Afterschool Snack Program Handbook

for Sponsors of the National School Lunch Program

School Year 2021-22 (through June 30, 2022)

March 2022

Connecticut State Department of Education
Bureau of Health/Nutrition, Family Services and Adult Education
450 Columbus Boulevard, Suite 504
Hartford, CT 06103-1841

CSDE
CONNECTICUT STATE DEPARTMENT OF EDUCATION

Afterschool Snack Program Handbook

Connecticut State Department of Education
https://portal.ct.gov/-/media/SDE/Nutrition/ASP/ASP_Handbook.pdf

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: https://www.usda.gov/oascr/how-to-file-a-program-discrimination-complaint, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
(2) fax: (202) 690-7442; or
(3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

The Connecticut State Department of Education is committed to a policy of equal opportunity/affirmative action for all qualified persons. The Connecticut Department of Education does not discriminate in any employment practice, education program, or educational activity on the basis of age, ancestry, color, criminal record (in state employment and licensing), gender identity or expression, genetic information, intellectual disability, learning disability, marital status, mental disability (past or present), national origin, physical disability (including blindness), race, religious creed, retaliation for previously opposed discrimination or coercion, sex (pregnancy or sexual harassment), sexual orientation, veteran status or workplace hazards to reproductive systems, unless there is a bona fide occupational qualification excluding persons in any of the aforementioned protected classes.

Inquiries regarding the Connecticut State Department of Education's nondiscrimination policies should be directed to: Levy Gillespie, Equal Employment Opportunity Director/Americans with Disabilities Coordinator (ADA), Connecticut State Department of Education, 450 Columbus Boulevard, Suite 505, Hartford, CT 06103, 860-807-2071, levy.gillespie@ct.gov.

Contents

About This Guide ..... **v**
USDA Nationwide Waivers for COVID-19 vi

CSDE Contact Information ..... **vii**

Abbreviations and Acronyms ..... **viii**

1 — Overview **1**
Child and Adult Care Food Program (CACFP) Afterschool Snacks 2
Criteria for ASP Participation 2
Residential Child Care Institutions 3
Student Eligibility 3
Application Process 4
Comparison of ASP Meal Pattern Requirements for Preschoolers and Grades K-12 5
Table 1. Comparison of ASP Meal Patterns for preschoolers and grades K-12 5
Serving the Same Menu to Preschoolers and Grades K-12 7
Preschoolers and grades K-12 eating together in the ASP 7
Minimum Creditable Amounts 7
Additional Foods 8
Requirement for Visible Components 9
Noncreditable Foods 10
Additional Nutrition Standards for ASP Snacks 11
Healthy Food Certification for public schools 11
USDA's Smart Snacks Nutrition Standards 12
Meal Modifications for Children with Special Dietary Needs 12
Children with a disability 12
Children without a disability 12
Offer versus Serve 13
Water Availability 13
Considerations for serving water in the ASP 14

2 — Snack Meal Pattern for Grades K-12 ..... **15**
Table 2. ASP meal pattern for grades K-12 16
Menu Planning Considerations for Grades K-12 19
Menu Planning Resources 20
Meal Pattern Components for Grades K-12 22
Milk Component for Grades K-12 22
Serving size 22

Additional state milk requirements for public schools 22
Crediting restrictions 22
Milk variety 23
Nondairy milk substitutes 23
Crediting milk in smoothies 23
Noncreditable milk 24
Resources for the milk component 24
Meat/Meat Alternates Component for Grades K-12 26
Serving size 26
Crediting alternate protein products (APPs) 26
Crediting cheeses 26
Crediting commercial meat/meat alternate products 27
Crediting commercial products with binders, extenders, and liquids 27
Crediting deli meats 27
Crediting dried meat, poultry, and seafood products 28
Crediting eggs 28
Crediting legumes as meat/meat alternates 28
Crediting legume flour pasta products as meat/meat alternates 29
Crediting nut and seed butters 29
Crediting nuts and seeds 29
Crediting surimi seafood 30
Crediting tempeh 30
Crediting tofu 30
Crediting yogurt 31
Noncreditable meat/meat alternates 31
Resources for the meat/meat alternates component 31
Vegetables/Fruits Component for Grades K-12 34
Serving size 34
Determining servings for fresh vegetables and fruits 35
Table 3. Meal pattern contribution of fresh vegetables and fruits 35
Crediting canned fruits 37
Crediting canned vegetables 37
Crediting dried vegetables 37
Crediting coconut 37
Crediting dried fruits 38
Crediting dried vegetables 38
Crediting fresh fruits 38
Table 4. Additional amount of fresh fruit for ¾-cup serving 39
Crediting frozen fruits 40
Crediting fruits in grain-based desserts 41
Crediting fruits in yogurt 41

Crediting hominy as a vegetable 41
Crediting juice 41
Crediting legumes as vegetables 42
Crediting pasta made of 100 percent vegetable flours 43
Crediting smoothies 43
Crediting soups 43
Crediting vegetables and fruits with added ingredients 44
Noncreditable fruits 45
Noncreditable vegetables 45
Resources for the vegetables/fruits component 45
Grains/Breads Component for Grades K-12 47
Serving size 47
Creditable grains 48
Crediting breakfast cereals 49
Crediting corn masa, masa harina, corn flour, and cornmeal 49
Crediting grain-based desserts 49
Crediting hominy as a grain 50
Crediting popcorn 50
Noncreditable grains/breads 50
Resources for the grains/breads component 51

3 — Snack Meal Pattern for Preschoolers 53
Table 5. ASP meal pattern for preschoolers 54
Meal Pattern Components for Preschoolers 58
Menu Planning Resources 58

4 — Menu Planning 61
Documentation for Commercial Products 61
Documentation for Foods Made from Scratch 61
Food Buying Guide for Child Nutrition Programs 61
Choking Prevention for Young Children 62
Foods that are choking risks 62
Safe preparation and serving techniques to reduce choking risk 62
Table 6. Common foods that may cause choking 63
Planning Healthy Snacks 64
Best practices for healthy snack menus 65
Table 7. Snack menu ideas for the milk component 66
Table 8. Snack menu ideas for the meat/meat alternates component 67
Table 9. Snack menu ideas for the vegetables component 68
Table 10. Snack menu ideas for the fruits component 69
Table 11. Snack menu ideas for the grains component 70

5 — Program Requirements 71
Time Restrictions 71
Extended School Days 71
Operation Dates 71
Food Safety 72
Snack Charges 72
Snack Menus 73
Production Records 73
Counting and Claiming 74
Schools that are site/area eligible 74
Schools that are not site/area eligible 75
Reimbursement Rates 76
Claims Submission 76
Monitoring 77
Recordkeeping 77
Table 12. Summary of required snack count forms for site/area eligible schools 79
Civil Rights 80
USDA nondiscrimination statement 80
Staff Responsibilities 81
Role of food service staff 81
Role of afterschool care staff 81

6 — Resources 83
Comparison Charts 83
Connecticut Nutrition Standards 84
Crediting Foods for Grades K-12 in the ASP 85
Crediting Foods for Preschoolers in the ASP 86
CSDE Guides 87
CSDE Resource Lists 88
Meal Patterns 89
Menu Planning Forms 89
Snack Count Forms and Production Records 90
USDA Regulations and Policy 91
Websites 95

Glossary 97

About This Guide

This guide contains information and guidance on operating the U.S. Department of Agriculture's (USDA) Afterschool Snack Program (ASP) of the National School Lunch Program (NSLP), based on USDA regulations and policy. This guide applies to all public schools, private schools, and residential child care institutions (RCCIs) that participate in the ASP.

The ASP has different meal pattern and crediting requirements for grades K-12 and preschoolers. The ASP meal pattern for grades K-12 is defined by 7 CFR 210.10 (o)(2) of the NSLP regulations. The ASP meal pattern for preschoolers (ages 1-4) is defined by the USDA's final rule, *Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010,* and follow the same requirements as the Child and Adult Care Food Program (CACFP) meal patterns for children.

The USDA provides additional guidance on the meal pattern requirements through the policy memos on the USDA's FNS Documents & Resources webpage.

> The contents of this guide are subject to change. The CSDE will update this guide as the USDA issues additional policies and guidance for the ASP. Please check the CSDE's ASP webpage for the most recent version. For more information on the ASP, contact the CSDE's school nutrition programs staff.

Each section of the handbook 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 handbook.

The mention of trade names, commercial products, or organizations does not imply approval or endorsement by the CSDE or the USDA. Product names are used solely for clarification.

USDA Nationwide Waivers for COVID-19

Pursuant to the COVID-19 Child Nutrition Response Act (H.R. 6201, Title II), and the exceptional circumstances of the current COVID-19 public health emergency, the USDA Food and Nutrition Service (FNS) has established a variety of nationwide waivers to support access to nutritious meals, while enforcing recommendations from public health experts with regard to social distancing measures. For more information, visit the "Documents/Forms" section of the CSDE's Operation of Child Nutrition Programs during Coronavirus (COVID-19) Outbreaks webpage.

School food authorities (SFAs) must apply to the Connecticut State Department of Education (CSDE) to implement any of the current USDA waivers. If a sponsor has received approval from the CSDE to implement any of the national waiver provisions, these approvals supersede the applicable requirements in this guide. For more information, visit the CSDE's Operation of Child Nutrition Programs during Coronavirus (COVID-19) Outbreaks webpage.

For information on the ASP meal pattern flexibilities for 2021-22, refer to "Meal Pattern Flexibilities During COVID-19" in section 1.

CSDE Contact Information

The chart below summarizes the Connecticut county assignments for the school nutrition programs staff in the CSDE's Bureau of Health/Nutrition, Family Services and Adult Education. School food authorities should contact their assigned consultant with any questions regarding the operation of the USDA Child Nutrition Programs.

School Nutrition Programs Staff	
County	**Consultant**
Fairfield County (includes Region 9) **Litchfield County** (includes Regions 1, 6, 7, 12, and 14)	Fionnuala Brown fionnuala.brown@ct.gov 860-807-2129
Hartford County (includes Region 10) **Middlesex County** (includes Regions 4, 13, and 17)	Teri Dandeneau teri.dandeneau@ct.gov 860-807-2079
New Haven County (includes Regions 5, 15, and 16) **New London County** **Tolland County** (includes Regions 8 and 19) **Windham County** (includes Region 11)	Susan Alston susan.alston@ct.gov 860-807-2081
Connecticut State Department of Education Bureau of Health/Nutrition, Family Services and Adult Education Child Nutrition Programs 450 Columbus Boulevard, Suite 504 Hartford, CT 06103-1841	

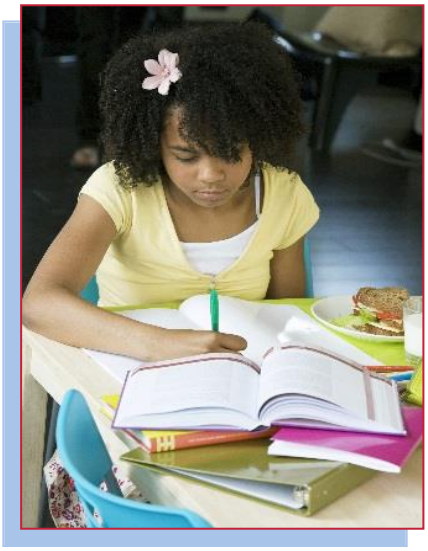
For information on the National School Lunch Program (NSLP), School Breakfast Program (SBP), Special Milk Program (SMP), Child and Adult Care Food Program (CACFP), Fresh Fruit and Vegetable Program (FFVP), and Summer Food Service Program (SFSP), visit the CSDE's Child Nutrition Programs webpage.

Abbreviations and Acronyms

APPs	alternate protein products
AR	Administrative Review
ASP	Afterschool Snack Program of the NSLP
C.G.S.	Connecticut General Statutes
CACFP	Child and Adult Care Food 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
FR	Federal Register
HACCP	Hazard Analysis Critical Control Points
HFC	Healthy Food Certification
HHFKA	Healthy, Hunger-Free Kids Act of 2010 (Public Law 111-296)
LEA	local educational agency
NSLP	National School Lunch Program
OVS	offer versus serve
PFS	product formulation statement

RCCI	residential child care institution
SBP	School Breakfast Program
SFA	school food authority
SSO	Seamless Summer Option of the NSLP
USDA	U.S. Department of Agriculture
WGR	whole grain-rich

1 — Overview



The Afterschool Snack Program (ASP) is operated through the U.S. Department of Agriculture's (USDA) National School Lunch Program (NSLP). Schools must participate in the NSLP to participate in the ASP.

The ASP is operated in afterschool activities aimed at promoting the health and well-being of children and youth in local communities. Schools must provide children with regularly scheduled activities in an organized, structured, and supervised environment that includes educational or enrichment activities such as mentoring/tutoring programs. Afterschool programs must meet state or local licensing requirements and health and safety standards.

The USDA also allows certain extended day programs to participate in the ASP. For more information, refer to "Extended School Days" in section 5.

The ASP provides cash reimbursement to help schools serve healthy snacks to children who are participating in afterschool care programs. The reimbursement rate depends on students' meal eligibility. In schools where 50 percent or more of enrolled students are eligible for free or reduced-price meals, snacks are reimbursed at the free rate for all children. In schools where less than 50 percent of enrolled students are eligible for free or reduced-price meals, snacks are reimbursed by student eligibility status (free, reduced, or paid). For information on the current USDA funding levels for snacks in the ASP, refer to "Reimbursement Rates" in section 5.

Section 6 includes resource related to the ASP, including federal and state regulations, policy memoranda, websites, forms, and handouts. For additional information and resources, visit the Connecticut State Department of Education's (CSDE) ASP webpage.

Child and Adult Care Food Program (CACFP) Afterschool Snacks

The CACFP provides reimbursement for snacks (and in some cases meals) to afterschool care programs operated by schools, local government agencies, and private non-profit organizations. To participate in the CACFP Afterschool Snack Program or At-risk Afterschool Meals Program, the site must be located in a school or geographic area where 50 percent or more of the enrolled students are eligible for free or reduced-price school meals. For more information, visit the CSDE's CACFP At-risk Afterschool Care Centers webpage or contact the CSDE's CACFP staff.

Criteria for ASP Participation

Any school under a school food authority (SFA) that participates in the NSLP is eligible to operate the ASP. Schools that are approved by the CSDE to operate the ASP must agree to assume full responsibility for complying with all program requirements. To participate in the ASP, the school must meet the preliminary requirements below.

1. The school must be participating in the NSLP.

2. The school must be sponsoring or operating an afterschool care program for children ages 3-18 that:

    - provides regularly scheduled activities in an organized, structured, and supervised environment;
    - includes educational or enrichment activities such as mentoring/tutoring programs; and
    - meets state or local licensing requirements and health and safety standards.

3. The SFA must complete an annual online application for each site and submit to the CSDE for approval. The application must be approved by the CSDE before the site is eligible to receive federal reimbursements. New sites that start during the school year must have approved applications.

SFAs can use the CSDE's *ASP School Eligibility Checklist* to determine if schools meet the criteria for ASP participation.

Residential Child Care Institutions

Any residential child care institution (RCCI) that participates in the NSLP may also participate in the ASP, if the RCCI operates an afterschool care program with enrichment or education activities that meet the criteria for ASP participation (refer to "Criteria for ASP Participation" in this section). The ASP requirements for RCCIs and schools are the same.

RCCIs cannot claim reimbursement for snacks served on weekends, holidays, or vacation periods unless the snack is served during an activity that takes place after an education activity that is determined to be an integral part of the curriculum or an actual extension of the local education system. For more information, refer to "Time Restrictions" in section 5.

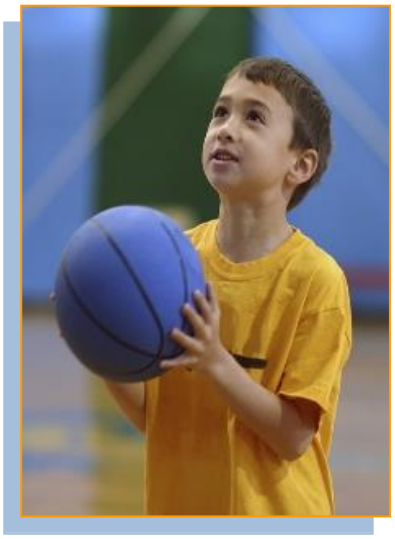
RCCIs are reimbursed for snacks served in the ASP to students ages 18 and younger, and who turn 19 during the school year. Unlike the NSLP and SBP regulations for RCCIs, the ASP does **not** allow RCCIs to received snack reimbursements for children until age 21.

Student Eligibility

The following students who participate in organized afterschool care programs are eligible to receive snacks through the ASP:

- students ages 18 and younger;
- students who turn 19 during the school year; and
- individuals, regardless of age, who are determined by the CSDE to be mentally or physically disabled.

Schools have significant flexibility in organizing afterschool programs, and the specific educational or enrichment activities that may be offered. For example, some programs may focus on homework and tutoring, while others offer activities such as drama, chess, and physical activity.



Students who are part of school sports teams and clubs can receive afterschool snacks as part of a broad, overarching educational or enrichment program offered by the school. Afterschool "drop in" programs are also eligible. The ASP does not have an enrollment requirement, so individual student athletes who attend afterschool programs before or after team practices may receive snacks.

Many afterschool programs hire teens to work with children in the program. These teens are also eligible to receive snacks in the ASP.

Application Process

Schools must meet the criteria for participation to be eligible for the ASP (refer to "Criteria for ASP Participation" in this section). The SFA should review this handbook to determine if the applicant site is eligible and can comply with the ASP meal patterns for grades K-12 and preschool (if applicable), and operation requirements. For more information, refer to the CSDE's *ASP School Eligibility Checklist*.

For each eligible site, the SFA must complete the steps below.

1. Complete the ASP section (C1-C9) of the Connecticut Online Application and Claiming System for Child Nutrition Programs (CNP System). Access the CNP System from the CSDE's CNP Online System webpage.

2. Request approval from the SFA's assigned school nutrition consultant. Access the list of CSDE school nutrition consultants from the CSDE's Contact Information for School Nutrition Programs webpage.

3. New ASP sponsors only: E-mail a sample two-week snack menu for grades K-12 and preschool (if applicable), to the SFA's assigned school nutrition consultant.

The CSDE will review each snack menu for compliance with the ASP meal patterns for grades K-12 and preschool (if applicable). SFAs will be notified by e-mail if the snack menu is approved or needs corrections. The school cannot be approved for ASP operation until the CSDE receives a compliant snack menu for the grade groups being served.

Applications must be submitted at least two weeks before the start of the school's snack service. SFAs may apply to participate in the ASP at any time during the school year. SFAs must notify their assigned school nutrition consultant to obtain approval for any new ASP sites.

Comparison of ASP Meal Pattern Requirements for Preschoolers and Grades K-12

The ASP meal patterns for preschoolers (ages 1-4) and grades K-12 have different requirements. Effective October 1, 2017, the USDA's final rule, *Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010* (81 FR 24348), updated the preschool meal patterns to better align with the *Dietary Guidelines for Americans*. The updated preschool meal patterns require more whole grains and a greater variety of vegetables and fruits; and reduce the amount of added sugars and solid fats in meals. These changes do not apply to the ASP meal pattern for grades K-12, which is defined by the NSLP regulations (7 CFR 210.10 (o)).

Table 1 compares the meal pattern and crediting requirements for each group. For more information, refer to the CSDE's resource, *Comparison of ASP Meal Pattern Requirements for Preschoolers and Grades K-12*.

