G (such as breads, muffins, pancakes, and crackers) and group H (such as rice, pasta, and quinoa) must meet two WGR criteria: 1) the product is 100 percent whole grain or contains a blend of whole and enriched grains that is at least 50 percent whole grain; and 2) noncreditable grains cannot exceed 3.99 grams per portion for groups A-G or 6.99 grams per portion for group H.
- **RTE breakfast cereals (group I):** RTE breakfast cereals must meet three WGR criteria: 1) the first ingredient is a whole grain and the cereal is fortified or the cereal is 100 percent whole grain; 2) noncreditable grains cannot exceed 6.99 grams per portion; and 3) added sugars cannot exceed 6 grams per dry ounce. Fortification is not required for RTE breakfast cereals that are 100 percent whole grain. For more information, refer to the CSDE's resource, [Crediting Breakfast Cereals in the School Nutrition Programs](#).
- **Cooked breakfast cereals (group H):** Cooked breakfast cereals must meet three WGR criteria: 1) the product is 100 percent whole grain or contains a blend of whole and enriched grains that is at least 50 percent whole grain; 2) noncreditable grains cannot exceed 6.99 grams per portion; and 3) added sugars cannot exceed 6 grams per dry ounce. For more information, refer to the CSDE's resource, [Crediting Breakfast Cereals in the School Nutrition Programs](#).
- **Commercial combination foods containing a grain portion from groups A-I:** The grain portion (such as pizza crust in pizza, noodles in lasagna, and breading on chicken nuggets) must meet two WGR criteria: 1) the grain portion is 100 percent whole grain or contains a blend of whole and enriched grains that is at least 50 percent whole grain; and 2) noncreditable grains in the grain portion cannot exceed 3.99 grams per portion for groups A-G or 6.99 grams per portion for groups H-I.

For comprehensive guidance on the WGR criteria, refer to the CSDE's [Guide to Meeting the Whole Grain-rich Requirement for the Meal Patterns for Grades K-12 in the School Nutrition Programs](#).

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### Required oz eq of grains

The CSDE's resource, [Grain Ounce Equivalents Chart for the School Nutrition Programs](#), indicates the Exhibit A oz eq for the grains component. The serving size of commercial grain products and standardized recipes used in school breakfast menus must meet the required weight (groups A-G) or volume (groups H-I) in the USDA's Exhibit A chart or provide the minimum creditable grains. For additional guidance, refer to the CSDE's resources, [How to Use the Grain Ounce Equivalents Chart for the School Nutrition Programs](#), [Calculation Methods for Grain Ounce Equivalents in the School Nutrition Programs](#), and [When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs](#).

### Required oz eq of MMA

The MMA quantities in the SBP meal patterns refer to the edible portion of cooked lean meat, poultry, or fish, e.g., cooked lean meat without bone, breading, binders, extenders, or other ingredients. A 1-oz eq serving of the MMA component equals:

- 1 ounce of lean meat, poultry, or fish without added liquid, binders, and extenders (refer to the CSDE's resource, [Crediting Deli Meats in the School Nutrition Programs](#));
- 1 ounce of cheese (low-fat recommended);
- 2 ounces of cottage or ricotta cheese, cheese food/spread, or cheese substitute (low-fat recommended);
- ¼ cup of cooked beans, peas, and lentils (refer to the CSDE's resource, [Crediting Beans, Peas, and Lentils in the School Nutrition Programs](#));
- ½ large egg;
- 2 tablespoons of nut or seed butters, e.g., peanut butter, almond butter, cashew butter, and sunflower seed butter (refer to the CSDE's resource, [Crediting Nuts and Seeds in the School Nutrition Programs](#));
- 1 ounce of nuts or seeds, e.g., almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, pine nuts, pistachios, soy nuts, and walnuts (refer to the CSDE's resource, [Crediting Nuts and Seeds in the School Nutrition Programs](#));
- ¼ cup (2.2 ounces) of commercial tofu containing at least 5 grams of protein (refer to the CSDE's resource, [Crediting Tofu and Tofu Products in the School Nutrition Programs](#));
- 1 ounce of tempeh that contains only soybeans (or other beans, peas, and lentils), water, tempeh culture, and for some varieties, vinegar, seasonings, and herbs ingredients (tempeh products with other ingredients require a CN label or PFS);
- 3 ounces of surimi (alternate crediting amounts must be documented with a PFS);
- ½ cup of yogurt or soy yogurt that does not exceed 2 grams of added sugars per ounce (refer to the CSDE's resources, [Crediting Yogurt in the School Nutrition Programs](#)); and

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- 1 ounce of alternate protein product (APP) that meets the USDA's APP requirements (refer to the CSDE's resource, [Requirements for Alternate Protein Products in the School Nutrition Programs](#)).

