

MENU PLANNING GUIDE FOR SCHOOL MEALS

The Connecticut State Department of Education’s (CSDE) *Menu Planning Guide for School Meals* (MPG) contains information and guidance on planning menus to meet the U.S. Department of Agriculture’s (USDA) meal patterns for the National School Lunch Program (NSLP) and School Breakfast Program (SBP), based on USDA regulations and policy and Connecticut statutes and regulations. The contents of the MPG are subject to change. The CSDE will update this guide as the USDA issues additional policy and guidance.



Overview of Section Contents

<p>About This Guide</p> <p>CSDE Contact Information</p> <p>Abbreviations and Acronyms</p> <p>Section 1 – Meal Patterns</p> <ul style="list-style-type: none"> • Lunch • Breakfast • Preschool • Meal Pattern Compliance <p>Section 2 – Meal Components</p> <ul style="list-style-type: none"> • Milk • Fruits • Vegetables • Grains • Meat/Meat Alternates <p>Section 3 – Menu Planning</p> <ul style="list-style-type: none"> • Weekly Requirements • Additional Servings • Multiple Serving Lines • Pre-plated Meals and Vending Machines 	<p>Section 3, continued</p> <ul style="list-style-type: none"> • Field Trips • Meal Identification Signage • Training for School Nutrition Staff • Multiple Grade Groups • Menu Records <p>Section 4 – Meal Service</p> <ul style="list-style-type: none"> • OVS at Lunch • OVS at Breakfast • Menu Planning Tips • Lunch Periods • Family-style Meal Service • Water Availability • Separation by Gender Prohibited <p>Section 5 – Dietary Specifications</p> <ul style="list-style-type: none"> • Compliance Strategies • Calories • Saturated Fat 	<p>Section 5, continued</p> <ul style="list-style-type: none"> • Trans Fat • Sodium • Limiting Added Sugars to Meet Calorie Ranges • Increasing Fiber-rich Foods to Meet Calorie Ranges • Limiting Saturated Fat • Limiting Sodium • Using Food Labels <p>Section 6 – Resources</p> <ul style="list-style-type: none"> • Regulations and Policy • Web Sites • CSDE Guides • CSDE Resource Lists • Forms and Handouts <p>Appendices</p> <p>Glossary</p>
---	--	--



For more information on menu planning and crediting foods, see the CSDE [Meal Patterns](#) Web page and [Crediting Foods](#) Web page or contact the [school nutrition programs](#) staff in the CSDE Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457.

This handout is available at www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/mpg/mpgoverview.pdf.

The Connecticut State Department of Education is committed to a policy of equal opportunity/affirmative action for all qualified persons. The Connecticut State Department of Education does not discriminate in any employment practice, education program, or educational activity on the basis of race, color, religious creed, sex, age, national origin, ancestry, marital status, sexual orientation, gender identity or expression, disability (including, but not limited to, intellectual disability, past or present history of mental disorder, physical disability or learning disability), genetic information, or any other basis prohibited by Connecticut state and/or federal nondiscrimination laws. The Connecticut State Department of Education does not unlawfully discriminate in employment and licensing against qualified persons with a prior criminal conviction. Inquiries regarding the Department of Education’s nondiscrimination policies should be directed to: Levy Gillespie, Equal Employment Opportunity Director/Americans with Disabilities Act Coordinator, Connecticut State Department of Education, 25 Industrial Park Road, Middletown, CT 06457, 860-807-2071, Levy.Gillespie@ct.gov.