Table 1. Comparison of ASP Meal Patterns for preschoolers and grades K-12

Requirement	Preschoolers	Grades K-12
Reimbursable snack	Must include two of the five components: 1. Milk (age 1: unflavored whole milk; ages 2-4: unflavored low-fat or fat-free milk) 2. Meat/meat alternates 3. Vegetables 4. Fruits 5. Grains (whole grain or enriched)	Must include two of the four components: 1. Milk (unflavored low-fat or unflavored/flavored fat-free) 2. Meat/meat alternates 3. Vegetables/fruits 4. Grains/breads (whole grain or enriched)
Flavored milk	Not allowed	Flavored fat-free milk allowed
Vegetables and fruits	Two separate components	One combined component
Crediting dried fruit	Credits as twice the volume served, e.g., ¼ cup of dried fruit credits as ½ cup of the fruits component	Credits as the volume served, e.g., ¼ cup of dried fruit credits as ¼ cup of the vegetables/fruits component

Table 1. Comparison of ASP Meal Patterns for preschoolers and grades K-12, *continued*		
Requirement	**Preschoolers**	**Grades K-12**
Crediting raw leafy greens, e.g., lettuce, spinach, and kale	Credits as half the volume served, e.g., 1 cup of raw leafy greens credits as ½ cup of the vegetables component	Credits as the volume served, e.g., 1 cup raw leafy greens credits as 1 cup of the vegetables/fruits component
Juice limit	Credits as the fruits component or vegetables component at no more than one preschool meal or snack per day	None
Whole grain-rich (WGR) requirement	At least one serving per day	None
Quantities for grains	Ounce equivalents	Servings
Grain-based desserts	Not allowed	Allowed: Recommended limit of no more than twice per week
Sugar limit for breakfast cereals	No more than 6 grams of sugar per dry ounce	None
Sugar limit for yogurt	No more than 23 grams of sugar per 6 ounces (3.83 grams per ounce)	None
Deep-fat frying foods on site	Not allowed	Allowed

Section 2 provides menu planning guidance on the ASP meal pattern for grades K-12. Section 3 provides menu planning guidance on the ASP meal pattern for preschoolers.

Serving the Same Menu to Preschoolers and Grades K-12

When SFAs serve the same snack menu to grades K-12 and preschoolers, foods must comply with the stricter requirements of the preschool meal pattern. For example, since the ASP preschool meal pattern has a sugar limit for yogurt and breakfast cereals but the ASP meal pattern for grades K-12 does not, yogurt and breakfast cereals served to both groups must comply with the preschool sugar limits. Other stricter requirements in the ASP preschool meal pattern include the prohibition of low-fat flavored milk and grain-based desserts, and a daily juice limit (refer to table 1).

Preschoolers and grades K-12 eating together in the ASP

SFAs that serve ASP snacks to preschoolers and grades K-12 in the same service area at the same time may choose to: 1) follow the grade-appropriate ASP meal patterns for each grade group (i.e., use the ASP preschool meal pattern for ages 1-4 and the K-12 ASP meal pattern for grades K-12); or 2) serve the K-12 ASP meal pattern to both grade groups.

SFAs must follow the ASP preschool meal pattern when meals are served to preschoolers in a different area or at a different time than K-12 students. The USDA allows the option to serve the K-12 ASP meal pattern to preschoolers only when preschoolers are co-mingled with K-12 students during the ASP snack service. The USDA strongly encourages schools to find ways to serve grade-appropriate meals to preschoolers and grades K-12 to best address their nutritional needs. For more information, refer to USDA Memo SP 37-2017*: Flexibility for Co-Mingled Preschool Meals: Questions and Answers.*

Minimum Creditable Amounts

Each food component has a minimum amount that credits toward the ASP meal patterns. Milk must be offered as the full serving. The minimum creditable amounts for the other food components are:

- ⅛ cup for the vegetables component;
- ⅛ cup for the fruits component;
- ¼ serving for the grains component; and
- ¼ ounce for the meat/meat alternates component.

If a food item provides less than the full serving, the snack menu must include the additional amount to credit as the full snack component. For example, the required serving for the vegetables/fruits component is ¾ cup for grades K-12. If a menu item provides ½ cup of fruit, the snack menu must include an additional ¼ cup of fruit to credit as the full component.

Additional Foods

ASP menus may include additional foods or larger servings beyond the minimum requirements. Menu planners should consider the appropriateness of additional foods based on the nutrition needs of each age group.

Young children have small appetites and might not consume the nutritious meal components if the menu includes additional foods. However, older children might need larger servings to meet their nutritional needs. For example, a snack menu that contains ounce of cheese (1 ounce of meat/meat alternates) and 1 ounce of whole-grain crackers (one serving of grains/breads) meets the minimum servings for grades K-12. This snack may be nutritionally adequate for a 6-year-old, but an 18-year-old might need larger servings or an additional food item such as a fruit or vegetable.

When menus include additional foods, the CSDE encourages SFAs to choose nutrient-dense foods that are appropriate to the nutrition needs of each age group. Examples include vegetables; fruits; whole grains; low-fat and nonfat milk products; legumes; and lean meats, fish, poultry.

Some additional foods do not credit toward the ASP meal patterns and cannot be served or should be served only in moderation. For more information, refer to "Noncreditable Foods" in this section.

Requirement for Visible Components

The USDA requires that foods must be visible (recognizable) to credit toward the meal patterns for school nutrition programs. For example, SFAs cannot credit peanut butter in smoothies; pureed tofu in soups; applesauce in muffins; and pureed fruits and vegetables in entrees and other foods.

The intent for this requirement is to ensure that children can easily identify the foods in school menus. The nutrition education aspect of the Child Nutrition Programs includes the goal of helping children recognize the food groups that contribute to healthy meals and snacks.

The USDA allows some exceptions to this requirement, including yogurt blended in fruit or vegetable smoothies, pureed fruits and vegetables in smoothies, and pasta made with 100 percent vegetable flours. In addition, SFAs may credit foods with pureed vegetables that also that contain at least ⅛ cup of visible creditable vegetables. For example, a serving of macaroni and cheese that contains ⅛ cup of diced butternut squash (visible) and ⅛ cup of pureed carrots (not visible) credits as ¼ cup of vegetables.

For more information, refer to "Crediting yogurt," "Crediting Legume Flour Pasta Products as Meat/Meat Alternates," "Crediting Pureed Vegetables," "Crediting pasta made of 100 percent vegetable flours" "Crediting Pureed Fruits," and "Crediting Smoothies, in the "Vegetables Component" in sections 2 and 3.

Noncreditable Foods

Noncreditable foods are foods and beverages that do not meet the crediting requirements of the USDA's meal patterns for the Child Nutrition Programs. They include foods and beverages in amounts too small to credit (refer to "Minimum creditable amounts" in this section), and foods and beverages that do not belong to the meal pattern components. Examples on noncreditable foods include potato chips, pudding, ice cream, gelatin, cream cheese, bacon, condiments (e.g., syrup, jam, ketchup, mustard, mayonnaise, and butter), and water. Noncreditable foods for each meal pattern component are listed in Section 3. For more examples, refer to the CSDE's resources, *Noncreditable Foods for Grades K-12 in the ASP* and *Noncreditable Foods for Preschoolers in the NSLP and SBP*.

SFAs may serve noncreditable foods in addition to the meal components to add variety, help improve acceptability in the meal, and satisfy appetites. Examples include maple syrup on pancakes, salad dressing on tossed greens, and condiments such as ketchup or mustard on sandwiches and other entrees.

It is important to note that some foods that do not credit in the preschool meal patterns are creditable foods in the meal patterns for grades K-12. Example include grain-based desserts, and breakfast cereals and yogurt that exceed the preschool sugar limit. Menu planners must consider the different ASP meal pattern requirements when making menu planning and purchasing decisions for each grade group.

To ensure that ASP snacks meet children's nutritional needs, the CSDE encourages SFAs to use discretion when serving noncreditable foods. Noncreditable foods are typically higher in added sugar, saturated fats, and sodium; and contain few nutrients. Menu planners should read labels, be aware of the ingredients in foods, and limit the frequency and amount of less nutritious choices.

Snack menus must include the full serving of at least two snack components. For example, a snack menu that includes strawberry gelatin (noncreditable food), whole-grain crackers (grains component), and unflavored low-fat milk (milk component) contains three food items, but only two components. This snack is reimbursable only if the milk and crackers provide the minimum required servings, i.e., 1 cup of milk and one serving of crackers (20 grams or 0.7 ounce) for grades K-12; and ½ cup of milk and ½ ounce equivalent of crackers (11 grams or 0.4 ounce) for preschoolers.

Additional Nutrition Standards for ASP Snacks

In addition to meeting the ASP meal patterns, foods and beverages served in ASP menus may have additional restrictions. Beverages sold to students in public schools anywhere on school premises (including the ASP) must meet the requirements of the state beverage statute. In addition, the Connecticut Nutrition Standards (CNS) or USDA's Smart Snacks nutrition standards may apply.

Healthy Food Certification for public schools

If the ASP operates in a public school district that chooses the healthy food option of Healthy Food Certification (HFC) under Section 10-215f of the Connecticut General Statutes, ASP snacks must meet the Connecticut Nutrition Standards (CNS). SFAs must review all commercial products and school recipes to determine CNS compliance.

- **Determining compliance of commercial products:** The CSDE's List of Acceptable Foods and Beverages webpage identifies commercial products that comply with the CNS and commercial beverages that comply with the state beverage statute. However, it does **not** indicate if a product meets the required meal pattern serving. Menu planners must refer to the product's serving size and determine the amount that meets the required serving for the ASP meal pattern.

  For grain-based snacks (such as crackers, cookies, and granola/cereal bars), menu planners must compare the manufacturer's serving with the minimum serving weight for the ASP (refer to *Grains/Breads Servings for K-12 in the ASP* or *Grain Ounce Equivalents for Preschoolers in the NSLP and SBP*), or obtain a product formulation statement (PFS) from the manufacturer to document the amount of creditable grains per serving. For guidance on calculating grain servings for grades K-12, refer to the CSDE's resource, *Calculation Methods for Grains/Breads Servings for Grades K-12 in the ASP*. For guidance on calculating grain ounce equivalents for preschoolers, refer to the CSDE's resource, *Calculation Methods for Grain Servings for Preschoolers in the NSLP and SBP*. For more information, refer to the CSDE's resource, *How to Evaluate Purchased Foods for Compliance with the CNS*.

- **Determining compliance of foods made from scratch:** Menu planners must evaluate the recipe's nutrient analysis for compliance with the CNS using the CSDE's Excel worksheets. These worksheets are available in the "How To" section of the CSDE's Connecticut Nutrition Standards webpage. For more information, refer to the CSDE's resources, *How to Evaluate Foods Made from Scratch for Compliance with the CNS* and *Guidance on Evaluating School Recipes for Compliance with the Connecticut Nutrition Standards*.

For additional information and a list of current HFC districts, visit the CSDE's HFC and CNS webpages.

USDA's Smart Snacks Nutrition Standards

The Smart Snacks nutrition standards do not apply to reimbursable snacks served in the ASP. However, Smart Snacks apply to any foods available for sale to students in an ASP that operates during the school day. The "school day" is the period from midnight before to 30 minutes after the end of the instructional day. For more information, visit the CSDE's Smart Snacks Nutrition Standards webpage.

Meal Modifications for Children with Special Dietary Needs

Schools and institutions participating in the ASP must comply with the federal nondiscrimination laws and requirements for meal modifications for children with special dietary needs. These requirements are summarized below. For detailed guidance, refer to the CSDE's guide, *Accommodating Special Diets in School Nutrition Programs*, and visit the CSDE's Special Diets in School Nutrition Programs webpage.

Children with a disability

The USDA requires reasonable meal modifications on a case-by-case basis for children whose disability restricts their diet, based on a medical statement signed by a recognized medical authority. "Case-by-case basis" means that the meal modifications are specific to the individual medical condition and dietary needs of each child.

The Connecticut State Department of Public Health defines a recognized medical authority as a state-licensed health care professional who is authorized to write medical prescriptions under state law. This includes licensed physicians (doctors of medicine or osteopathy), physician assistants, and advanced practice registered nurses (APRN). The CSDE's medical statements and accompanying instructions and guidance are available in the "Medical Statements for School Nutrition Programs" section of the CSDE's Special Diets in School Nutrition Programs webpage.

Children without a disability

The USDA allows, but does not require, meal modifications for children whose special dietary needs do not constitute a disability. Examples of optional modifications include requests related to religious or moral convictions, general health concerns, and personal food preferences, such as

parents who prefer that their children eat a gluten-free diet or organic foods because they believe it is healthier.

SFAs may choose to make these optional modifications on a case-by-case basis. Meal modifications for children without disabilities in grades K-12 must comply with the USDA's meal patterns for grades K-12 (refer to section 2). Meal modifications for preschoolers without disabilities must comply with the USDA's meal patterns for preschoolers (refer to section 3).

Offer versus Serve

The USDA does not allow offer versus serve (OVS) in the ASP. To be claimed as a reimbursable snack, each snack must include at least two components and children must take the full serving of both components. The amount of each component served must meet the minimum serving size requirements for the appropriate age group (grades K-12 or preschool) in the ASP meal pattern. For more information, refer to "offer versus serve" in the Glossary.

Water Availability

The Healthy, Hunger-Free Kids Act of 2010 (Public Law 111-296) requires that schools and institutions participating in the NSLP, SBP, and ASP must make plain potable water available to children at no cost during the meal service. The water must be available without restriction in the location where meals are served. Water must also be made available for meals and ASP snacks served outside of the cafeteria, such as meals served in a classroom or during in-school suspension.

SFAs can implement this requirement in a variety of ways, which include:

- offering water pitchers and cups on tables or in an area that is easily accessible to all children during meals and ASP snacks; and
- providing a water fountain or a faucet that allows students to fill their own bottles or cups with drinking water. The location of the water fountain must be in the foodservice area or immediately adjacent, such as a water fountain that is right outside the door to the foodservice area and accessible to all students during the meal period.

While water must be made available to students during meal and snack service, water is **not** a meal pattern component and is not part of the reimbursable snack. Students are not required to take water.

The USDA does not provide separate funding for this provision and schools cannot claim reimbursement for water. However, reasonable costs associated with providing potable water are an allowable cost to the nonprofit food service account.

More information is available in USDA Memo SP 49-2016 and CACFP 18-2016: *Resources for Making Potable Water Available in Schools and Child Care Facilities* and USDA Memo SP 28-2011: *Water Availability during National School Lunch Program Meal Service.*

Considerations for serving water in the ASP

SFAs must consider the guidelines and requirements below when serving water in the ASP.

- Preschoolers: Caregivers should not serve young children too much water before and during mealtimes. Excess water may reduce the amount of food and milk that children consume at mealtimes.
- Water is not a meal pattern component and is not part of reimbursable meals. SFAs cannot offer water as a choice instead of milk.
- If the snack menu includes juice or milk as one of the two required snack components, SFAs cannot offer water as a choice instead of juice or milk.
- Serve water at snack when the snack menu does not include milk or juice.

For more information and resources, visit the "Water Availability" section of the CSDE's Program Guidance for School Nutrition Programs webpage.

2 — Snack Meal Pattern for Grades K-12

The ASP meal pattern for grades K-12 is defined by the NSLP regulations (7 CFR 210.10 (o)). SFAs must offer snacks that meet the required food components and servings in the ASP meal pattern for grades K-12 (refer to table 2). The four snack components for grades K-12 include:

- milk (unflavored low-fat, unflavored fat-free, or flavored fat-free);
- meat/meat alternates;
- vegetables/fruits; and
- grains/breads (whole grain or enriched).

The minimum quantities are the same for all grades. SFAs may need to serve larger portion sizes to meet the nutritional needs of older children.

Reimbursable snacks may include any two of the four components but must include two different components. For example, a snack that consists of one serving of vegetable (such as ¾ cup of carrot sticks) and one serving of fruit (such as ¾ cup of sliced apples) is not reimbursable because both food items are from the vegetables/fruits component.

Snack menus must document the service of reimbursable snacks to children. For more information, refer to "Snack Menus" in section 5.

Table 2. ASP meal pattern for grades K-12	
Serve any two of the four components (must be two different components) [1, 2]	**Minimum quantities** [3]
Milk, fluid [4] Unflavored low-fat (1%) milk, or unflavored or flavored fat-free milk	8 fluid ounces (1 cup)
Meat/meat alternates Lean meat, poultry, or fish [5]	1 ounce
Surimi [6]	3 ounces
Tofu, soy products, tempeh, or alternate protein products (APPs) [7]	1 ounce
Cheese	1 ounce
Cottage cheese	¼ cup
Eggs, large	½
Cooked dry beans or peas [8]	¼ cup
Peanut butter or soy nut butter or other nut or seed butters	2 tablespoons
Peanuts or soy nuts or tree nuts or seeds [9]	1 ounce
Yogurt or soy yogurt, plain or flavored, unsweetened or sweetened [10]	4 ounces or ½ cup
Vegetables/fruits [11, 12, 13, 14] Vegetables, fruits, and full-strength fruit or vegetable juice	¾ cup
Grains/breads [15, 16, 17, 18, 19] Whole grain or enriched bread	1 slice [17]
Whole grain or enriched bread products, e.g., cornbread, biscuits, rolls, muffins	1 serving [17]
Whole grain, enriched, or fortified ready-to-eat breakfast cereal (dry, cold) [18]	¾ cup or 1 ounce
Whole grain, enriched, or fortified cooked breakfast cereal [18], cereal grain [19], or pasta	½ cup
Whole grain or enriched savory crackers and sweet crackers, e.g., animal crackers and graham crackers	1 serving [17]
Note: Refer to *Servings for Grains/Breads for Grades K-12 in the ASP* for the specific serving weights of different grain products.	
◀ **Refer to next page for important menu planning notes** ▶	

Table 2. ASP meal pattern for grades K-12, *continued*

Menu planning notes

1 Snack must include the minimum serving of two of the four components. Only one of the two components may be a creditable beverage. A snack that contains two servings from the same component is not reimbursable. For example, carrot sticks and apple juice are both from the vegetables/fruits component. Use the USDA's *Food Buying Guide for Child Nutrition Programs* (FBG) to determine the amount of purchased food that meets the requirements. For processed foods, review the product's Child Nutrition (CN) label or product formulation statement (PFS). For more information, refer to the Connecticut State Department of Education's (CSDE) resources, *Child Nutrition (CN) Labeling Program*, *Product Formulation Statements*, *Accepting Processed Product Documentation in the NSLP and SBP*, and *Crediting Commercial Meat/Meat Alternate Products in the NSLP and SBP,* and visit the "Crediting Commercial Processed Products" section of the CSDE's Crediting Foods in School Nutrition Programs webpage. Foods made from scratch must have a standardized recipe that documents crediting information. For more information, visit the "Crediting Foods Made from Scratch" section of the CSDE's Crediting Foods in School Nutrition Programs webpage.

2 In addition to meeting the ASP meal pattern requirements, ASP snacks in public schools that choose the healthy food option of Healthy Food Certification (HFC) under Section 10-215f of the Connecticut General Statutes must comply with the Connecticut Nutrition Standards (CNS). For more information, visit the CSDE's HFC, CNS, and List of Acceptable Foods and Beverages webpages.

3 Children may be served larger portions but not less than the minimum quantities. Larger portions may be appropriate to meet older children's nutrition needs.

4 Allowable types of milk include unflavored low-fat (1%) milk and unflavored or flavored fat-free milk. Whole milk and reduced-fat (2%) milk cannot be served. For more information, visit the "Milk Component for Grades K-12 in the ASP" section of the CSDE's ASP webpage.

5 The serving size refers to the edible portion of cooked lean meat, poultry, or fish as served, e.g., cooked lean meat without bone, breading, binders, extenders, or other ingredients. For more information, refer to the CSDE's resources, *Crediting Commercial Meat/Meat Alternate Products in the NSLP and SBP* and *Crediting Deli Meats in the NSLP and SBP,* and visit the "Meat/Meat Alternates Component for Grades K-12 in the ASP" section of the CSDE's ASP webpage.

6 Surimi seafood is a pasteurized, ready-to-eat, restructured seafood product usually made from pollock (fish). A CN label or manufacturer's PFS is required to credit surimi seafood differently.