Commercial processed products (such as combination foods, deli meats, and sausages) do not credit based on weight; 1 ounce does not equal 1 oz eq of MMA. These foods require a CN label or PFS to document crediting information (refer to "Crediting Documentation" in this document and the CSDE's resources, [Crediting Commercial Meat/Meat Alternate Products in the School Nutrition Programs](#) and [Crediting Deli Meats in the School Nutrition Programs](#)).

For more information on the MMA component, visit the "Meats and Meat Alternates" section of the CSDE's Crediting Foods in School Nutrition Programs webpage.

### Dietary Specifications (Nutrition Standards)

Breakfast menus for each grade group must meet the weekly limits for calories, saturated fat, and sodium. These nutrition standards are indicated at the bottom of each SBP meal pattern. When selecting food items to help school breakfast menus meet the dietary specifications, menu planners should consider nutrition information and limit noncreditable foods (refer to the CSDE's resource, [Noncreditable Foods in the Meal Patterns for the School Nutrition Programs](#)).

For information on the nutrition standards for calories and sodium, refer to the CSDE's resources, [Weekly Calorie Ranges for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12](#) and [Sodium Limits for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12](#). For additional guidance on the dietary specifications, refer to the CSDE's [Guide to the Dietary Specifications for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12](#) and visit the "Dietary Specifications" section of the CSDE's Meal Patterns for Grades K-12 in School Nutrition Programs webpage.

Effective with school year 2027-28 (July 1, 2027), the USDA final rule, [Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans](#), requires a new dietary specification for added sugars in school meals (less than 10 percent of calories) and the final sodium limit applies. Schools must implement a 10 percent reduction for breakfast from the current sodium limits.

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### Offer versus Serve (OVS) at Breakfast

OVS is a concept that applies to menu planning and the determination of reimbursable meals for grades K-12 in the National School Lunch Program (NSLP) and SBP. It allows students to decline a certain number of meal components in the meal and select the foods they prefer to eat, while reducing food cost and waste.

OVS at breakfast is optional. For reimbursable breakfasts with OVS, breakfast menus must offer at least four food items from the three meal components (grains/MMA, fruits, and milk) and students must select at least three food items, including at least ½ cup of fruit or vegetable and the full serving of at least two other food items. Except for fruits and vegetables, student selections of less than the minimum daily serving do not count as a food item for reimbursable meals with OVS.

The SFA’s planned serving for each food item must be at least the full serving (minimum daily amount) for each grade group. The four food items may include two servings of grains/MMA (either two of the same grains/MMA or two different grains/MMA), one serving of grains and one serving of MMA, or two servings of fruits or vegetable substitutions (either two of the same fruit or vegetable, two different fruits or vegetables, or one fruit and one vegetable). The four food items cannot include two servings of milk.

The table below shows a sample OVS breakfast menu with four food items (one grain/MMA, two fruits, and one milk).

**Table 1. Sample OVS daily breakfast menu with four food items**

Grains/MMA	Fruits: Choose at least one serving (½ cup)	Milk
<b>Choose 1</b> Assorted whole-grain cereals Whole-grain muffins WGR mini pancakes Yogurt Cheese stick Peanut butter	<b>Choose up to 2 (limit of 1 juice)</b> Apple Banana Blueberries Sliced peaches Assorted fruit juices	<b>Choose 1</b> Fat-free milk Low-fat milk Low-fat chocolate milk (≤ 10 grams of added sugars per 8 fluid ounces)

For more information, refer to the CSDE’s resources, [Overview of Offer Versus Serve \(OVS\) in the School Breakfast Program](#) and [Offer versus Serve Guide for School Meals](#), and visit the

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CSDE's [OVS](#) webpage. Training on the OVS requirements for breakfast is available in Module 18: Offer versus Serve (OVS) in the SBP, of the CSDE's training program, [What's in a Meal: Meal Patterns for Grades K-12 in the School Nutrition Programs](#).

### Staff training for OVS

SFAs must provide adequate training for school food service staff on how to recognize reimbursable meals with OVS. In addition to regular training, a recommended best practice for cafeteria managers is conducting a daily pre-service meeting with cashiers and servers to review each menu choice and what students must select for a reimbursable meal. This helps to ensure that all food service staff (including substitutes) can accurately identify reimbursable meals.