7 APPs must meet the requirements in appendix A of the NSLP regulations (7 CFR 210). Tofu must contain at least 5 grams of protein in 2.2 ounces (weight) or ¼ cup (volume). For more information, refer to the CSDE's resources, *Requirements for Alternate Protein Products in the NSLP and SBP* and *Crediting Tofu and Tofu Products in the NSLP and SBP*. A 1-ounce serving of tempeh credits as 1 ounce of the meat/meat alternates component if the product's ingredients include only soybeans (or other legumes), water, tempeh culture, and for some varieties, vinegar, seasonings, and herbs. If a tempeh product contains other ingredients, a CN label or PFS is required to document crediting information.

Table 2. ASP meal pattern for grades K-12, *continued*

Menu planning notes, *continued*

8 Legumes (cooked dry beans and peas) credit as either the meat/meat alternates component or the vegetables/fruits component, but not both in the same snack. For more information, refer to the CSDE's resource, *Crediting Legumes in the NSLP and SBP*.

9 Creditable nuts and seeds include almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, walnuts, pine nuts, pistachios, and soy nuts. For more information, refer to the CSDE's resource, *Crediting Nuts and Seeds in the NSLP and SBP*.

10 To increase nutrient variety, yogurt should not be served when milk is the only other snack component.

11 Creditable vegetables include fresh vegetables, frozen vegetables, canned vegetables, rehydrated dried vegetables, and pasteurized 100 percent full-strength vegetable juice. A serving of cooked vegetables must be drained. Dried vegetables require a PFS. For more information, visit the "Vegetables/Fruits Component for Grades K-12 in the ASP in the ASP" section of the CSDE's ASP webpage.

12 Creditable fruits include fresh fruit; frozen fruit; dried fruit; canned fruit in juice, water, or light syrup; and pasteurized 100 percent full-strength fruit juice. A serving of canned fruit may include the 100 percent juice in which the fruit is packed but cannot include water or syrup. For more information, visit the "Vegetables/Fruits Component for Grades K-12 in the ASP" section of the CSDE's ASP webpage.

13 Check the FBG to ensure the proper crediting of fresh fruits. Depending on the size, one piece of fresh fruit might not provide the required ¾-cup serving. For example, one 60-count plum and one 88-count peach each credit as ⅜ cup of fruit; one 100-120-count banana and one 138-count orange each credit as ½ cup of fruit; and one 113-count or 125-count orange credits as ⅝ cup of fruit.

14 Juice must be full-strength (100 percent) pasteurized juice. Juice cannot be served when milk is the only other snack component. Pureed fruits and vegetables in smoothies credit as juice. For more information, refer to the CSDE's resource, *Crediting Smoothies for Grades K-12 in the NSLP and SBP*. For best nutrition, limit juice and serve more fruits and vegetables.

15 Grain products and recipes must be made with creditable grains. Creditable grains for the ASP meal pattern for grades K-12 include whole grains, enriched grains, bran, and germ. For more information, refer to the CSDE's resources, *Crediting Whole Grains in the NSLP and SBP* and *Crediting Enriched Grains in the NSLP and SBP;* and visit the "Grains/Breads Component for Grades K-12 in the ASP in the ASP" section of the CSDE's ASP webpage.

16 The CSDE recommends limiting grain-based desserts (such as cookies, animal crackers, graham crackers, granola bars, toaster pastries, sweet rolls, and cake) to no more than twice per week. Grain-based desserts are designated by the footnote 1 in the CSDE's resource, *Servings for Grains/Breads for Grades K-12 in the ASP*.

Table 2. ASP meal pattern for grades K-12, *continued*

Menu planning notes, *continued*

[17] The serving size must provide the required weight or volume in *Servings for Grains/Breads for Grades K-12 in the ASP* or the minimum creditable grains per serving. For more information, refer to the CSDE's resource, *Calculation Methods for Grains/Breads Servings for Grades K-12 in the ASP*, and visit the "Serving Size for Grains/Breads" section of the CSDE's ASP webpage.

[18] Breakfast cereals must be whole grain, enriched, or fortified. One serving of breakfast cereal must meet the requirement for either measure (cups) or weight (ounces), whichever is less. For more information, refer to the CSDE's resource, *Crediting Breakfast Cereals for Grades K-12 in the NSLP and SBP.*

[19] Examples of cereal grains include amaranth, barley, brown rice, buckwheat, cornmeal, corn grits, kasha, millet, oats, quinoa, wheat berries, and rolled wheat.

Menu Planning Considerations for Grades K-12

The ASP meal pattern for grades K-12 does not have the preschool meal pattern requirements for more whole grains, a greater variety of vegetables and fruits, and limits for added sugars and solid fats. As a result, some snack menus that meet the ASP meal pattern for grades K-12 might not provide the best nutrition for children.

An example is a snack that contains 100 percent apple juice (vegetables/fruits component) and an enriched grain-based dessert (grains/breads component), such as cookies, cereal bars, granola bars, and baked goods. The CSDE encourages SFAs to avoid or limit these types of snack menus.

Snack menus should reflect the principles of the *Dietary Guidelines for Americans.* SFAs can improve the nutritional quality of ASP snack menus for grades K-12 by:

- including a variety of healthy foods;
- offering a different snack menu each day;
- increasing the frequency of vegetables, fruits, and whole grains;
- limiting juice;
- limiting grain-based desserts; and
- limiting foods with added sugars and solid fats.

The CSDE encourages SFAs to use cycle menus to plan ASP snacks that meet these guidelines. For more information and specific guidance, refer to "Planning Healthy Snacks" in section 4 and "Snack Menus" in section 5.

Menu Planning Resources

The resources below provide guidance for SFAs on planning snacks to meet the ASP meal pattern for grades K-12.

- ASP Meal Pattern for Grades K-12:
  https://portal.ct.gov/-/media/SDE/Nutrition/ASP/Meal_Pattern_ASP_grades_K-12.pdf
- ASP Menu Form for Grades K-12:
  https://portal.ct.gov/-/media/SDE/Nutrition/ASP/Forms/Menu_Form_ASP_grades_K-12.docx
- ASP Sample Menu for Grades K-12:
  https://portal.ct.gov/-/media/SDE/Nutrition/ASP/Sample_Menu_ASP_grades_K-12.pdf
- Basics at a Glance Portion Control Poster (ICN):
  https://theicn.org/icn-resources-a-z/basics-at-a-glance/
- Calculation Methods for Grains/Breads Servings for Grades K-12 in the ASP:
  https://portal.ct.gov/-/media/SDE/Nutrition/ASP/Grains_Breads_Calculation_ASP_grades_K-12.pdf
- Crediting Foods for Grades K-12 in the ASP ("Documents/Forms" section of the CSDE's ASP webpage):
  https://portal.ct.gov/SDE/Nutrition/Afterschool-Snack-Program/Documents#CreditingFoodsGradesK12
- Crediting Summary Charts for the ASP Meal Pattern for Grades K-12(CSDE):
  https://portal.ct.gov/-/media/SDE/Nutrition/ASP/Crediting_Summary_Charts_ASP_Grades_K-12.pdf.
- Food Buying Guide for Child Nutrition Programs (USDA):
  https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs
- Grains/Breads Servings for Grades K-12 in the ASP:
  https://portal.ct.gov/-/media/SDE/Nutrition/ASP/Grains_Breads_Servings_ASP_grades_K-12.pdf
- Menu Planning for Child Nutrition Programs (CSDE):
  https://portal.ct.gov/SDE/Nutrition/Menu-Planning

- Menu Planning for the ASP ("Documents/Forms" section of the CSDE's ASP webpage): https://portal.ct.gov/SDE/Nutrition/Afterschool-Snack-Program/Documents#MenuPlanning
- Noncreditable Foods for Grades K-12 in the ASP: https://portal.ct.gov/-/media/SDE/Nutrition/ASP/Noncreditable_Foods_ASP_grades_K-12.pdf
- Recipes for Child Nutrition Programs (CSDE's Menu Planning for Child Nutrition Programs webpage): https://portal.ct.gov/SDE/Nutrition/Menu-Planning#Recipes
- Resource List for Menu Planning and Food Production in Child Nutrition Programs (CSDE): https://portal.ct.gov/-/media/SDE/Nutrition/Resources/Resources_Menu_Planning.pdf
- Special Diets in School Nutrition Programs (CSDE webpage): https://portal.ct.gov/SDE/Nutrition/Special-Diets-in-School-Nutrition-Programs
- Standardized Recipe Form for School Nutrition Programs: https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Standardized_Recipe_Form_Schools.docx

For more resources refer to the CSDE's *Resources for the School Meal Patterns for Grades K-12* and *Resource List for Menu Planning and Food Production in Child Nutrition Programs*.

Meal Pattern Components for Grades K-12

The guidance below assists SFAs with planning snack menus to meet the ASP meal pattern and crediting requirements for grades K-12. For information on the required meal pattern documentation, refer to section 4. For more detailed guidance, refer to the crediting handouts available in the "Crediting Foods for Grades K-12 in the ASP" section of the CSDE's ASP webpage.

Milk Component for Grades K-12

The milk component for grades K-12 includes unflavored low-fat (1%) and unflavored or flavored fat-free milk. Milk must be pasteurized, meet all state and local requirements, and contain vitamins A and D at levels specified by the Food and Drug Administration (FDA).

Serving size

The minimum serving for grades K-12 is 8 fluid ounces (1 cup) of milk.

Additional state milk requirements for public schools

In addition to the ASP meal pattern requirements, milk and nondairy milk substitutes sold in public schools (as part of and separately from school meals and ASP snacks) must comply with the state beverage requirements of Connecticut General Statutes Section 10-221q. The CSDE's List of Acceptable Foods and Beverages webpage includes products that comply with the federal and state requirements.

Crediting restrictions

Snack menus cannot include milk when juice is the only other snack component. Only fluid milk credits as the milk component. Milk does not credit when cooked in cereals, puddings, cream sauces, or other foods, such as quiche and macaroni and cheese.

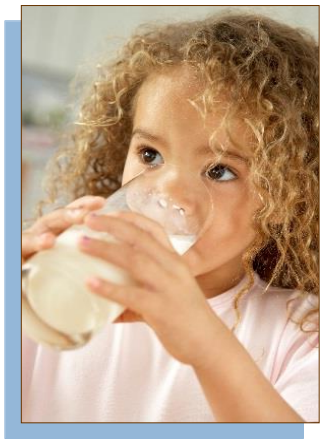
Milk Component

Milk variety

A variety of milk is not required. SFAs may serve one type of allowable milk to all children.

Nondairy milk substitutes

SFAs may choose to serve nondairy beverages (such as soy milk) to children whose dietary needs do not constitute a disability. The child's parent or guardian must submit a written request for a nondairy milk substitute.



Nondairy beverages must meet the USDA's nutrition standards for fluid milk substitutes. Public schools must also comply with the state beverage requirements. For more information, refer to the CSDE's resource, *Allowable Milk Substitutes for Children without Disabilities in School Nutrition Programs,* and visit the CSDE's Beverage Requirements webpage.

> SFAs cannot offer any other beverages (including water and juice) as a choice instead of milk for reimbursable meals. Juice and water are not allowable milk substitutes for children without disabilities.

Crediting milk in smoothies

Unflavored milk that meets the fat requirement for each age group credits as the milk component when used as an ingredient in smoothies. The minimum creditable amount of milk in a smoothie is ¼ cup. To credit as one of the two required snack components, the smoothie must contain ½ cup of milk. For more information, refer to the CSDE's resource, *Crediting Smoothies for Grades K-12 in the NSLP and SBP*.

Milk Component

Noncreditable milk

Examples of foods that do not credit as the milk component include but are not limited to: unflavored/flavored whole milk; unflavored/flavored reduced fat (2%) milk; flavored low-fat milk; nondairy milk substitutes that do not meet the USDA's nutrition standards for fluid milk substitutes, e.g., rice milk, almond milk, and cashew milk; milk cooked or baked in foods such as cereals, puddings, and cream sauces; nutrition supplement beverages, such as Abbott's Pediasure; and powdered milk beverages, such as Nestle's NIDO; and for public schools only, milk and nondairy milk substitutes that do not meet the state beverage requirements of Connecticut General Statute Section 10-221q. For more information, refer to the CSDE's resource, *Noncreditable Foods for Grades K-12 in the NSLP and SBP*.

Resources for the milk component

The resources below assist menu planners with crediting the milk component in the ASP meal pattern for grades K-12.

- Allowable Milk Substitutes for Children without Disabilities in School Nutrition Programs (CSDE): https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/SpecDiet/Milk_Substitutes_SNP.pdf
- Comparison of Meal Pattern Requirements for the Milk Component in School Nutrition Programs (CSDE): https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Comparison_Milk_Requirements_SNP.pdf
- CSDE Operational Memorandum No. 06-19: Summary of Federal and State Milk Requirements for the National School Lunch Program (NSLP), School Breakfast Program (SBP), Seamless Summer Option (SSO) of the NSLP, Afterschool Snack Program (ASP) of the NSLP, and Special Milk Program (SMP): https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Memos/OM2019/OM06-19.pdf
- Food Buying Guide Section 5: Overview of Crediting Requirements for the Milk Component (USDA): https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/USDA_FBG_Section5_Milk.pdf
- Food Buying Guide Section 5: Yield Table for Milk (USDA): https://foodbuyingguide.fns.usda.gov/files/Reports/USDA_FBG_Section5_MilkYieldTable.pdf

Milk Component

- Milk Component for Grades K-12 (CSDE's Crediting Foods in School Nutrition Programs webpage): https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-School-Nutrition-Programs/Documents#Milk
- USDA Memo SP 07-2010, CACFP 04-2010 and SFSP 05-2010: Questions and Answers: Fluid Milk Substitutions: https://www.fns.usda.gov/qas-milk-substitution-children-medical-or-special-dietary-needs-non-disability
- USDA Memo SP 39-2019: Clarification on the Milk and Water Requirements in the School Meal Program: https://www.fns.usda.gov/school-meals/clarification-milk-and-water-requirements-school-meal-program
- USDA Memo SP 40-2019, CACFP 17-2019 and SFSP 17-2019: Smoothies Offered in the Child Nutrition Programs: https://www.fns.usda.gov/cn/smoothies-offered-child-nutrition-programs

For additional crediting resources, visit the "Milk Component for Grades K-12 in the ASP" section of the CSDE's ASP webpage.

Meat/Meat Alternates Component for Grades K-12

Meats include cooked lean meat, poultry, and fish. Meat alternates are foods that provide a similar protein content to meat, such as alternate protein products (APPs), cheese, eggs, cooked dry beans or peas (legumes), nuts and seeds and their butters, yogurt, soy yogurt, tofu, and tempeh.

Serving size

The minimum serving for grades K-12 is 1 ounce of the edible portion of cooked lean meat, poultry, or fish, e.g., cooked lean meat without bone, breading, binders, fillers, or other ingredients. Meats without added liquids, binders, and extenders credit based on the serving weight, e.g., 1 ounce of meat equals 1 ounce of the meat/meat alternates component. Meat products with added liquids, binders, and extenders (such as water, broth, modified food starch, carrageenan, and soy flour) credit based on the percentage of meat in the product formula, as documented by the manufacturer's PFS. For more information, refer to "Crediting commercial products with binders, extenders, and liquids" in this section and "Documentation for Commercial Products" in section 4.

Crediting alternate protein products (APPs)

APPs must meet the requirements in appendix A of the NSLP regulations (7 CFR 210). SFAs must obtain documentation from the manufacturer indicating that the product meets the APP criteria. Acceptable documentation includes a Child Nutrition (CN) label, product formulation statement (PFS), or signed letter from a company official attesting that the APP meets the USDA's requirements. For more information, refer to "Documentation for Commercial Products" in section 4, and the USDA's resource, *Questions and Answers on Alternate Protein Products*.

Crediting cheeses

A 1-ounce serving of natural cheese (e.g., Colby, Monterey Jack, and Swiss) or process cheese (e.g., American) credits as 1 ounce of the meat/meat alternates component. A ¼-cup serving of cottage or ricotta cheese, or a 2-ounce serving of cheese food, cheese spread, or cheese substitute, credits as 1 ounce of the meat/meat alternates component. Cheese substitute, cheese food substitute, and cheese spread substitute must meet the FDA's standard of identity for substitute foods and must be labeled as "cheese substitute," "cheese food substitute," or "cheese spread substitute." Imitation cheese and cheese products do not credit.

Meat/Meat Alternates Component

Crediting commercial meat/meat alternate products

SFAs must ensure that commercial products (such as dried meat sticks, pizza, chicken nuggets, and cheese ravioli) provide the required amount of each component being credited toward the ASP meal pattern. For example, to credit a commercial pizza as 1 ounce of the meat/meat alternates component and one serving of the grains/breads component, the product's CN label or manufacturer's PFS must indicate that the serving contains at least 1 ounce of cheese and at least 0.9 ounce (25 grams) of whole-grain or enriched crust. For more information, refer to "Documentation for Commercial Products" in section 4, and the CSDE's resource, *Crediting Commercial Meat/Meat Alternate Products in the NSLP and SBP*.

Crediting commercial products with binders, extenders, and liquids

Products with added liquids (such as water and broth) and binders or extenders (such as modified food starch, carrageenan, and soy flour) credit based on the percentage of meat in the product formula, not the serving weight. These products cannot credit as the meat/meat alternates component without a CN label or PFS stating the amount of the meat/meat alternates component per serving. For example, the product below requires a CN label or PFS to determine crediting information:

> Ingredients: Turkey breast, *water, modified cornstarch*, contains less than 2% of sodium lactate, salt, sugar, sodium phosphates, *carrageenan*, natural flavor, sodium diacetate, potassium chloride, sodium ascorbate, sodium nitrite, caramel color.

For more information, refer to "Deli meats" in this section and "Documentation for Commercial Products" in section 4. For more examples of binders and extenders, refer to the CSDE's resource, *Crediting Deli Meats in the NSLP and SBP*.

Crediting deli meats

SFAs must obtain a CN label or PFS to document the meat/meat alternates contribution of deli meats. Many deli meats contain added binders, extenders, and liquids; and therefore do not credit based on serving weight. For example, one brand of deli meat might require 1.6 ounces to credit as 1 ounce of the meat/meat alternates component, while another brand might require 2.3 ounces to credit as 1 ounce of the meat/meat alternates component. For more information, refer to "Crediting commercial products with binders, extenders, and liquids" in this section, "Documentation for Commercial Products" in section 4, and the CSDE's resource, *Crediting Deli Meats in the NSLP and SBP*.

Meat/Meat Alternates Component

Crediting dried meat, poultry, and seafood products

Jerky, dried meat sticks, and similar dried meat products require a CN label or manufacturer's PFS to document the meat/meat alternates contribution. SFAs must evaluate the product's PFS to ensure that it complies with the USDA's three crediting principles for dried meat products: 1) The creditable meat ingredient listed on the product's PFS must match or have a similar description to the ingredient listed in the product's ingredients statement; 2) the creditable meat ingredient listed on the product's PFS must have a similar description to a food item in the USDA's *Food Buying Guide for Child Nutrition Program*s (FBG); and 3) the creditable amount cannot exceed the finished weight of the product (i.e., the cooked weight ready for serving). For more information, refer to "Documentation for Commercial Products" in section 4.

Fat content must be 30 percent or less for ground beef or ground pork to credit in the Child Nutrition Programs. Products that do not indicate the fat percentage do not credit. The requirements for crediting dried meat are summarized in USDA Memo SP 21-2019, CACFP 08-2019 and SFSP 07-2019: *Crediting Shelf-Stable, Dried and Semi-Dried Meat, Poultry, and Seafood Products in the Child Nutrition Programs*. For additional guidance, refer to the USDA's webinar, *Moving Forward: Update on Food Crediting in Child Nutrition Programs with Guidance for Dried Meat Product*s.

Crediting eggs

Only whole eggs are creditable. Half of a large egg credits as 1 ounce of the meat/meat alternates component. Liquid egg substitutes are not whole eggs and are not creditable. Egg whites do not credit if served without the yolks.

Crediting legumes as meat/meat alternates

Legumes (cooked dry beans and peas) credit as either the meat/meat alternates component or vegetables component, but not both in the same snack. Examples include cooked dry beans and peas, such as black beans, black-eyed peas (mature, dry), edamame (soybeans), garbanzo beans (chickpeas), kidney beans, lentils, navy beans, soybeans, split peas, and white beans.

A ¼-cup serving of legumes credits as 1 ounce of the meat/meat alternates component. The serving refers to the amount of cooked legumes without any added liquid, such as the sauce in baked beans. For example, to credit as 1 ounce of the meat/meat alternates component, a ¼-cup serving of baked beans cannot include the sauce in which it is packed. The serving must contain ¼ cup of beans **before** any added liquid. For more information, refer to "Documentation for Commercial Products" and "Documentation for Foods Made from Scratch" in section 4, and the CSDE's resource, *Crediting Legumes in the NSLP and SBP*. For information on crediting legumes as

the vegetable/fruits component, refer to "Crediting legumes as vegetables" in the "Vegetable/Fruits Component for Grades K-12" section.

Roasted or dried legumes (such as roasted soybeans or roasted chickpeas) credit as the meat/meat alternates component the same as nuts and seeds; a 1-ounce serving of roasted or dried legumes credit as 1 ounce of the meat/meat alternates component.

Crediting legume flour pasta products as meat/meat alternates

Pasta products made of 100 percent legume flours (such as chickpea flour or lentil flour) credit as either the meat/meat alternates component or vegetables component, but not both in the same snack. A ½-cup serving of cooked legume flour pasta credits as 1 ounce of the meat/meat alternates component. These crediting requirements are summarized in USDA Memo SP 26-2019, CACFP 13-2019 and SFSP 12-2019: *Crediting Pasta Products Made of Vegetable Flour in the Child Nutrition Programs*. For information on crediting legume flour pasta as a vegetable, refer to "Crediting pasta made of 100 percent vegetable flours" in the "Vegetable/Fruits Component for Grades K-12" section.

Crediting nut and seed butters

Creditable nut and seed butters include almond butter, cashew nut butter, peanut butter, sesame seed butter, soy nut butter, and sunflower seed butter. Reduced-fat peanut butter must meet the FDA's standard of identity for peanut butter (21 CFR 164.150), which requires that products contain at least 90 percent peanuts. The serving size for nut and seed butters is based on **volume** (tablespoons), not weight (ounces). Two tablespoons (⅛ cup) of a nut or seed butter credit as 1 ounce of the meat/meat alternates component. For more information, refer to the CSDE's resource, *Crediting Nuts and Seeds in the NSLP and SBP*.

Crediting nuts and seeds

Creditable nuts and seeds include almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, walnuts, pine nuts, pistachios, and soy nuts. A 1-ounce serving of nuts and seeds credits as 1 ounce of the meat/meat alternates component. Acorns, chestnuts, and coconuts do not credit as the meat/meat alternates component. For more information, refer to the CSDE's resource, *Crediting Nuts and Seeds in the NSLP and SBP*.

Meat/Meat Alternates Component

Crediting surimi seafood

Surimi seafood is a pasteurized, ready-to-eat, restructured seafood usually made from pollock (fish). A 3-ounce serving of surimi seafood credits as 1 ounce of the meat/meat alternates component. SFAs must obtain a CN label or manufacturer's PFS to credit surimi seafood differently (refer to "Documentation for Commercial Products" in section 4). The requirements for crediting surimi are summarized in USDA Memo SP 24-2019, CACFP 11-2019 and SFSP 10-2019: *Crediting Surimi Seafood in the Child Nutrition Programs*. For additional guidance, refer to the USDA's webinar, *Additional Meat/Meat Alternate Options for CNPs: Crediting Tempeh and Surimi*.

Crediting tempeh

Tempeh is a fermented soybean cake traditionally made from whole soybeans. A 1-ounce serving of tempeh credits as1 ounce of the meat/meat alternates component. This method of crediting applies only to tempeh products whose ingredients are limited to soybeans (or other legumes), water, tempeh culture, and for some varieties, vinegar, seasonings, and herbs. If the tempeh product contains other ingredients, SFAs must obtain a CN label or PFS to determine crediting information (refer to "Documentation for Commercial Products" in section 4). The requirements for crediting tempeh are summarized in USDA Memo SP 25-2019, CACFP 12-2019 and SFSP 11-2019: *Crediting Tempeh in the Child Nutrition Programs*. For additional guidance on crediting tempeh, watch the USDA's webinar, *Additional Meat/Meat Alternate Options for CNPs: Crediting Tempeh and Surimi*.

Crediting tofu

Commercial tofu and tofu products must be easily recognizable as meat substitutes, such as a tofu burger or tofu sausage. A product that contains at least 5 grams of protein in a 2.2-ounce serving by weight (¼ cup volume equivalent) credits as 1 ounce of the meat/meat alternates component. For more information, refer to the CSDE's resource, *Crediting Tofu and Tofu Products in the NSLP and SBP*.

Meat/Meat Alternates Component

Crediting yogurt

Yogurt includes commercial plain yogurt, flavored yogurt, yogurt with added fruit (either blended or on the bottom), and soy yogurt. The required serving for yogurt is based on volume (cups) or weight (ounces) and is the same for all types, flavors, and fat contents. A ½-cup serving (volume) or 4 ounces (weight) credits as 1 ounce of the meat/meat alternates component.

Yogurt may credit as the meat/meat alternates component when used as an ingredient in a smoothie. For more information, refer to the CSDE's resource, *Crediting Smoothies for Grades K-12 in the NSLP and SBP*.

To increase nutrient variety, SFAs should not serve yogurt when milk is the only other snack component. For more information, refer to the CSDE's resource, *Crediting Yogurt in the NSLP and SBP*.

Noncreditable meat/meat alternates

Examples of foods that do not credit as the meat/meat alternates component include but are not limited to: bacon; commercial canned soups, e.g., beef barley, beef noodle, turkey or chicken noodle, and turkey or chicken rice; commercial processed products without a CN label or PFS; cream cheese; drinkable yogurt; egg whites; frozen yogurt; imitation cheese; products made with tofu that are not easily recognized as meat substitutes; sour cream; and tofu that contains less than 5 grams of protein in 2.2-ounce serving by weight. For more information, refer to the CSDE's resource, *Noncreditable Foods for Grades K-12 in the NSLP and SBP*.

Resources for the meat/meat alternates component

The resources below assist menu planners with crediting foods as the meat/meat alternates component in the ASP meal pattern for grades K-12.

- Accepting Processed Product Documentation in the NSLP and SBP (CSDE): https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Accepting_Processed_Product_Documentation_SNP.pdf
- Checklist for Evaluating Manufacturer Product Formulation Statements (Product Analysis) for Meat/Meat Alternate (M/MA) Products (USDA): https://fns-prod.azureedge.net/sites/default/files/reviewer_checklist.pdf
- Crediting Commercial Meat/Meat Alternate Products in the NSLP and SBP (CSDE): https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit_Commercial_MMA_SNP.pdf

Meat/Meat Alternates Component

- Crediting Deli Meats in the NSLP and SBP (CSDE): https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit_Deli_SNP.pdf
- Crediting Legumes in the NSLP and SBP (CSDE): https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit_Legumes_SNP.pdf
- Crediting Nuts and Seeds in the NSLP and SBP (CSDE): https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit_Nuts_Seeds_SNP.pdf
- Crediting Tofu and Tofu Products in the NSLP and SBP (CSDE): https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit_Tofu_SNP.pdf
- Crediting Yogurt for Grades K-12 in the NSLP and SBP (CSDE): https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit_Yogurt_SNP_grades_K-12.pdf
- Food Buying Guide Section 1: Overview of Crediting Requirements for the Meat/Meat Alternates Component (USDA): https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/USDA_FBG_Section1_MeatsAndMeatAlternates.pdf
- Food Buying Guide Section 1: Yield Table for Meat/Meat Alternates (USDA): https://foodbuyingguide.fns.usda.gov/files/Reports/USDA_FBG_Section1_MeatsAndMeatAlternatesYieldTable.pdf
- Meat/Meat Alternates Component for Grades K-12 (CSDE's Crediting Foods in School Nutrition Programs webpage): https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-School-Nutrition-Programs/Documents#MMA
- Questions and Answers on Alternate Protein Products (USDA): https://www.fns.usda.gov/questions-and-answers-alternate-protein-products-app
- Requirements for Alternate Protein Products in the NSLP and SBP (CSDE): https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/APP_Requirements_SNP.pdf
- Tips for Evaluating a Manufacturer's Product Formulation Statement (USDA): https://fns-prod.azureedge.net/sites/default/files/resource-files/manufacturerPFStipsheet.pdf

Meat/Meat Alternates Component

- USDA Memo SP 21-2019, CACFP 08-2019 and SFSP 07-2019: Crediting Shelf-Stable, Dried and Semi-Dried Meat, Poultry, and Seafood Products in the Child Nutrition Programs: https://www.fns.usda.gov/crediting-shelf-stable-dried-and-semi-dried-meat-poultry-and-seafood-products-child-nutrition
- USDA Memo SP 24-2019, CACFP 11-2019 and SFSP 10-2019: Crediting Surimi Seafood in the Child Nutrition Programs: https://www.fns.usda.gov/cn/crediting-surimi-seafood-child-nutrition-programs
- USDA Memo SP 25-2019, CACFP 12-2019 and SFSP 11-2019: Crediting Tempeh in the Child Nutrition Programs: https://www.fns.usda.gov/cn/crediting-tempeh-child-nutrition-programs
- USDA Memo SP 26-2019, CACFP 13-2019 and SFSP 12-2019: Crediting Pasta Products Made of Vegetable Flour in the Child Nutrition Programs: https://www.fns.usda.gov/crediting-pasta-products-made-vegetable-flour-child-nutrition-programs
- USDA Memo SP 53-2016 and CACFP 21-2016: Crediting Tofu and Soy Yogurt Products in the School Meal Programs and the CACFP: https://www.fns.usda.gov/crediting-tofu-and-soy-yogurt-products-school-meal-programs-and-cacfp
- USDA Webinar: Moving Forward: Update on Food Crediting in Child Nutrition Programs with Guidance for Dried Meat Products: https://www.fns.usda.gov/tn/moving-forward-update-food-crediting-dried-meat-products

For additional crediting resources, visit the "Meat/Meat Alternates Component for Grades K-12 in the ASP" section of the CSDE's ASP webpage.

Vegetables/Fruits Component for Grades K-12

Vegetables and fruits are one component in the ASP meal pattern for grades K-12. Creditable vegetables include fresh, frozen, canned, and rehydrated dried vegetables; and pasteurized full-strength vegetable juice. Creditable fruits include fresh, frozen, dried, and canned fruits (packed in water, full-strength juice, or light syrup); and pasteurized full-strength fruit juice.

> Reimbursable snacks for grades K-12 cannot include only one serving of vegetable (such as ¾ cup of carrot sticks) and one serving of fruit (such as ¾ cup of sliced apples) because both food items are from the same component.

Serving size

The required serving of fruits or vegetables for grades K-12 is ¾ cup. All vegetables and fruits credit based on the volume (cups) served, according to the yields in the FBG (refer to "Food Buying Guide for Child Nutrition Programs" in section 4). SFAs must obtain a PFS (or CN label, if available) to document the crediting of processed commercial combination foods that contain vegetables and fruits, such as vegetable egg rolls, hummus, and fruit-filled turnovers (refer to "Documentation for Commercial Products" in section 4).

SFAs may choose to serve more than one vegetable or fruit to meet the full vegetables/fruits component, as long as each serving provides at least ⅛ cup (the minimum creditable amount). Examples of menu items that provide the full ¾-cup serving include.

- ¾ cup of oranges;
- ¾ cup of carrots;
- ½ cup of blueberries and ¼ cup of strawberries;
- ½ cup of broccoli and ¼ cup of red peppers;
- ¾ cup of dried fruit;
- ½ cup of salad greens and ¼ cup of tomatoes;

Vegetables/Fruits Component

- ¾ cup of mixed vegetables, e.g., peas and carrots;
- ¾ cup of mixed fruits, e.g., fruit salad;
- ¾ cup of mixed vegetables and fruits, e.g., carrot-raisin salad; and
- ¼ cup of carrots, ¼ cup of oranges, and ¼ cup of strawberries.

When the snack menu provides ¾ cup of the vegetables/fruits component from more than one vegetable or fruit, children must take all vegetables and fruits to count as one of the two required snack components. OVS is not allowed in the ASP.

Determining servings for fresh vegetables and fruits

The USDA's *Food Buying Guide for Child Nutrition Programs* (FBG) provides food yields and crediting information for common types and customary sizes of vegetables and fruits; indicates how many servings a specific quantity of vegetable or fruit will provide; and helps menu planners determine how recipes and purchased foods contribute to the vegetables/fruits component.

Table 3 shows examples of the meal pattern contribution of fresh vegetables and fruits. For additional guidance, refer to the portion control charts for vegetables and fruits in the "Vegetables Component" and Fruits Component" sections of the CSDE's Menu Planning for Child Nutrition Programs webpage.

Table 3. Meal pattern contribution of fresh vegetables and fruits

Food [1]	FBG crediting information	Required amount for ¾ cup
Broccoli	1 medium spear = about ¼ cup	3 medium spears
Carrot sticks	3 sticks (4 inches by ½ inch) = ¼ cup	9 sticks (4 inches by ½ inch)
Celery sticks	3 sticks (4 inches by ½ inch) = ¼ cup	9 sticks (4 inches by ½ inch)
Cucumber sticks, pared or unpared	3 sticks (4 inches by ¾ inch) = ¼ cup	9 sticks (4 inches by ¾ inch
Radishes	7 small radishes = ¼ cup	21 small radishes
Tomato slices, medium (2⅛ to 2¼ inch diameter)	5 slices (⅛-inch thick) = ¼ cup	15 slices (⅛-inch thick)

Vegetables/Fruits Component

Table 3. Meal pattern contribution of fresh vegetables and fruits, *continued*

Food [1]	FBG crediting information	Required amount for ¾ cup
Tomato slices, large (2½ to 2¾ inch diameter)	4 slices (⅛-inch thick) = ¼ cup	12 slices (⅛-inch thick)
Tomatoes, cherry	3 whole cherry tomatoes = ¼ cup 5 half cherry tomatoes = ¼ cup	9 whole cherry tomatoes 15 half cherry tomatoes
Apples, 125-138 count [1]	1 apple = 1 cup ¼ apple = ¼ cup	¾ apple
Apples, 100 count [1]	1 apple = 1 ¼ cups 1/5 apple = ¼ cup	3/5 apple
Banana, 150 count (petite) or 100-120 count [1]	1 banana = ½ cup ½ banana = ¼ cup	1½ bananas
Grapes, seedless, large	7 grapes = ¼ cup 14 grape halves = ¼ cup	21 grapes 42 grape halves
Orange, 138 count 1 (Arizona or California)	½ orange = ¼ cup 1 orange = ½ cup	1½ oranges
Orange, 125 count [1] (Florida or Texas)	½ orange = ¼ cup 1 orange = ⅝ cup	1½ oranges
Orange, 113 count [1] (Arizona or California)	½ orange = ¼ cup 1 orange = ⅝ cup	1½ oranges
Pear, 150 count [1]	½ pear = ¼ cup 1 pear = ½ cup	1½ pears
Pear, 120 count [1]	½ pear = ⅜ cup 1 pear = ¾ cup	1 pear
Pear, 100 count [1] (D'Anjou or Bosc or Bartlett)	1 pear = 1¼ cups ½ pear = ⅝ cup	⅔ pear

[1] The count pack is the number of whole fruits that that fit into a case. The smaller the count, the larger the size of the fruit.

Vegetables/Fruits Component

Crediting canned fruits

A serving of canned fruit may include the 100 percent juice in which the fruit is packed, but cannot include water or syrup. For example, ¾ cup of canned peaches in juice credits as ¾ cup of the vegetables/fruits component. To credit canned peaches in light syrup as ¾ cup of the vegetables/fruits component, the serving must contain ¾ cup of peaches, not including the syrup.

Crediting canned vegetables

A serving of canned vegetables must be drained. For example, to credit as ¾ cup of the vegetables component, a ¾-cup serving of canned corn cannot include the water in which it is packed, and a ¾-cup serving of baked beans cannot include the sauce in which it is packed. The serving must contain ¾ cup of vegetables **before** any added liquid.

Crediting dried vegetables

Dried or dehydrated vegetables (such as potato flakes and dried soup mix) credit as the vegetables component based on their rehydrated volume. Dried vegetables used for seasonings (such as dried onion and dried parsley) do not credit in the ASP meal pattern.

The FBG lists yields for some dehydrated vegetables, such as pinto beans, refried beans, onions, bell peppers, potatoes, seaweed, and sweet potatoes. Dried vegetables not listed in the FBG require a PFS to determine crediting information. The PFS must provide specific documentation on the amount of vegetables per serving in the rehydrated volume. Menu planners should check the accuracy of the PFS prior to including foods with dehydrated vegetables in reimbursable meals and ASP snacks (refer to "Documentation for Commercial Products" in section 4).

Crediting coconut

Fresh, frozen, and dried coconut credit as the vegetables/fruits component based on the volume (cups) served. Coconut water labeled as 100 percent juice credits as juice. Coconut is high in calories and saturated fat, and should be limited in ASP menus. Coconut flour, coconut oil, and coconut milk do not credit. The requirements for crediting coconut are summarized in 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*.

Vegetables/Fruits Component

Crediting dried fruits

Dried fruits (such as raisins, apricots, cherries, cranberries, blueberries, mixed fruit, and coconut) credit based on the volume (cups) served, e.g., ¾ cup of dried fruit credits as ¾ cup of the vegetables/fruits component. Serving this large amount of dried fruit may be unreasonable, especially for younger children. The CSDE recommends serving smaller portions of dried fruit and supplementing with another fruit or vegetable to meet the full ¾-cup serving. Choose dried fruit without added sweeteners, including sugars and nonnutritive sweeteners, e.g., aspartame, acesulfame potassium, sucralose, and stevia.

Crediting dried vegetables

Dried vegetables (such as potato flakes and dried soup mix) credit when rehydrated if the product's PFS provides specific documentation on the amount of vegetables per serving (refer to "Documentation for Commercial Products" in section 4). Dried vegetables used for seasonings (such as dried onion and dried parsley) do not credit.

Crediting fresh fruits

The crediting contribution of one piece of fresh fruit (whole or cut-up) varies depending on the type and size, and ranges from ¼ cup to 1¼ cups. For example, the FBG indicates that:

- one 60-count plum, one 88-count peach, and one clementine each credit as ⅜ cup of fruit;
- one 100-120-count banana, one 150-count pear, one 80-count peach, one 138-count orange, and one 45-count plum each credit as ½ cup of fruit;
- one 113-count or 125-count orange credits as ⅝ cup of fruit; and
- one size 56-64 nectarine, one size 56 peach, and one 120-count pear each credit as ¾ cup of fruit.

One piece of fresh fruit (whole or cut-up) must provide at least ¾ cup (based on the yield in the FBG) to credit as the full vegetables/fruits component for grades K-12 at snack.

Many types of whole fresh fruits credit as less than ¾ cup. If a piece of fruit credits as less than ¾ cup, the snack menu must include additional fruits or vegetables to provide the full serving for grades K-12.