### Required Cafeteria Signage

SFAs are required to post two different types of cafeteria signage for breakfast. This signage must clearly indicate the meal components for each daily menu choice and what students may select for a reimbursable meal.

1. **Signage to identify the foods and amounts offered for all planned reimbursable meals:** SFAs must post signage to identify all planned reimbursable meals (i.e., offered full meals), including the meal components and portions and any choices or combination of choices available within each meal component. This signage must be located near or at the beginning of each serving line. This requirement applies to all schools, including schools that do not implement OVS and schools that implement family-style meal service.
2. **Signage that indicates the required student selections for reimbursable meals with OVS:** SFAs must post signage that indicates the required student selections for all reimbursable meal choices with OVS. This signage must be located at all applicable points in the serving line where the meal components are available. For example, if the breakfast menu offers all fruits in ½-cup servings, the serving line signage must indicate that students may select up to two choices but must select at least one choice. This requirement applies only to schools that implement OVS.

For more information, refer to the CSDE's resource, [Signage Requirements for the National School Lunch Program and School Breakfast Program](#), and visit the "Required Signage for OVS" section of the CSDE's Offer versus Serve for School Nutrition Programs webpage.

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## Resources

Accepting Processed Product Documentation in the School Nutrition Programs (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/accepting\\_procossed\\_product\\_documentation\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/accepting_procossed_product_documentation_snp.pdf)

Calculating the Weekly Percentage of Whole Grain-rich Menu Items in the Meal Patterns for Grades K-12 (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/calculate\\_wgr\\_percentage\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/calculate_wgr_percentage_snp.pdf)

Calculation Methods for Grain Ounce Equivalents in the School Nutrition Programs (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/grain\\_calculation\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/grain_calculation_snp.pdf)

Comparison of the Grains Component Requirements in the Meal Patterns for School Nutrition Programs (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/comparison\\_grain\\_requirements\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/comparison_grain_requirements_snp.pdf)

Comparison of the Milk Component Requirements in the Meal Patterns for School Nutrition Programs (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/comparison\\_milk\\_requirements\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/comparison_milk_requirements_snp.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 Breakfast Cereals in the School Nutrition Programs (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit\\_cereals\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit_cereals_snp.pdf)

Crediting Commercial Meat/Meat Alternate Products in the School Nutrition Programs (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit\\_commercial\\_mma\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit_commercial_mma_snp.pdf)

Crediting Deli Meats in the School Nutrition Programs (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit\\_deli\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit_deli_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 Enriched Grains in the School Nutrition Programs (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)

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Crediting Foods in School Nutrition Programs (CSDE webpage):

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

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

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit\\_grain\\_based\\_desserts\\_grades\\_k-12\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit_grain_based_desserts_grades_k-12_snp.pdf)

Crediting Guide for the School Nutrition Programs (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/mpg/guide\\_crediting\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/mpg/guide_crediting_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 Nuts and Seeds in the School Nutrition Programs (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit\\_nuts\\_seeds\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit_nuts_seeds_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 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)

Crediting Tofu and Tofu Products in the School Nutrition Programs (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit\\_tofu\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit_tofu_snp.pdf)

Crediting Whole Grains in the School Nutrition Programs (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)

Crediting Yogurt in the School Nutrition Programs (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit\\_yogurt\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit_yogurt_snp.pdf)

Food Buying Guide for Child Nutrition Programs (USDA):

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

Grain Ounce Equivalents Chart for the School Nutrition Programs (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/grain\\_oz\\_eq\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/grain_oz_eq_snp.pdf)

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Guide to Meeting the Whole Grain-rich Requirement for the Meal Patterns for Grades K-12 in the School Nutrition Programs (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)

Guide to the Dietary Specifications for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12 (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/mpg/guide\\_dietary\\_specifications\\_nslp\\_sbp\\_k12.pdf](https://portal.ct.gov/-/media/sde/nutrition/mpg/guide_dietary_specifications_nslp_sbp_k12.pdf)

Guide to the Meal Patterns for Grades K-12 in the National School Lunch Program and School Breakfast Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/mpg/guide\\_meal\\_patterns\\_nslp\\_sbp\\_k12.pdf](https://portal.ct.gov/-/media/sde/nutrition/mpg/guide_meal_patterns_nslp_sbp_k12.pdf)