Vegetables/Fruits Component

For example, a snack menu that offers one 113-count orange (credits as ⅝ cup of fruit) must include an additional ⅛ cup of a fruit or vegetable to credit as the full vegetables/fruits component. Students must take both fruit/vegetable items to count as the vegetables/fruits component because OVS is not allowed in the ASP. Alternatively, the snack menu could include the full serving of two other snack components and offer the fruit as an "extra" food.

Table 4 lists the additional amount of different types of fresh fruits needed to provide ¾ cup of the vegetables/fruits component, based on the crediting information in the FBG.

Table 4. Additional amount of fresh fruit for ¾-cup serving

Fruit (one piece) [1]	Meal pattern contribution from FBG	Additional amount needed for ½ cup [2]
Apple, 125-138 count	1 cup	0
Apricot, medium (1⅜-inch diameter)	¼ cup	½ cup
Banana, 150 count, petite	½ cup	¼ cup
Banana, 100-120 count, regular	½ cup	¼ cup
Clementine, whole, peeled	⅜ cup	⅜ cup
Grapefruit, 27-32 count, large	1 cup	0
Kiwi, 33-39 count	¼ cup	½ cup
Nectarine, size 88-96 (2¼-inch diameter)	½ cup	¼ cup
Nectarine, size 56-64 (2¾-inch diameter)	¾ cup	0
Orange, Arizona or California, 113 count	⅝ cup	⅛ cup
Orange, Florida or Texas, 125 count	⅝ cup	⅛ cup
Orange, Arizona or California, 138 count	½ cup	¼ cup
Peach, size 88 and 84 (2⅛-inch diameter)	⅜ cup	⅜ cup
Peach, size 64 and 60 (2½-inch diameter)	⅔ cup	⅛ cup

Vegetables/Fruits Component

Table 4. Additional amount of fresh fruit for ¾-cup serving, *continued*		
Fruit (one piece) [1]	**Meal pattern contribution from FBG**	**Additional amount needed for ½ cup** [2]
Peach, size 80	½ cup	¼ cup
Peach, size 56	¾ cup	0
Peach, size 56	¾ cup	0
Pear, 150 count	½ cup	¼ cup
Pear, 120 count	¾ cup	0
Pear, D'Anjou, Bosc or Bartlett, 100 count	1¼ cups	0
Plum, purple, red, or black, size 45 and 50 (2-inch diameter)	½ cup	¼ cup
Plum, purple, red, or black, 2½-inch diameter	⅝ cup	⅛ cup
Plum, Japanese or hybrid, size 60 and 65	⅜ cup	⅜ cup
Tangerine, 120 count	⅜ cup	⅜ cup

[1] The additional amount can be from the same fruit, a different fruit, or a vegetable. Children must take the full ¾-cup serving to count as one of the two required snack components. OVS is not allowed in the ASP.

Crediting frozen fruits

A serving of thawed frozen fruit (such as frozen strawberries) may include the thawed juice. The USDA recommends limiting frozen fruits with added sugars.

Vegetables/Fruits Component

Crediting fruits in grain-based desserts

Fruits in grain-based desserts (such as fruit crisp and fruit turnovers) credits based on the amount of fruit in the serving, excluding the grain portion (such as crisp topping and piecrust). For example, a fruit turnover that contains ¾ cup of apples credits as ¾ cup of the vegetables/fruits component. For more information, refer to "Crediting vegetables and fruits with added ingredients" in this section. SFAs must maintain crediting documentation for each product and recipe (refer to "Documentation for Commercial Products" and "Documentation for Foods Made from Scratch" in section 4).

The large amount of a grain-based dessert needed to provide a ¾-cup serving of fruit might be unreasonable, especially for younger children.

Crediting fruits in yogurt

Fruits in commercial yogurt products (blended, mixed, or on top) does not credit as the vegetables/fruits component. Menu planners may credit fruit offered as a separate component, such as ¾ cup of blueberries in a yogurt-fruit parfait. For more information, refer to the CSDE's resource, *Crediting Yogurt in the NSLP and SBP*.

Crediting hominy as a vegetable

Hominy is made from whole kernels of maize (dried field corn) that have been soaked in an alkaline solution (nixtamalized). Hominy is available dried and in a fully cooked canned form. Dried hominy is cooked and credited the same as legumes, e.g., ¾ cup of drained canned hominy credits as ¾ cup of the vegetables/fruits component. For information on crediting hominy as the grains/breads component, refer to "Crediting hominy as a grain" in the "Grains/Breads Component for Grades K-12" section.

Crediting juice

Juice must be pasteurized full-strength (100 percent) fruit juice, vegetable juice, or combination; and may be fresh, frozen, or made from concentrate. The name of the full-strength fruit juice on the label must include one of the following terms: "juice," "full-strength juice," "100 percent juice," "reconstituted juice," or "juice from concentrate." The statements "natural" and "organic" do not indicate that a juice is full strength.

Vegetables/Fruits Component

- **Crediting restriction for juice:** Juice cannot be served when milk is the only other snack component. This restriction also includes frozen pops made from 100 percent juice, and pureed fruits and vegetables in smoothies. For example, a snack menu cannot include milk and a smoothie made from pureed strawberries as the only two snack components.

- **Frozen fruit juice:** The meal pattern contribution of frozen fruit juice (such as full-strength frozen juice pops) is based on the fluid volume prior to freezing. SFAs must request a PFS from the manufacturer to document the product's contribution toward the vegetables/fruits component (refer to "Documentation for Commercial Products" in section 4).

The USDA recommends serving whole fruits (fresh, frozen, canned, and dried) more often than juice. Juice does not provide the same nutritional benefits as whole fruits and vegetables, which contain fiber, fewer calories, and more nutrients.

Crediting legumes as vegetables

Legumes (including roasted legumes such as roasted chickpeas and soybeans) credit as either the vegetables component or the meat/meat alternates component, but not both in the same snack. The serving size refers to the amount of cooked legumes without other ingredients. For example, a ¾-cup serving of baked beans that contains sauce and pork fat does not provide ¾ cup of the vegetables/fruits component. Roasted or dried legumes (such as roasted soybeans and roasted chickpeas) credit based on the volume served, e.g., ½ cup credits as ½ cup of the vegetables component.

For information on crediting legumes, refer to "Documentation for Foods Made from Scratch" in section 4 and the CSDE's resource, *Crediting Legumes in the NSLP and SBP*. For information on crediting legumes as the meat/meat alternates component, refer to "Crediting legumes as meat/meat alternates" in the "Meat Alternates Component for Grades K-12" section.

Vegetables/Fruits Component

Crediting pasta made of 100 percent vegetable flours

A ¾-cup serving of pasta made of 100 percent vegetable flours (such as cauliflower flour or lentil flour) credits as ¾ cup of the vegetables component. If the pasta product also contains non-vegetable ingredients, SFAs must obtain a PFS stating the amount of vegetable flours per serving (refer to "Documentation for Commercial Products" in section 4). The requirements for crediting pasta products made of vegetable flours are summarized in USDA Memo SP 26-2019, CACFP 13-2019 and SFSP 12-2019: *Crediting Pasta Products Made of Vegetable Flour in the Child Nutrition Programs*. For information on crediting legume flour pasta as the meat/meat alternates component, refer to "Crediting legume flour pasta products as meat/meat alternates component" in the "Meat/Meat Alternates Component for Grades K-12" section.

Crediting smoothies

Pureed fruits and vegetables in smoothies credit only as juice. To credit smoothies made from scratch, SFAs must have a standardized recipe that documents the meal pattern contribution per serving. Commercial smoothies must have a PFS or CN label stating the meal pattern contribution per serving. For more information, refer to "Documentation for Commercial Products" and "Documentation for Foods Made from Scratch" in section 4 and the CSDE's resource, *Crediting Smoothies for Grades K-12 in the NSLP and SBP*.

Crediting soups

Vegetable soups made from scratch credit based on the amount of vegetables contained in one serving of the recipe. SFAs must document this information with a standardized recipe based on the yields in the FBG. For more information, refer to "Documentation for Foods Made from Scratch" and "Food Buying Guide for Child Nutrition Programs" in section 4.

Creditable commercial vegetable soups include only lentil, pea, and bean (legumes); minestrone; tomato; tomato with other basic components such as rice; vegetable (contains only vegetables); and vegetable with other basic components such as meat or poultry. The FBG indicates that a 1-cup serving of a commercial legume soup credits as ½ cup of vegetables, and a 1-cup serving of other allowable commercial vegetable soups credits as ¼ cup of the vegetables. The serving refers to the amount of the cooked soup, e.g., heated canned or frozen ready-to-serve soup, reconstituted dried soup, and reconstituted condensed soup.

Vegetables/Fruits Component

The serving of commercial soup required to credit as ¾ cup of the vegetables/fruits component is 1½ cups for legume soups and 3 cups for vegetable soups. This large serving might be unreasonable, especially for younger children. For more information, refer to the CSDE's resource, *Crediting Soups in the NSLP and SBP*.

Crediting vegetables and fruits with added ingredients

Vegetables and fruits that are part of other foods (such as vegetable egg rolls, hummus, breaded onion rings, and fruit-filled turnovers), or contain added ingredients (such baked beans with sauce and pork fat; coleslaw and potato salad made with mayonnaise and seasonings; carrot-raisin salad made with yogurt; fruit crisp and cobbler with grain-based topping; and mashed potatoes made with butter and seasonings), require appropriate documentation to credit as the vegetables/fruits component.

Only the vegetable or fruit portion credits toward the vegetables/fruits component. The examples below illustrate this requirement.

- To credit a commercial chickpea hummus as ¼ cup of the vegetables component, the product's documentation must indicate that the serving contains ¼ cup of pureed chickpeas.

- To credit a potato salad recipe as ¾ cup of the vegetables/fruits component, the serving must contain ¾ cup of potatoes, excluding added ingredients such as mayonnaise and seasonings.

SFAs must maintain crediting documentation for each product and recipe. For more information, refer to "Documentation for Commercial Products" and "Documentation for Foods Made from Scratch" in section 4.

Vegetables/Fruits Component

Noncreditable fruits

Examples of foods that do not credit as the fruits component include but are not limited to: fruit snacks (e.g., fruit roll-ups, fruit leathers, fruit wrinkles, fruit twists, yogurt-covered fruit snacks); banana chips; home-canned products (for food safety reasons); jams, jellies, and preserves; and juice drinks that are not 100 percent juice such as grape juice drink, orange juice drink, pineapple-grapefruit drink, cranberry juice cocktail, and lemonade. For more information, refer to the CSDE's resource, *Noncreditable Foods for Grades K-12 in the NSLP and SBP*.

Noncreditable vegetables

Examples of foods that do not credit as the vegetables component include but are not limited to: chili sauce; dehydrated vegetables used for seasoning; cream vegetable soups (e.g., cream of broccoli and cream of mushroom); home-canned products (for food safety reasons); ketchup; pickle relish; and snack-type foods made from vegetables such as potato chips. For more information, refer to the CSDE's resource, *Noncreditable Foods for Grades K-12 in the NSLP and SBP*.

Resources for the vegetables/fruits component

The resources below assist menu planners with crediting foods as the vegetables component in the ASP meal pattern for grades K-12.

- Crediting Juice for Grades K-12 in the NSLP and SBP(CSDE): https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit_Juice_SNP_grades_K-12.pdf
- Crediting Legumes in the NSLP and SBP (CSDE): https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit_Legumes_SNP.pdf
- Crediting Smoothies for Grades K-12 in the NSLP and SBP (CSDE): https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit_Smoothies_SNP_grades_K-12.pdf
- Crediting Soups in the NSLP and SBP (CSDE): https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit_Soups_SNP.pdf
- Food Buying Guide Section 2: Overview of Crediting Requirements for the Vegetables Component (USDA): https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/USDA_FBG_Section2_Vegetables.pdf

Vegetables/Fruits Component

- Food Buying Guide Section 2**:** Yield Table for Vegetables (USDA): https://foodbuyingguide.fns.usda.gov/files/Reports/USDA_FBG_Section2_VegetablesYieldTable.pdf
- USDA Memo SP 26-2019, CACFP 13-2019 and SFSP 12-2019: Crediting Pasta Products Made of Vegetable Flour in the Child Nutrition Programs: https://www.fns.usda.gov/crediting-pasta-products-made-vegetable-flour-child-nutrition-programs
- USDA Memo SP 40-2019, CACFP 17-2019 and SFSP 17-2019: Smoothies Offered in the Child Nutrition Programs: https://www.fns.usda.gov/cn/smoothies-offered-child-nutrition-programs
- Webinar: Crediting Vegetable Noodles and Coconut in the Child Nutrition Programs (USDA): https://www.fns.usda.gov/tn/crediting-vegetable-noodles-and-coconut-child-nutrition-programs

For additional crediting resources, visit the "Vegetables/Fruits Component for Grades K-12 in the ASP" section of the CSDE's ASP webpage.

Grains/Breads Component for Grades K-12

The grains/breads component includes a wide variety of products, such as breads, biscuits, bagels, rolls, tortillas, and muffins; snack products, such as crackers (including animal crackers and graham crackers), hard pretzels, hard bread sticks, and tortilla chips; cereal grains, such as buckwheat, brown rice, bulgur, and quinoa; ready-to-eat (RTE) breakfast cereals; cooked breakfast cereals (instant and regular), such as oatmeal, farina, and cream of wheat; bread products used as an ingredient in another menu item, such as combination foods, e.g., breading on fish or poultry and pizza crust in pizza; pasta products, such as macaroni, spaghetti, noodles, orzo, and couscous; and grain-based desserts such as granola bars, cereal bars, cookies, and cake.

Serving size

The required quantities for the grains component of the ASP meal pattern for grades K-12 are in servings. When the grains component is offered as one of the two required snack components, the required amount is ½ serving. SFAs may choose to use ounce equivalents instead of servings to provide consistency with NSLP and SBP meals (refer to *Grain Ounce Equivalents for Grades K-12 in the NSLP and SBP)*.

The USDA allows two methods for determining the grain servings of a creditable product or recipe. These methods are summarized below. For detailed guidance on both methods, refer to the CSDE's resource, *Calculation Methods for Grains/Breads Servings for Grades K-12 in the ASP*.

- **Method 1 (USDA's Exhibit A Chart)** uses the USDA's chart, *Exhibit A: Grain Requirements for Child Nutrition Programs* (Exhibit A) to determine the required weight (groups A-E) or volume (groups H-I) for the grain group where the product or recipe belongs. **Note:** The required amounts for the grains component are not the same for all Child Nutrition Programs. The CSDE's resource, *Grains/Breads Servings for K-12 in the ASP,* lists the Exhibit A grain servings that apply to the ASP meal pattern for grades K-12.

  This method is used for commercial grain products and may also be used for standardized recipes if the SFA knows the weight (grams or ounces) of the prepared (cooked) serving. Some commercial grain products must use method 2 (refer to the CSDE's resource, *Calculation Methods for Grains/Breads Servings for Grades K-12 in the ASP*).

Grains/Breads Component

Menu planners can use the USDA's online Exhibit A Grains Tool to determine a product's grain servings and the required amount to obtain a specific meal pattern contribution.

Method 2 (creditable grains) determines the servings for creditable grain products and recipes by calculating the total weight (grams) of creditable grains per serving. The grams of creditable grains are obtained from the commercial product's PFS or calculated from the grain quantities in the SFA's recipe. To credit as one serving of the grains component, foods in groups A-E of the USDA's Exhibit A chart must contain **14.75 grams** of creditable grains and foods in groups H-I must contain **25 grams** of creditable grains.

Foods made from scratch must have a standardized recipe that lists the weight of each creditable grain ingredient. If the recipe lists grain ingredients only by volume (e.g., cups and quarts), the SFA must calculate the equivalent weight (grams) for each grain ingredient. The FBG's online Recipe Analysis Workbook allows SFAs to search for ingredients, develop a standardized recipe, and determine the recipe's meal pattern contribution per serving. To access this tool, users must create a free account on the USDA's FBG website.

For more information, visit the "Serving Size for Grains/Breads" section of the CSDE's ASP webpage.

Creditable grains

Creditable grains include whole grains, enriched grains, bran, and germ. Products that are 100 percent whole grain, such as whole-wheat bread and brown rice, provide the best nutrition and should be served most often. For more information, refer to the CSDE's resources, *Crediting Whole Grains in the NSLP and SBP* and *Crediting Enriched Grains in the NSLP and SBP*.

Bran and germ do not credit in the NSLP and SBP meal patterns for grades K-12.

The grains/breads component of the ASP meal pattern for grades K-12 does not have a WGR requirement. The CSDE encourages SFAs to serve WGR foods (including 100 percent whole grains) most often. For more information, refer to "Menu Planning Considerations for Grades K-12" in section 2 and the CSDE's resources, *Meeting the Whole Grain-rich Requirement for the NSLP and SBP Meal Patterns for Grades K-12* and *Crediting Whole Grains in the NSLP and SBP*.

Grains/Breads Component

Crediting breakfast cereals

Cooked and ready-to-eat (RTE) breakfast cereals must be whole grain, enriched, or fortified. The minimum serving of RTE breakfast cereals for grades K-12 is ¾ cup or 1 ounce, whichever is less. The minimum serving of cooked breakfast cereals for grades K-12 is ½ cup cooked or 25 grams dry. Whole-grain, low-sugar cereals provide the best nutrition and should be served most often. For more information, refer to the CSDE's resource, *Crediting Breakfast Cereals for Grades K-12 in the NSLP and SBP*.

Crediting corn masa, masa harina, corn flour, and cornmeal

Corn ingredients credit as the grains component if they are whole grain, enriched, or nixtamalized. Nixtamalization is a process in which dried corn is soaked and cooked in an alkaline (slaked lime) solution. This process increases the bioavailability of certain nutrients and provides a nutritional profile similar to whole-grain corn.

Nixtamalized corn is used to make hominy, masa harina (corn flour), corn masa (dough from masa harina), and certain types of cornmeal. Masa harina is used for making corn products such as tortillas, tortilla chips, and tamales. Ingredients labeled as hominy, corn masa, or masa harina are nixtamalized, and therefore credit as whole grains. For more information, refer to the CSDE's resources, *Crediting Whole Grains in the NSLP and SBP*.

Crediting grain-based desserts

The CSDE's resource, *Grains/Breads Servings for K-12 in the ASP*, identifies allowable grain-based desserts with footnote 1 (allowed only at snack) or footnote 2 (allowed only at breakfast and snack). Examples of grain-based desserts include sweet crackers (such as graham crackers and animal crackers), cookies, piecrusts in sweet pies, doughnuts, cereal bars, granola bars, sweet rolls, pastries, toaster pastries, cake, and brownies. Most grain-based desserts are high in fat, added sugars, and sodium; and should be limited in ASP menus.

For best nutrition, the CSDE recommends avoiding creditable grain-based desserts, or limiting to no more than twice per week. For example, a snack menu that offers graham crackers on Monday and granola bars on Thursday should not include any other grain-based desserts that week. For more information, refer to "Menu Planning Considerations for Grades K-12" in section 2.

Grains/Breads Component

Crediting hominy as a grain

Hominy is made from whole kernels of maize (dried field corn) that have been soaked in an alkaline solution (nixtamalized). Dried, milled hominy (such as grits) credits as a whole grain. A ½-cup serving of cooked (or 25 grams of dry) hominy grits credits as one serving of the grains/breads component. For information on crediting hominy as a vegetable, refer to "Crediting hominy as a vegetable" in the "Vegetables/Fruits Component for Grades K-12" section.

Crediting popcorn

Popcorn is a whole-grain food and a good source of fiber. Three cups (1 ounce) of plain popped popcorn credits as one serving of the grains/breads component. The minimum creditable amount is ¾ cup (¼ serving).

Depending on children's ages, it may be more appropriate to serve a smaller amount of popcorn with another creditable grain. For example, a snack menu could provide one serving of the grains/bread component from a mix of ¾ cup of popcorn (¼ serving of the grains/breads component) and ½ ounce of pretzels (¾ serving of the grains/breads component).