How to Use the Grain Ounce Equivalents Chart for the School Nutrition Programs (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/how\\_to\\_use\\_ounce\\_equivalents\\_chart\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/how_to_use_ounce_equivalents_chart_snp.pdf)

Instructions for the Worksheet to Calculate the Weekly Percentage of Whole Grain-rich Menu Items in the Meal Patterns for Grades K-12 (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/worksheet\\_calculate\\_wgr\\_percentage\\_snp\\_grades\\_k-12\\_instructions.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/worksheet_calculate_wgr_percentage_snp_grades_k-12_instructions.pdf)

Meal Pattern and Crediting Resources for the School Nutrition Programs (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/meal\\_pattern/resources\\_school\\_meal\\_patterns\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/meal_pattern/resources_school_meal_patterns_snp.pdf)

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

<https://portal.ct.gov/sde/nutrition/meal-patterns-school-nutrition-programs>

Menu Planning for Child Nutrition Programs (CSDE webpage):

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

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)

Offer versus Serve for School Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/sde/nutrition/offer-versus-serve-for-school-nutrition-programs>

Offer versus Serve Guide for School Meals (CSDE):

[https://portal.ct.gov/sde/nutrition/-/media/sde/nutrition/nslp/ovs/ovs\\_guide\\_snp.pdf](https://portal.ct.gov/sde/nutrition/-/media/sde/nutrition/nslp/ovs/ovs_guide_snp.pdf)

## Overview of Menu Planning for Grades K-12 in the School Breakfast Program

Offering Meats and Meat Alternates at School Breakfast: Grades K-12 (USDA):

<https://www.fns.usda.gov/tn/offering-meats-and-meat-alternates-school-breakfast>

Overview of OVS in the National School Lunch Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/ovs/overview\\_ovs\\_nslp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/ovs/overview_ovs_nslp.pdf)

Requirements for Alternate Protein Products in the School Nutrition Programs (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/app\\_requirements\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/app_requirements_snp.pdf)

Signage Requirements for the National School Lunch Program and School Breakfast Program (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/ovs/signage\\_requirements\\_nslp\\_sbp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/ovs/signage_requirements_nslp_sbp.pdf)

Sodium Limits 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/mealpattern/sodium\\_limits\\_nslp\\_sbp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/mealpattern/sodium_limits_nslp_sbp.pdf)

USDA Final Rule: Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans (89 FR 31962):

<https://www.Federalregister.Gov/Documents/2024/04/25/2024-08098/Child-Nutrition-Programs-Meal-Patterns-Consistent-With-The-2020-2025-Dietary-Guidelines-For>

USDA Memo SP 01-2025: Fluid Milk Requirements for School Meals:

<https://www.fns.usda.gov/cn/fluid-milk-requirements-schools>

Using Child Nutrition (CN) Labels in the School Nutrition Programs (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/cn\\_labels\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/cn_labels_snp.pdf)

Using Product Formulation Statements in the School Nutrition Programs (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/product\\_formulation\\_statements.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/product_formulation_statements.pdf)

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)

Weekly Calorie Ranges 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/mealpattern/calorie\\_ranges\\_nslp\\_sbp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/mealpattern/calorie_ranges_nslp_sbp.pdf)

What's in a Meal: National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12 (CSDE Training Program):

<https://portal.ct.gov/sde/nutrition/meal-pattern-training-materials>

## Overview of Menu Planning for Grades K-12 in the School Breakfast Program

Worksheet to Calculate the Weekly Percentage of Whole Grain-rich Menu Items in the Meal Patterns for Grades K-12 (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/worksheet\\_calculate\\_wgr\\_percentage\\_snp\\_grades\\_k-12.xlsx](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/worksheet_calculate_wgr_percentage_snp_grades_k-12.xlsx)

## Overview of Menu Planning for Grades K-12 in the School Breakfast Program

For more information, visit the CSDE's [Meal Patterns for Grades K-12 in School Nutrition Programs](#) webpage and [Crediting Foods in School Nutrition Programs](#) webpage or contact the [school nutrition programs staff](#) at the Connecticut State Department of Education, Bureau of Child Nutrition Programs, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841. This document is available at [https://portal.ct.gov/-/media/sde/nutrition/sbp/overview\\_menu\\_planning\\_sbp\\_grades\\_k-12.pdf](https://portal.ct.gov/-/media/sde/nutrition/sbp/overview_menu_planning_sbp_grades_k-12.pdf).

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2. fax: (833) 256-1665 or (202) 690-7442; or
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