SFAs must maintain crediting documentation for foods that contain popcorn an ingredient, such as a popcorn snack mix (refer to "Documentation for Commercial Products" in section 4). The requirements for crediting popcorn are summarized in USDA Memo SP 23-2019, CACFP 10-2019 and SFSP 9-2019: *Crediting Popcorn in the Child Nutrition Programs*.

Noncreditable grains/breads

Examples of foods that do not credit as the grains/breads component include but are not limited to: bread and grain products and recipes that are not whole grain or enriched (e.g., bromated flour, durum flour, white flour, and wheat flour); and breakfast cereals (RTE and cooked) that are not whole grain, enriched, or fortified; and legume and vegetable flours, e.g., tapioca, potato, legume, bean, soy, and other vegetable flours. For more information, refer to the CSDE's resource, *Noncreditable Foods for Grades K-12 in the ASP*.

Grains/Breads Component

Resources for the grains/breads component

The resources below assist menu planners with meeting the required grain ounce equivalents for the ASP meal pattern for grades K-12.

- Calculation Methods for Grains/Breads Servings for Grades K-12 in the ASP (CSDE): https://portal.ct.gov/-/media/SDE/Nutrition/ASP/Grains_Breads_Calculation_ASP_grades_K-12.pdf
- Comparison of Meal Pattern Requirements for the Grains Component in School Nutrition Programs (CSDE): https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Comparison_Grain_Crediting_SNP.pdf
- Crediting Breakfast Cereals for Grades K-12 in the NSLP and SBP (CSDE): https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit_Cereals_SNP_grades_K-12.pdf
- Crediting Enriched Grains in the NSLP and SBP (CSDE): https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit_Enriched_Grains_SNP.pdf
- Crediting Whole Grains in the NSLP and SBP (CSDE): https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit_Whole_Grains_SNP.pdf
- Exhibit A Grains Tool (USDA's Food Buying Guide for Child Nutrition Programs): https://foodbuyingguide.fns.usda.gov/ExhibitATool/Index
- Exhibit A: Grain Requirements for Child Nutrition Programs (USDA): https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/ExhibitA.pdf
- Food Buying Guide Section 4: Overview of Crediting Requirements for the Grains Component (USDA): https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/USDA_FBG_Section4_Grains.pdf
- Food Buying Guide Section 4: Yield Table for Grains (USDA): https://foodbuyingguide.fns.usda.gov/files/Reports/USDA_FBG_Section4_GrainsYieldTable.pdf
- Grains/Breads Component for Grades K-12 in the ASP (CSDE webpage): https://portal.ct.gov/SDE/Nutrition/Afterschool-Snack-Program/Documents#GrainsBreadsK12

Grains/Breads Component

- Grains/Breads Servings for K-12 in the ASP (CSDE): https://portal.ct.gov/-/media/SDE/Nutrition/ASP/Grains_Breads_Servings_ASP_grades_K-12.pdf
- Product Formulation Statement for Documenting Grains/Breads Servings in the Child and Adult Care Food Program, Summer Food Service Program, and NSLP Afterschool Snacks (USDA): https://fns-prod.azureedge.net/sites/default/files/resource-files/PFS_Grains-Breads_Servings_Fillable_508.pdf
- Product Formulation Statement for Documenting Grains/Breads Servings in the Child and Adult Care Food Program, Summer Food Service Program, and NSLP Afterschool Snacks– Completed Sample (USDA): https://www.fns.usda.gov/sites/default/files/resource-files/PFS_Example_Grains-Breads_Servings.pdf
- Recipe Analysis Workbook (USDA's Food Buying Guide for Child Nutrition Programs): https://www.fns.usda.gov/tn/food-buying-guide-interactive-web-based-tool
- USDA Memo SP 23-2019, CACFP 10-2019 and SFSP 09-2019: Crediting Popcorn in the Child Nutrition Programs: https://www.fns.usda.gov/cn/crediting-popcorn-child-nutrition-programs
- 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

For additional crediting guidance for the grains/breads component, visit the "Grains/Breads Component for Grades K-12 in the ASP" section of the CSDE's ASP webpage.

3 — Snack Meal Pattern for Preschoolers

The ASP meal pattern for preschoolers (ages 1-4) has different requirements than the ASP meal pattern for grades K-12. The preschool meal patterns are the same as the Child and Adult Care Food Program (CACFP) meal patterns for children. They are defined by the USDA's final rule, *Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010* (81 FR 24348), released on April 25, 2016, and the final rule corrections (81 FR 75671), released on November 1, 2016. The updated ASP preschool meal pattern requirements began on October 1, 2017, and the requirement for grains ounce equivalents began on October 1, 2021.

SFAs must offer snacks that meet the required food components and servings in the ASP preschool meal pattern (refer to table 5). The five snack components include:

- milk;
- meat/meat alternates;
- vegetables;
- fruits; and
- grains (whole grain or enriched).

Reimbursable snacks must include two of the five components. Snack menus must document the service of reimbursable snacks to children. For more information, refer to "Snack Menus" in section 5.

Table 5. ASP meal pattern for preschoolers		
Serve any two of the following five components (must be two different components) [1, 2]	**Ages 1-2**	**Ages 3-4**
Milk, fluid [3] Age 1: Unflavored whole milk Ages 2-4: Unflavored low-fat (1%) milk or unflavored fat-free milk	4 fluid ounces (½ cup)	4 fluid ounces (½ cup)
Meat/Meat Alternates		
Lean meat, poultry, or fish	½ ounce	½ ounce
Surimi [4]	2 ounces	2 ounces
Tofu, soy products, tempeh, or alternate protein products (APPs) [5]	½ ounce	½ ounce
Cheese	½ ounce	½ ounce
Cottage cheese	⅛ cup	⅛ cup
Egg, large	½	½
Cooked dry beans or peas [6]	⅛ cup	⅛ cup
Peanut butter, soy nut butter, or other nut or seed butters	1 tablespoon	1 tablespoon
Peanuts, soy nuts, tree nuts, or seeds [7]	½ ounce	½ ounce
Yogurt or soy yogurt, plain or flavored, unsweetened or sweetened [8]	2 ounces or ¼ cup	2 ounces or ¼ cup
Vegetables [10, 11]	½ cup	½ cup
Fruits [11, 12]	½ cup	½ cup
Grains [13, 14, 15, 16] Whole grain-rich (WGR) or enriched bread or bread product, e.g., biscuit, roll, or muffin	½ ounce equivalent (oz eq) [16]	½ oz eq [16]
WGR, enriched, or fortified cooked breakfast cereal [17], cereal grain [18], or pasta	¼ cup	¼ cup
WGR, enriched, or fortified ready-to-eat (RTE) breakfast cereal (dry, cold) [17]	¼ cup	¼ cup
Flakes or rounds	½ cup	½ cup
Puffed	¾ cup	¾ cup
Granola	⅛ cup	⅛ cup
◀ **Refer to next page for important menu planning notes** ▶		

Table 5. ASP meal pattern for preschoolers, *continued*

Menu planning notes

[1] Snack must include the minimum serving of two of the five components. Only one of the two components may be a creditable beverage, such as milk or juice. The USDA's *CACFP Best Practices* recommends serving a vegetable or fruit for at least one of the two required snack components. Use the USDA's *Food Buying Guide for Child Nutrition Programs* (FBG) to determine the amount of purchased food that meets the requirements. Commercial processed foods not listed in the FBG require a Child Nutrition (CN) label or product formulation statement (PFS) to document crediting information. For more information, refer to the CSDE's resources, *Child Nutrition (CN) Labeling Program*, *Product Formulation Statements*, *Accepting Processed Product Documentation in the NSLP and SBP*, and *Crediting Commercial Meat/Meat Alternate Products in the NSLP and SBP;* and visit the "Crediting Commercial Processed Products" section of the CSDE's Meal Patterns for Preschoolers in School Nutrition Programs webpage. Foods made from scratch must have a standardized recipe that documents crediting information. For more information, visit the "Crediting Foods Made from Scratch" section of the CSDE's Meal Patterns for Preschoolers in School Nutrition Programs webpage.

[2] In addition to meeting the ASP meal pattern requirements, ASP snacks in public schools that choose the healthy food option of Healthy Food Certification (HFC) under Section 10-215f of the Connecticut General Statutes must comply with the Connecticut Nutrition Standards (CNS). For more information, visit the CSDE's HFC, CNS, and List of Acceptable Foods and Beverages webpages.

[3] Flavored milk cannot be served. For more information, visit the "Milk Component for Preschoolers" section of the CSDE's Meal Patterns for Preschoolers in School Nutrition Programs webpage.

[4] A serving is the edible portion of cooked lean meat, poultry, or fish, e.g., cooked lean meat without bone, breading, binders, fillers, or other ingredients. Commercial processed products require a CN label or PFS to credit. For more information, refer to the CSDE's resources, *Crediting Commercial Meat/Meat Alternate Products in the NSLP and SBP* and *Crediting Deli Meats in the NSLP and SBP*. The USDA's *CACFP Best Practices* recommends serving only lean meats, nuts, and legumes; limiting processed meats to one serving per week; and serving only low-fat or reduced-fat natural cheese. For more information, visit the "Meat/Meat Alternates Component for Preschoolers" section of the CSDE's Meal Patterns for Preschoolers in School Nutrition Programs webpage.

[5] Surimi seafood is a pasteurized, ready-to-eat, restructured seafood product usually made from pollock (fish). A CN label or manufacturer's PFS is required to credit surimi differently.

[6] APPs must meet the requirements in appendix A of the NSLP regulations (7 CFR 210). Tofu must contain at least 5 grams of protein in 2.2 ounces (weight) or ¼ cup (volume). For more information, refer to the CSDE's resources, *Requirements for Alternate Protein Products in the NSLP and SBP* and *Crediting Tofu and Tofu Products in the NSLP and SBP*. A 1-ounce serving of tempeh credits as 1 ounce of the meat/meat alternates component if the product's ingredients include only soybeans (or other legumes), water, tempeh culture, and for some varieties, vinegar, seasonings, and herbs. Tempeh products that contain other ingredients require a CN label or PFS to document crediting information.

Table 5. ASP meal pattern for preschoolers, *continued*

Menu planning notes, *continued*

[7] Legumes (cooked dry beans and peas) credit as either the meat/meat alternates component or the vegetables component, but not both in the same snack. For more information, refer to the CSDE's resource, *Crediting Legumes in the NSLP and SBP*.

[8] Creditable nuts and seeds include almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, walnuts, pine nuts, pistachios, and soy nuts. **Note:** Children younger than 4 are at the highest risk of choking. The USDA recommends that any nuts or seeds served to young children are in a prepared food and are ground or finely chopped. For more information, refer to the CSDE's resource, *Crediting Nuts and Seeds in the NSLP and SBP*.

[9] Yogurt and soy yogurt cannot contain more than 23 grams of total sugars per 6 ounces (no more than 3.83 grams per ounce). For more information, refer to the CSDE's resource, *Crediting Yogurt for Preschoolers in the NSLP and SBP*.

[10] The vegetables component includes fresh vegetables, frozen vegetables, canned vegetables, rehydrated dried vegetables (PFS required), and pasteurized 100 percent full-strength vegetable juice. A serving of cooked vegetables must be drained. Vegetables credit based on volume (cups), except raw leafy greens such as lettuce and spinach credit as half the volume served, e.g., 1 cup of lettuce credits as ½ cup of the vegetables component. The USDA's *CACFP Best Practices* recommends that preschool menus include at least one serving per week of each vegetable subgroup (dark green, red/orange, beans and peas (legumes), starchy, and other). For more information, refer to the CSDE's resource, *Vegetable Subgroups in the CACFP*, and visit the "Vegetables Component for Preschoolers" section of the CSDE's Meal Patterns for Preschoolers in School Nutrition Programs webpage.

[11] Pasteurized full-strength juice credits as either the vegetables component or fruits component at only one meal or snack per day. Juice includes fruit and vegetable juice, frozen pops made from 100 percent juice, pureed fruits and vegetables in smoothies, and juice from canned fruit in 100 percent juice. For more information, refer to the CSDE's resources, *Crediting Juice for Preschoolers in the NSLP and SBP* and *Crediting Smoothies for Preschoolers in the NSLP and SBP*. The USDA's *CACFP Best Practices* recommends serving whole fruits (fresh, frozen, canned, and dried) more often than juice.

[12] The fruits component includes fresh fruit, frozen fruit, canned fruit, dried fruit, and pasteurized 100 percent full-strength fruit juice. Serve canned fruit in juice, water, or light syrup. The creditable serving of canned fruit in 100 percent juice may include the juice but cannot include water or syrup. Fruits credit based on volume (cups), except dried fruits credit as twice the volume served, e.g., ¼ cup of raisins credits as ½ cup of the fruits component. For more information, visit the "Fruits Component for Preschoolers" section of the CSDE's Meal Patterns for Preschoolers in School Nutrition Programs webpage.

Table 5. ASP meal pattern for preschoolers, *continued*

Menu planning notes, *continued*

[13] Grain products and recipes must be made with creditable grains. Creditable grains for the preschool meal patterns include whole grains, enriched grains, bran, and germ For information on identifying creditable grains, refer to the CSDE's resources, *How to Identify Creditable Grains for Preschoolers in the NSLP and SBP, Crediting Whole Grains in the NSLP and SBP,* and *Crediting Enriched Grains in the NSLP and SBP*; and visit the "Grains Component for Preschoolers" section of the CSDE's Meal Patterns for Preschoolers in School Nutrition Programs webpage.

[14] At least one serving per day must be WGR. The USDA's *CACFP Best Practices* recommends at least two servings of WGR grains per day. For the preschool meal patterns only, WGR foods contain at least 50 percent whole grains and the remaining grain ingredients are enriched, bran, or germ. For more information, refer to the CSDE's resource, *Meeting the Whole Grain-rich Requirement for the CACFP, Crediting Whole Grains in the NSLP and SBP* and *Crediting Enriched Grains in the NSLP and SBP*; and visit the "Whole Grain-rich Requirement" section of the CSDE's Meal Patterns for Preschoolers in School Nutrition Programs webpage.

[15] Grain-based desserts cannot credit. Examples include cookies, piecrusts in sweet pies, doughnuts, cereal bars, granola bars, sweet rolls, pastries, toaster pastries, cake, and brownies. Sweet crackers such as graham crackers and animal crackers are not grain-based desserts. However, the CSDE recommends not serving sweet crackers more than twice per week between all preschool meals and snacks. For more information, visit the USDA's webpage, Grain-based Desserts in the CACFP.

[16] Ounce equivalents apply effective October 1, 2021. Grains must meet the required weights (groups A-E) or volumes (groups H-I) in *Grain Ounce Equivalents for Preschoolers in the NSLP and SBP*, or provide the minimum creditable grains per serving. For more information, refer to the CSDE's resource, *Calculation Methods for Grain Ounce Equivalents for Preschoolers in the NSLP and SBP,* and visit the "Ounce Equivalents" section of the CSDE's Meal Patterns for Preschoolers in School Nutrition Programs webpage.

[17] Breakfast cereals cannot contain more than 6 grams of sugars per dry ounce (no more than 21.2 grams of sucrose and other sugars per 100 grams of dry cereal). For more information, refer to the CSDE's resource*, Crediting Breakfast Cereals for Preschoolers in the NSLP and SBP*.

[18] Examples of cereal grains include amaranth, barley, buckwheat, cornmeal, corn grits, kasha, millet, oats, quinoa, wheat berries, and rolled wheat.

Meal Pattern Components for Preschoolers

For detailed guidance on the preschool meal requirements and crediting foods in preschool menus, refer to the CSDE's guide, *Menu Planning Guide for Preschoolers in the NSLP and SBP*. Additional crediting guidance and resources are available in the "Crediting Foods in Preschool Menus" section of the CSDE's Meal Patterns for Preschoolers in School Nutrition Programs webpage.

Menu Planning Resources

The resources below provide guidance for SFAs on planning snacks to meet the ASP meal pattern for preschoolers.

- Afterschool Snack Program Meal Pattern for Preschoolers (CSDE): https://portal.ct.gov/-/media/SDE/Nutrition/ASP/Meal_Pattern_ASP_preschool.pdf
- Afterschool Snack Program Menu Form for Ages 1-2 (CSDE): https://portal.ct.gov/-/media/SDE/Nutrition/ASP/Forms/Menu_Form_ASP_ages_1-2.docx
- Afterschool Snack Program Menu Form for Ages 3-4 (CSDE): https://portal.ct.gov/-/media/SDE/Nutrition/ASP/Forms/Menu_Form_ASP_ages_3-4.docx
- Afterschool Snack Program Sample Menu for Ages 3-4 (CSDE): https://portal.ct.gov/-/media/SDE/Nutrition/ASP/Sample_Menu_ASP_ages_3-4.pdf
- Basics at a Glance Portion Control Poster (ICN): https://theicn.org/icn-resources-a-z/basics-at-a-glance/
- Bite Size: Meeting the CACFP Meal Patterns for Children (CSDE training webinars): https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs/Related-Resources#BiteSize
- CACFP Best Practices (USDA): https://fns-prod.azureedge.net/sites/default/files/cacfp/CACFP_factBP.pdf
- Calculation Methods for Grain Ounce Equivalents for Preschoolers in the NSLP and SBP (CSDE): https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Grain_Calculation_SNP_Oz_Eq_preschool.pdf
- Choking Prevention (CSDE's Food Safety for Child Nutrition Programs webpage): https://portal.ct.gov/SDE/Nutrition/Food-Safety-for-Child-Nutrition-Programs/Documents#ChokingPrevention

- Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the Afterschool Snack Program of the NSLP (CSDE): https://portal.ct.gov/-/media/SDE/Nutrition/ASP/Comparison_Preschool_Grades_K-12_ASP.pdf
- Crediting Foods in Preschool Menus ("Related Resources" section of the CSDE's Meal Patterns for Preschoolers in School Nutrition Programs webpage): https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-Preschoolers-in-School-Nutrition-Programs/Related-Resources
- Crediting Summary Charts for the Preschool Meal Patterns of the School Nutrition Programs (CSDE): https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Crediting_Summary_Charts_SNP_Preschool.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 for Preschoolers in the NSLP and SBP (CSDE): https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/Grain_Oz_Eq_SNP_preschool.pdf
- Menu Planning for Child Nutrition Programs (CSDE): https://portal.ct.gov/SDE/Nutrition/Menu-Planning
- Menu Planning for the ASP ("Documents/Forms" section of the CSDE's ASP webpage): https://portal.ct.gov/SDE/Nutrition/Afterschool-Snack-Program/Documents#MenuPlanning
- Menu Planning Guide for Preschoolers in the NSLP and SBP (CSDE): https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/MPGpreschool.pdf
- Noncreditable Foods for Preschoolers in the NSLP and SBP (CSDE): https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Noncreditable_Foods_SNP_preschool.pdf
- Recipes for Child Nutrition Programs (CSDE's Menu Planning for Child Nutrition Programs webpage): https://portal.ct.gov/SDE/Nutrition/Menu-Planning#Recipes
- Resource List for Menu Planning and Food Production in Child Nutrition Programs (CSDE): https://portal.ct.gov/-/media/SDE/Nutrition/Resources/Resources_Menu_Planning.pdf

- Resources for the Preschool Meal Patterns (CSDE): https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/Resources_Preschool_Meal_Patterns.pdf
- Serving School Meals to Preschoolers (USDA): https://www.fns.usda.gov/tn/serving-school-meals-preschoolers
- Special Diets in School Nutrition Programs (CSDE webpage): https://portal.ct.gov/SDE/Nutrition/Special-Diets-in-School-Nutrition-Programs
- Standardized Recipe Form for School Nutrition Programs: https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Standardized_Recipe_Form_Schools.docx

For more resources, refer to the CSDE's resources, *Menu Planning Resources for School Meals* and *Resource List for Menu Planning and Food Production in Child Nutrition Programs*.

4 — Menu Planning

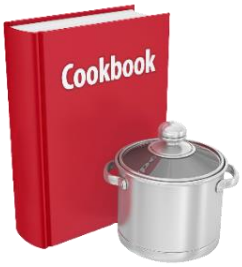
SFAs must maintain crediting documentation to indicate that commercial products and school recipes meet the ASP meal pattern requirements. Foods without appropriate crediting documentation cannot credit in the ASP.

Documentation for Commercial Products

Commercial products that are processed or contain added ingredients (such as pizza, chicken nuggets, and cheese ravioli) require documentation stating the amount of each meal pattern component per serving. Acceptable documentation includes a Child Nutrition (CN) label or product formulation statement (PFS). CN labels are available only for main dish entrees that contribute to the meat/meat alternates component of the USDA's meal patterns. For more information, refer to the CSDE's resources, *Child Nutrition (CN) Labeling Program*, *Product Formulation Statements* and *Accepting Processed Product Documentation in the NSLP and SBP;* the USDA's document, *Tips for Evaluating a Manufacturer's Product Formulation Statement;* and visit the "Crediting Commercial Processed Products in School Nutrition Programs" section of the CSDE's Crediting Foods in School Nutrition Programs webpage.

Documentation for Foods Made from Scratch

SFAs must have standardized recipes that document the crediting information per serving. For example, to credit macaroni and cheese as 1 ounce of the meat/meat alternates component and one serving of the grains/breads component, the SFA's standardized recipe must indicate that each serving contains 1 ounce of cheese and ½ cup of whole-grain or enriched pasta. For more information, visit the "Crediting Foods Made from Scratch for Grades K-12 in School Nutrition Programs" section of the CSDE's Crediting Foods in School Nutrition Programs webpage.



Food Buying Guide for Child Nutrition Programs

Foods and ingredients credit toward the USDA's meal patterns for Child Nutrition Programs based on the yields in the USDA's *Food Buying Guide for Child Nutrition Programs* (FBG). The FBG provides food yields and crediting information for common types and customary sizes of milk, meat/meat alternates, vegetables, fruits, and grains; indicates how many servings a specific quantity of food will provide; and helps menu planners determine how recipes and purchased foods contribute to the meal pattern components.

Choking Prevention for Young Children

Children younger than age 4 are at the highest risk of choking. SFAs should consider children's ages and developmental readiness when deciding what foods to offer in preschool menus. This consideration is especially important when serving young children or children with disabilities. Serve foods in the appropriate sizes, shapes, and textures to reduce choking risks. Avoid serving foods that are as wide around as a nickel, which is about the size of a young child's throat. For additional guidance, visit the "Choking Prevention" section of the CSDE's Food Safety for Child Nutrition Programs webpage.

Foods that are choking risks

While nearly any food can cause choking in children, foods that are the same size and shape as a child's airway pose the greatest risk. For example, peanuts may block the lower airway. A chunk of hot dog or a whole grape may completely block the upper airway. Foods likely to cause choking come in many shapes, sizes, and textures. These include foods that are round, tube-shaped, small, hard, thick and sticky, smooth, slippery, or easily molded to stick to the airway (refer to table 4).

Safe preparation and serving techniques to reduce choking risk

SFAs can help reduce the risk of choking by avoiding high-risk foods; changing the shape, size, and texture of foods before offering them to children; and serving certain foods in small, manageable bites. SFAs should use the techniques below to prepare foods that are easy for young children to chew and swallow.

- Cook foods until soft enough to pierce easily with a fork.
- Cut soft food into thin slices or small pieces no larger than ½ inch.
- Cut tube-shaped foods like hot dogs or string cheese into short strips instead of round pieces.
- Remove all bones from fish, chicken, and meat before cooking or serving.
- Grind up tough meats and poultry.
- Cook foods such as carrots and celery until slightly soft, then cut into short strips instead of round pieces.
- Mash or puree foods until soft.
- Remove seeds, pits, and tough skins/peels from fruits and vegetables.
- Cut round foods such as grapes, cherries, berries, and melon balls in half lengthwise, and then cut into smaller pieces no larger than ½ inch.
- Grate or thinly slice cheeses.
- Chop peanuts, nuts, and seeds finely, or grind before adding to prepared food.

- Spread nut and seed butters thinly on other foods (such as toast and crackers) crackers. Use only creamy, not chunky, nut and seed butters.
- Avoid serving foods that are as wide around as a nickel, which is about the size of a young child's throat.
- Serve shredded carrots and chopped tomatoes instead of baby carrots and cherry tomatoes.

Table 6. Common foods that may cause choking	
Firm, smooth, or slippery foods that slide down the throat before chewing, such as:	
• Whole grapes, cherries, berries, melon balls, and cherry/grape tomatoes • Hot dogs and similarly shaped foods, including sausages, meat sticks, and cheese sticks (even when cut into round slices)	• Peanuts, seeds, and nuts • Whole beans • Hard or round candy, jelly beans [1]
Small, dry, or hard foods that are difficult to chew and easy to swallow whole, such as:	
• Popcorn • Hard pretzels • Potato chips, corn chips, and similar snack foods • Small pieces of raw vegetables, e.g., raw carrot rounds, baby carrots, string beans, celery, and other raw or partially cooked hard vegetables • Apples or other hard pieces of raw fruit, especially those with hard pits or seeds	• Cooked or raw whole-kernel corn • Raw green peas • Peanuts, nuts, and seeds, e.g., sunflower or pumpkin seeds • Plain wheat germ • Whole-grain kernels such as rice or wheat berries • Crackers or breads with seeds, nut pieces, or whole-grain kernels
Sticky or tough foods that do not break apart easily and are hard to remove from the airway, such as:	
• Chunks or spoonfuls of peanut butter or other nut and seed butters • Large, hard pieces of uncooked dried fruits or vegetables • Tough meat or large chunks of meat • Large chunks of cheese, especially string cheese	• Fish with bones • Marshmallows [1] • Chewing gum [1] • Chewy fruit snacks [1] • Caramels, gum drops, and gummy candies, or other gooey or sticky candy [1]
[1] These foods do not credit in the ASP meal patterns.	

Planning Healthy Snacks

The CSDE strongly encourages SFAs to develop snack menus that reflect the principles of the *Dietary Guidelines for Americans* and include a variety of nutrient-dense foods. Nutrient-dense foods provide naturally occurring vitamins, minerals, and other nutrients that contribute to health; and contain little or no solid fats, added sugars, refined starches, or sodium. Examples include vegetables, fruits, whole grains, seafood, eggs, beans and peas, unsalted nuts and seeds, fat-free and low-fat dairy products, and lean meats and poultry (when prepared with little or no added solid fats, sugars, refined starches, and sodium).

Menu planners play an important role in determining the nutrition quality of ASP menus. Each meal pattern component includes many different foods. The examples below show how different food choices from the same food component can vary in nutrient density.

- **Meat/meat alternates:** A serving of skinless turkey breast provides fewer calories and less fat and sodium than the same amount of beef salami.
- **Vegetables:** A serving of baked potato provides more fiber and nutrients than the same amount of oven-baked french fries.
- **Fruits:** A serving of fresh fruit salad provides fiber, more nutrients, and fewer calories than the same amount of 100 percent apple juice.
- **Grains:** A serving of 100 percent whole-grain bread provides more fiber and nutrients, and less fat than the same amount of an enriched corn muffin.

Planning snack menus to include a variety of nutrient-dense foods provides the best nutrition for children.

Best practices for healthy snack menus

Menu planners can provide healthy snacks for children by following the practices below.

- Include a variety of fruits, vegetables, whole grains, and lean meats each week. Balance the number of snack components served each week. Each component should be served at least two or three times.

- Serve a different fruit or vegetable each day of the week. Serve dark green and orange vegetables most often. For more information, refer to the CSDE's resource, *Vegetable Subgroups in the NSLP*.

- Serve WGR foods instead of enriched grains and serve 100 percent whole grains most often. For information on identifying whole grains, refer to the CSDE's resource, *Crediting Whole Grains in the NSLP and SBP*. For menu planning and recipe ideas, visit the "Recipes" section of the CSDE's Menu Planning for Child Nutrition Programs webpage.

- Serve a different meat/meat alternate at least three days per week. The USDA recommends serving only lean meats, nuts, and legumes; limiting processed meats to no more than one serving per week; and serving only natural low-fat or reduced fat-cheeses.

- Serve legumes at least once per week. For menu planning and recipe ideas, refer to "Legumes (Beans/Peas)" in the CSDE's *Resource List for Menu Planning and Food Production in Child Nutrition Programs*, and visit the "Recipes" section of the CSDE's Menu Planning for Child Nutrition Programs webpage.

- Replace juice with whole fruits and vegetables (fresh, frozen, canned, or dried). If snack menus include juice, serve only citrus juices and blends, e.g., orange juice, pineapple juice, and grapefruit juice.

- Try new foods and recipes. For menu planning and recipe ideas, refer to the CSDE's *Resource List for Menu Planning and Food Production in Child Nutrition Programs*, and visit the "Recipes" section of the CSDE's Menu Planning for Child Nutrition Programs webpage.

The USDA's resource, *CACFP Best Practices*, provides recommendations to further improve the nutritional quality of preschool meals and ASP snacks by increasing vegetables, fruits, and whole grains; and reducing added sugars and saturated fats. These recommendations are also beneficial for grades K-12.

Tables 7 through 11 provide sample menu ideas for each snack component. For resources on menu planning, refer to "Menu Planning Resources" in sections 2 and 3, and the CSDE's *Resources for the School Meal Patterns for Grades K-12*, *Resources for the Preschool Meal Patterns*, and *Resource List for Menu Planning and Food Production in Child Nutrition Programs*. For more snack ideas, refer to the "Healthy Snacks" section of the CSDE's *Resource List for Dietary Guidance and Nutrition Information*.

Table 7. Snack menu ideas for the milk component [1, 2]

Ages 1-4: ½ cup **Grades K-12:**: 1 cup

Age 1

- Unflavored whole milk
- Unflavored whole lactose-free or lactose-reduced milk

Ages 2-4

- Unflavored fat-free milk
- Unflavored lactose-free or lactose-reduced fat-free milk
- Unflavored low-fat (1%) milk
- Unflavored lactose-free or lactose-reduced low-fat milk

Grades K-12

- Unflavored fat-free milk
- Unflavored lactose-free or lactose-reduced fat-free milk
- Unflavored low-fat (1%) milk
- Unflavored lactose-free or lactose-reduced low-fat milk
- Flavored fat-free milk
- Flavored lactose-free or lactose-reduced fat-free milk

[1] Milk must meet the specific fat content and flavor requirements of ASP meal patterns for preschoolers and grades K-12. A variety of milk is not required. SFAs may serve one allowable milk to all ages.

[2] Milk cannot be served when juice is the only other snack component.

Table 8. Snack menu ideas for the meat/meat alternates component

Ages 1-4: ½ ounce [1] **Grades K-12:**: 1 ounce

- Meat, fish and poultry, e.g., beef, chicken, ham, pork, tuna, and turkey
- Cheese (natural reduced-fat or low-fat recommended), e.g., cheddar, Colby, cottage, part-skim mozzarella cheese stick, and Swiss
- Eggs, e.g., hard-boiled and egg salad
- Legumes (cooked dry beans and peas), e.g., black beans, chickpeas (garbanzos), edamame, hummus, kidney beans, lentils, navy beans, refried beans, split peas, three-bean salad, white beans, split peas, and three-bean salad
- Tofu, soy products, and alternate protein products (APP) [2]
- Nuts and seeds [1], e.g., almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, walnuts, pine nuts, pistachios, and soy nuts
- Nut and seed butters, e.g., almond butter, almonds, cashew butter, cashews, peanut butter, peanuts, pumpkin seeds, soy nut butter, soy nuts, sunflower seed butter, sunflower seeds, and tahini

- Yogurt (low-fat) or soy yogurt [3]
- Yogurt smoothies made with pureed fruits and vegetables [3, 4]

[1] Some meat/meat alternates may be a choking hazard for young children. Consider children's ages and developmental readiness when deciding what foods to offer in snack menus. For additional guidance, refer to "Choking Prevention" in this section.

[2] APP must meet the requirements in appendix A of the NSLP regulations (7 CFR 210). Tofu must contain at least 5 grams of protein in 2.2 ounces (weight) or ¼ cup (volume). For more information, refer to the CSDE's resources, *Requirements for Alternate Protein Products in the NSLP and SBP* and *Crediting Tofu and Tofu Products in the NSLP and SBP*.

[3] For the preschool meal patterns, yogurt and soy yogurt cannot exceed 3.83 grams of sugars per ounce. For more information, refer to the CSDE's resource, *Crediting Yogurt for Preschoolers in the NSLP and SBP*.

[4] Yogurt in smoothies credits as the meat/meat alternates component. For more information, refer to the CSDE's resources, *Crediting Smoothies for Grades K-12 in the NSLP and SBP* and *Crediting Smoothies for Preschoolers in the NSLP and SBP*.

Table 9. Snack menu ideas for the vegetables component

Ages 1-4: ½ cup [1] **Grades K-12:**: ¾ cup

- Fresh or frozen vegetables, e.g., acorn squash, asparagus, broccoli, Brussels sprouts, butternut squash, cabbage (green and red), carrots, cassava, cauliflower, celery, chard, chayote, Chinese cabbage, collard greens, corn, cucumbers, eggplant, green beans, jicama, kale, lettuce (arugula, Boston, Bibb, green, red, romaine), mushrooms, okra, peas (green), peppers (green, orange, red), potatoes, radishes, snap peas, snow peas, spaghetti squash, spinach, sweet potatoes, tomatoes, turnip, yellow squash, and zucchini squash [1, 2]
- 100 percent vegetable juice, e.g., tomato, mixed vegetables [3, 4]
- Canned vegetables, e.g., corn, green beans, and chickpeas [3]
- Coleslaw
- Salsa (100 percent vegetables), e.g., vegetable or mango
- Salads [5], e.g., garden salad, mixed greens, carrot-raisin salad, and three-bean salad
- Smoothies made with pureed vegetables [4, 6]
- Vegetable soup [7]

1 Some vegetables may be a choking hazard for young children. Consider children's ages and developmental readiness when deciding what foods to offer in snack menus. For additional guidance, refer to "Choking Prevention" in this section.

2 Serve dark green and orange vegetables most often. For more information, refer to the CSDE's resource, *Vegetable Subgroups in the NSLP*.

3 Read labels for sodium content and choose varieties lowest in sodium.

4 Juice (including fruit and vegetable smoothies) cannot be served when milk is the only other snack component. For the preschool meal patterns, juice credits as either the vegetables component or fruits component at only one meal or snack per day.

5 For the preschool meal patterns, raw leafy greens such as lettuce or spinach credit as half the volume served, e.g., ½ cup of lettuce credits as ¼ cup of the vegetables component.

6 Pureed fruits and vegetables in smoothies credit only as juice. For more information, refer to "Crediting smoothies" in sections 2 and 3.

7 Soups made from scratch credit based on the amount of vegetables per serving, which must be documented by a standardized recipe. The large serving of commercial vegetable soup required to credit as a full serving of vegetables might be unreasonable, especially for younger children. For more information, refer to "Crediting soups" in sections 2 and 3.

Table 10. Snack menu ideas for the fruits component

Ages 1-4: ½ cup [1] **Grades K-12:**: ¾ cup

- Fresh or frozen fruit, e.g., apples, apricots, avocados, bananas, blueberries, cantaloupe, cherries, grapes (red and green), honeydew melon, kiwis, mangos, nectarines, oranges, papayas, peaches, pears, pineapple, plums, raspberries, strawberries, and watermelon [1]
- 100 percent fruit juice, e.g., apple cider, orange, grape, and pineapple [2]
- Canned fruit in juice or water, e.g., applesauce, apricots, peaches, pears, and pineapple tidbits [3]
- Fruit salad (mixed fruits)
- Dried fruit, e.g., raisins, apple chips, apricots, and prunes [1, 4]
- Dried fruit and nut trail mix
- Smoothies made with pureed fruits [2, 5]

[1] Some fruits may be a choking hazard for young children. Consider children's ages and developmental readiness when deciding what foods to offer in snack menus. For additional guidance, refer to "Choking Prevention" in this section.

[2] Juice (including fruit and vegetable smoothies) cannot be served when milk is the only other snack component. For the preschool meal patterns, juice credits as either the vegetables component or fruits component at only one meal or snack per day. The USDA's *CACFP Best Practices* recommends serving a variety of fruits and choosing whole fruits (fresh, canned, dried, or frozen) more often than juice. For more information, refer to the CSDE's resource, *Crediting Juice for Preschoolers in the NSLP and SBP*.

[3] A serving of canned fruit may include the 100 percent juice in which the fruit is packed but cannot include water or syrup. The juice from canned fruit counts toward the preschool juice limit if the SFA credits the juice toward the fruits component.

[4] For the preschool meal patterns, dried fruit (such as raisins, dried apricots, and dried mixed fruit) credits as twice the volume served, e.g., ¼ cup of raisins credits as ½ cup of the fruits component.

[5] Pureed fruits and vegetables in smoothies credit only as juice. For more information, refer to "Crediting smoothies" in sections 2 and 3.

Table 11. Snack menu ideas for the grains component [1]

Ages 1-4: ½ serving [2, 3] **Grades K-12:**: 1 serving [3]

- Animal crackers [4, 5]
- Bagels
- Biscuits
- Bread
- Breadsticks
- Breakfast cereal [6]
- Brown rice
- Cinnamon toast
- Cooked grain salads, e.g., bulgur, couscous, and quinoa
- Crackers
- Dry cereal mix [6]
- English muffin
- French bread
- French toast sticks
- Graham crackers [4, 5]
- Granola bars
- Macaroni
- Melba toast
- Muffins, e.g., corn, blueberry
- Noodles
- Oyster crackers
- Pancakes
- Pasta
- Pizza crust
- Pretzels (hard, soft)
- Rice cakes
- Rolls
- Soft tortillas
- Toast
- Tortilla chips
- Waffles
- Whole-wheat bread, rolls, and buns

1 All grains must be whole grain or enriched. Serve 100 percent whole grains most often and serve WGR products instead of enriched products.

2 Some grain foods may be a choking hazard for young children. Consider children's ages and developmental readiness when deciding what foods to offer in snack menus. For additional guidance, refer to "Choking Prevention" in this section.

3 Refer to the appropriate grain chart for the required quantities. For grades K-12, use *Grains/Breads Servings for Grades K-12 in the ASP*. For preschoolers, use *Grain Ounce Equivalents for Preschoolers in the NSLP and SBP*.

4 Grain-based desserts cannot credit as the grains component in the preschool meal patterns. Sweet crackers (such as graham crackers and animal crackers) are not grain-based desserts. However, the USDA encourages preschool menus to limit sweet crackers because of their higher sugar content. The CSDE recommends not serving sweet crackers more than twice per week between all preschool meals and ASP snacks. For more information, visit the USDA's webpage, Grain-Based Desserts in the CACFP.

5 Grain-based desserts credit in the ASP meal pattern for grades K-12. However, the CSDE recommends limiting all grain-based desserts (including sweet crackers) to no more than twice per week.

6 For the preschool meal patterns, breakfast cereals cannot exceed 6 grams of sugar per dry ounce. For more information, refer to the CSDE's resource, *Crediting Breakfast Cereals for Preschoolers in the NSLP and SBP*.

5 — Program Requirements

In addition to meeting the meal pattern requirements, the ASP must comply with all operation requirements indicated below.

Time Restrictions

An afterschool care program sponsored by a school under the NSLP can only be reimbursed for snacks served after school on a regular school day. Programs operating on weekends or during school vacations cannot be reimbursed for snacks. During the summer, snacks are not reimbursable unless the afterschool program takes place after summer school for academic credit.

Extended School Days

ASP snacks can be served in schools operating expanded learning times that are longer than the traditional school day. A school operating longer than the traditional school day may be eligible for NSLP reimbursement if it operates a school day that is at least one hour longer than the minimum number of school-day hours required for the comparable grade levels by the local educational agency (LEA) in which the school is located.

When requesting approval for snacks in these programs, LEAs must submit information to the CSDE on the length of their school day, and the length of the school day of comparable schools. The CSDE will use this information to determine eligibility for ASP participation. For more information, refer to CSDE Operational Memorandum No. 15-11: *Eligibility of Expanded Learning Time Programs for Afterschool Snack Service in the National School Lunch Program (NSLP).*

Operation Dates

The SFA must notify the CSDE of any changes in the beginning and ending dates of the ASP operation. For information on the CSDE's school nutrition consultants, refer to the CSDE's resource, *County Assignments for School Nutrition Programs*.

Food Safety

The afterschool care program facilities must meet state and local health and safety standards. SFAs must include the ASP in the district's Hazard Analysis and Critical Control Points (HACCP) food safety plan. Temperatures for potentially hazardous foods (PHFs) should be recorded on the ASP daily production record or documented elsewhere. For more information, visit the CSDE's Food Safety for Child Nutrition Programs webpage.

Snack Charges

Snacks must be served free or at a reduced price to all children who are determined by the SFA to be eligible for free or reduced-price school meals under 7 CFR part 245. The ASP must comply with the charge criteria indicated below.

- The snack price for reduced-eligible children cannot exceed 15 cents.
- The SFA establishes the snack price charged to paying children.
- USDA regulations do not permit the food service program budget to cover the cost of snacks served to adults. A minimum payment to cover costs should be paid by the adult, or the school/organization responsible for the programming.

Snack Menus

SFAs must maintain menu records that document the service of reimbursable snacks to students. The CSDE recommends developing a cycle menu for ASP snacks. A cycle menu is series of menus planned for a specific period of time (usually at least four weeks) with a different menu for each day. Cycle menus can help SFAs comply with the meal pattern requirements, increase variety, control food cost, control inventory, and save time.

The CSDE's sample ASP menu forms help menu planners include the required snack components in the appropriate portions. The CSDE's sample 10-week snack menus provide menu ideas for grades K-12 and preschoolers.

- ASP Menu Form for Ages 1-2
- ASP Menu Form for Ages 3-4:
- ASP Menu Form for Grades K-12
- ASP Sample Menu for Ages 3-4
- ASP Sample Menu for Grades K-12

These forms are available in the "Menu Planning for the ASP" section of the CSDE's ASP webpage.

Production Records

The USDA regulations require that all schools and institutions participating in the ASP must complete daily menu production records that document the service of reimbursable snacks to students. A production record is a working tool that outlines the type and quantity of foods used to prepare ASP snacks. Production records must demonstrate how snacks contribute to the required food components for each day of operation.

The CSDE's sample production record forms for grades K-12 and preschoolers assist SFAs with providing the required information.

- ASP Production Record for Ages 1-2
- ASP Production Record for Ages 3-4 – Completed Sample
- ASP Production Record for Ages 3-4
- ASP Production Record for Grades K-12 – Completed Sample:
- ASP Production Record for Grades K-12

These forms are available in the "Production Records for the ASP" section of the CSDE's ASP webpage. For additional guidance, refer to the CSDE's resource, *Requirements for Production Records in School Nutrition Programs*.

Counting and Claiming

The ASP must maintain a record of the number of snacks served to students each day. Programs must maintain a roster or sign-in sheet to determine which children are present on any given day, and use this information as an edit check prior to submission of monthly claims for reimbursement. The ASP cannot claim student attendance. Reimbursement is based on the actual number of snacks served to students each day.

The procedures for counting and claiming snacks depend on whether the school is site/area eligible. In site/area eligible schools, 50 percent or more of enrolled children are eligible for free and reduced-price meals. These percentages are calculated annually by the CSDE based on October data from the previous school year. For more information, visit the CSDE's Area Eligibility for Child Nutrition Programs webpage.

Schools that are site/area eligible

Site eligible or area eligible schools cannot charge children for snacks. While not all children are individually eligible, the majority of children attending that school or living in that area qualify for free meals. Staff may take snack counts by counting the snacks served each day and recording this number on the appropriate form. The CSDE attendance and snack count forms listed below can be used by schools that are not site/area eligible.

- ASP Daily Snack Count Record for Grades K-12 in Site/Area Eligible Schools
- ASP Daily Snack Count Record for Preschoolers in Site/Area Eligible Schools
- ASP Daily Snack Count and Production Record for Grades K-12 in Site/Area Eligible Schools
- ASP Daily Snack Count and Production Record for Preschoolers in Site/Area Eligible Schools
- ASP Monthly Attendance and Snack Count Record for Site/Area Eligible Schools

These forms are available in the "Snack Count Forms for Schools that are Site/Area Eligible" section of the CSDE's ASP webpage.

SFAs may claim only one snack per child per day. Prior to submitting the monthly claim, the SFA must check the daily snack counts with the daily attendance records. This provides an edit check to prevent overclaiming of snacks.

Schools that are not site/area eligible

Schools that are not site/area eligible can choose to implement a pricing program or, if the program has other funding sources, offer all snacks free of charge (non-pricing program).

- **Pricing program:** The ASP charges a snack fee to students based on their eligibility status. Free-eligible students cannot be charged. The maximum charge allowed for reduced-eligible students is 15 cents. Full-paying students are charged full price, which is determined by the SFA.

  Schools and institutions must record the snack counts for each day by **individual student** using a roster-style or similar system. The school site must total and claim snacks each month by category, i.e., free, reduced, and paid. ASP staff must ensure that there is no overt identification of students receiving free or reduced-price snacks.

  Schools and institutions must institute a collection procedure that collects no more than 15 cents from children eligible for reduced-price snacks and an established local price for full-paying students. For more information on the requirements for collection procedures, visit the CSDE's Meal Counting and Claiming for School Nutrition Programs webpage.

- **Non-pricing program:** The ASP offers snacks free of charge to all students. The school must still take meal counts based on individual student eligibility. This option is allowed only if the program has other funding sources. The difference between the cost of providing the snack and the reimbursement received must be covered by the school general fund, the organization sponsoring the afterschool care program, a parent organization, or other community group. The nonprofit food service account cannot absorb this cost.

SFAs have two options for counting and claiming snacks in a non-pricing program.

1. Use a roster and claim by eligibility category. With this option, no student is charged for a snack but the school takes counts using a roster, and claims snacks based on free, reduced, and paid categories.

2. Claim all snacks in the paid category. With this option, the school takes the counts using the same method as site or area eligible programs, but all snacks are claimed at the "paid" rate regardless of the student's individual eligibility status.

The CSDE attendance and snack count forms listed below can be used by schools that are not site/area eligible.

- ASP Daily Attendance and Snack Count Record for Schools that are not Site/Area Eligible
- ASP Monthly Attendance and Snack Count Record for Schools that are not Site/Area Eligible

These forms are available in the "Snack Count Forms for Schools that are not Site/Area Eligible" section of the CSDE's ASP webpage.

Reimbursement Rates

Funding for the ASP is determined by area eligibility or the income eligibility of the children enrolled in the afterschool program. All snacks served at site/area eligible afterschool sites are eligible for the free rate of reimbursement. Afterschool sites that do not qualify as site/area eligible receive reimbursement based on the income eligibility categories of participating children.

The USDA releases the reimbursement rates for free, reduced, and paid meals in the Child Nutrition Programs in July of each year. For more information, visit the CSDE's Reimbursement Rates for Child Nutrition Programs webpage.

Claims Submission

The SFA must submit online monthly snack reimbursement claims with the NSLP claim. After submitting the claim, the SFA must maintain the claim documentation on file. This includes daily snack counts and daily attendance records. For schools that are not site/area eligible, the daily snack counts must be recorded by student eligibility category.

Prior to submitting the monthly claim, the SFA must check the daily snack counts with the daily attendance records as an edit check to prevent overclaiming of snacks. Snack reimbursement is limited to one snack per child per day.

Monitoring

The SFA must review each ASP a minimum of two times each year. The reviews must assess each site's compliance with the appropriate USDA meal pattern (grades K-12 and preschoolers), and counting and claiming procedures.

- **First review:** The SFA must complete the first review within the first four weeks of ASP program operation each school year.
- **Second review:** The SFA must complete a second review sometime during the remainder of the time that the ASP is in operation.

The SFA must keep signed and dated copies of the completed on-site monitoring forms on file, including detailed findings and corrective action. If problems are found during the reviews, the SFA must assign corrective action and conduct at least one follow-up review to ensure that corrective action has been implemented. The CSDE's *ASP Onsite Monitoring Form* is available on the ASP webpage.

Recordkeeping

The SFA must maintain all records pertaining to ASP operations, as indicated below.

- **Dated daily menus** must reflect the snack components served to students. For more information, refer to "Snack Menus" in this section.
- **Daily production records** must document the foods served, the portion sizes used and the number of snacks prepared and served to students. Production records are required document the snack menu's compliance with the ASP meal pattern requirements. For more information, refer to "Production Records" in this section.
- **Daily snack counts** must document the number of snacks served to students each day. Each ASP site must record this information daily.
    - **Schools that are site/area eligible:** Site/area eligible schools must complete 1) the CSDE's daily snack count form and the CSDE's daily production record form (two separate forms), or the CSDE's combined daily snack count and production record form; and 2) the CSDE's monthly attendance and snack count form. These forms are available for grades K-12 and preschoolers. Table 12 summarizes this information. For more information, refer to "Schools that are site/area eligible" under "Counting and Claiming" in this section.

- **Schools that are not site/area eligible:** Schools that are not site/area eligible must record the daily snack counts by student eligibility category. These school must complete 1) the CSDE's daily attendance and snack count form; 2) and the CSDE's monthly attendance and snack count form. For more information, refer to "Schools that are not site/area eligible" under "Counting and Claiming" in this section.

- **Attendance rosters** must document the children in attendance at each site each day. These records may be kept by the afterschool care program staff or may be developed specifically for the ASP. Attendance rosters are used as an edit check to determine that the SFA is not claiming more snacks than the number of students in attendance on any day. Site/area eligible schools can use total attendance. Schools that are not site/area eligible must record the snack counts for each day by individual student.

- **Household applications** for meal benefits or other eligibility documentation (if not area or site eligible) must be on file for each student.

- **On-site monitoring forms** must document the afterschool care program's compliance with the ASP meal pattern and counting and claiming procedures. The CSDE's *ASP Onsite Monitoring Form* is available on the CSDE's ASP webpage. For more information, refer to "Monitoring" in this section.

The USDA regulations require that SFAs must make all accounts and records pertaining to its school food service available upon request to the CSDE and USDA for audit or review. The SFA must maintain all ASP accounts and records, including approved and denied free and reduced-price applications, for a period of three years after the date of the final claim for reimbursement for the fiscal year to which they pertain. If audit findings have not been resolved, the records must be retained beyond the three-year period, as long as required for resolution of the issues raised by the audit.

Table 12. Summary of required snack count forms for site/area eligible schools [1]

Grades K-12

Use both forms below:

- **Snack count:** ASP Daily Snack Count Record for Grades K-12 in Site/Area Eligible Schools
- **Production record:** ASP Production Record for Grades K-12

OR

Use the combined form below:

- **Snack count and production record:** ASP Daily Snack Count and Production Record for Grades K-12 in Site/Area Eligible Schools

AND use the form below:

- **Monthly attendance and snack count:** ASP Monthly Attendance and Snack Count Record for Site/Area Eligible Schools

Preschoolers

Use both forms below:

- **Snack count:** ASP Daily Snack Count Record for Preschoolers in Site/Area Eligible Schools
- **Production record:** ASP Production Record for Ages 3-4 or ASP Production Record for Ages 1-2 (as applicable)

OR

Use the combined form below:

- **Snack count and production record:** ASP Daily Snack Count and Production Record for Preschoolers in Site/Area Eligible Schools

AND use the form below:

- **Monthly attendance and snack count:** ASP Monthly Attendance and Snack Count Record for Site/Area Eligible Schools

[1] These forms are available in the "Snack Count Forms for Schools that are Site/Area Eligible" section of the CSDE's ASP webpage.

Civil Rights

SFAs must display the USDA's "And Justice for All" poster in all areas where snacks are served. To obtain copies of this poster, please contact the CSDE school nutrition staff.

SFAs must ensure that civil rights requirements are met according to 7 CFR 210.23(b) of the NSLP regulations. SFAs must provide civil rights training each year for all ASP staff. For more information, visit the CSDE's Civil Rights for Child Nutrition Programs webpage.

The USDA nondiscrimination statement must be included on materials related to the ASP. Its inclusion is not required on snack menus.

USDA nondiscrimination statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: https://www.usda.gov/oascr/how-to-file-a-program-discrimination-complaint, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
(2) fax: (202) 690-7442; or
(3) email: program.intake@usda.gov.

This institution is an equal opportunity provider..

Staff Responsibilities

There must be at least one school or SFA employee who understands the USDA rules and regulations for ASP operations. This individual is responsible for training everyone who is involved with any aspect of operating the ASP and conducting the required ASP monitoring reviews. For more information, refer to "Monitoring" in this section.

The food service and afterschool care staff share responsibility for compliance with the food safety plan and the district HACCP requirements.

Role of food service staff

School food service personnel are typically responsible for providing the snack and completing and maintaining production records. However, they are not required to stay late to serve snacks or take meal counts. The food service manager may be responsible for conducting the monitoring visits and completing the monthly claim for reimbursement.

Role of afterschool care staff

The afterschool care program staff is usually responsible for serving the snacks, keeping the attendance roster, and counting and recording the number of snacks served. The afterschool care program staff must be trained by the SFA to ensure compliance with the USDA regulations and policies governing the ASP.

6 — Resources

This section includes links to federal and state regulations, policy memoranda, websites and the CSDE's guides, resource lists, forms, and handouts.

Comparison Charts

Comparison of Meal Pattern Requirements for Preschool and Grades K-12 in the Afterschool Snack Program of the NSLP (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/ASP/Comparison_Preschool_Grades_K-12_ASP.pdf

Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/Comparison_Preschool_Grades_K-12_SNP.pdf

Comparison of Meal Pattern Requirements for the Grains Component in School Nutrition Programs (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Comparison_Grain_Crediting_SNP.pdf

Comparison of Meal Pattern Requirements for the Milk Component in School Nutrition Programs (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Comparison_Milk_Requirements_SNP.pdf

How Do They Compare? Child Nutrition Programs' Meal Pattern Requirements (USDA):
https://portal.ct.gov/-/media/SDE/Nutrition/CNP_Meal_Pattern_Comparison.pdf

Connecticut Nutrition Standards

CNS Worksheets (CSDE webpage):
https://portal.ct.gov/SDE/Nutrition/Connecticut-Nutrition-Standards/How-To#CNSWorksheets

Guidance on Evaluating Recipes for Compliance with the Connecticut Nutrition Standards (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/HFC/Evaluating_Recipes_CNS_Compliance.pdf

Healthy Food Certification (CSDE):
https://portal.ct.gov/SDE/Nutrition/Healthy-Food-Certification

How to Evaluate Commercial Food Products for Compliance with the CNS (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/HFC/Evaluate_Commerical_Food_Products_CNS.pdf

How to Evaluate Foods Made from Scratch for Compliance with the CNS (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/HFC/Evaluate_Scratch_Foods_CNS_Compliance.pdf

List of Acceptable Foods and Beverages (CSDE):
https://portal.ct.gov/SDE/Nutrition/List-of-Acceptable-Foods-and-Beverages

Summary of Connecticut Nutrition Standards (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/HFC/CNS/Connecticut_Nutrition_Standards_Summary.pdf

Crediting Foods for Grades K-12 in the ASP

Calculation Methods for Grains/Breads Servings for Grades K-12 in the ASP (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/ASP/Grains_Breads_Calculation_ASP_grades_K-12.pdf

Crediting Foods for Grades K-12 in the ASP ("Documents/Forms" section of the CSDE's ASP webpage):
https://portal.ct.gov/SDE/Nutrition/Afterschool-Snack-Program/Documents#CreditingFoodsGradesK12

Crediting Summary Charts for the ASP Meal Pattern for Grades K-12 (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/ASP/Crediting_Summary_Charts_ASP_Grades_K-12.pdf

Food Buying Guide for Child Nutrition Programs (USDA):
https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs

Grains/Breads Component for Grades K-12 in the ASP ("Documents/Forms" section of the CSDE's ASP webpage):
https://portal.ct.gov/SDE/Nutrition/Afterschool-Snack-Program/Documents#GrainsBreadsK12

Grains/Breads Servings for Grades K-12 in the ASP (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/ASP/Grains_Breads_Servings_ASP_grades_K-12.pdf

Meat/Meat Alternates Component for Grades K-12 in the ASP ("Documents/Forms" section of the CSDE's Afterschool Snack Program webpage):
https://portal.ct.gov/SDE/Nutrition/Afterschool-Snack-Program/Documents#MMMAK12

Milk Component for Grades K-12 in the ASP ("Documents/Forms" section of the CSDE's Afterschool Snack Program webpage):
https://portal.ct.gov/SDE/Nutrition/Afterschool-Snack-Program/Documents#MilkK12

Noncreditable Foods for Grades K-12 in the ASP (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/ASP/Noncreditable_Foods_ASP_grades_K-12.pdf

Vegetables/Fruits Component for Grades K-12 in the ASP ("Documents/Forms" section of the CSDE's Afterschool Snack Program webpage):
https://portal.ct.gov/SDE/Nutrition/Afterschool-Snack-Program/Documents#VegetablesFruitsK12

Crediting Foods for Preschoolers in the ASP

Calculation Methods for Grain Ounce Equivalents for Preschoolers in the NSLP and SBP (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Grain_Calculation_SNP_preschool.pdf

Crediting Foods in Preschool Menus ("Related Resources" section of the CSDE's Meal Patterns for Preschoolers in School Nutrition Programs webpage):
https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-Preschoolers-in-School-Nutrition-Programs/Related-Resources

Food Buying Guide for Child Nutrition Programs (USDA):
https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs

Fruits Component for Preschoolers ("Related Resources" section of the CSDE's Meal Patterns for Preschoolers in School Nutrition Programs webpage):
https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-Preschoolers-in-School-Nutrition-Programs/Related-Resources#Fruits

Grains Component for Preschoolers ("Related Resources" section of the CSDE's Meal Patterns for Preschoolers in School Nutrition Programs webpage):
https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-Preschoolers-in-School-Nutrition-Programs/Related-Resources#Grains

Grain Ounce Equivalents for Preschoolers in the NSLP and SBP (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/Grain_Oz_Eq_SNP_preschool.pdf

Meat/Meat Alternates Component for Preschoolers ("Related Resources" section of the CSDE's Meal Patterns for Preschoolers in School Nutrition Programs webpage):
https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-Preschoolers-in-School-Nutrition-Programs/Related-Resources#MMA

Menu Planning Guide for Preschoolers in the NSLP and SBP (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/MPGpreschool.pdf

Milk Component for Preschoolers ("Related Resources" section of the CSDE's Meal Patterns for Preschoolers in School Nutrition Programs webpage):
https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-Preschoolers-in-School-Nutrition-Programs/Related-Resources#Milk

Noncreditable Foods in the NSLP and SBP Preschool Meal Patterns (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Noncreditable_Foods_SNP_preschool.pdf

Resources for the Preschool Meal Patterns (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/Resources_Preschool_Meal_Patterns.pdf

Special Diets in School Nutrition Programs (CSDE webpage):
https://portal.ct.gov/SDE/Nutrition/Special-Diets-in-School-Nutrition-Programs

Vegetables Component for Preschoolers ("Related Resources" section of the CSDE's Meal Patterns for Preschoolers in School Nutrition Programs webpage):
https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-Preschoolers-in-School-Nutrition-Programs/Related-Resources#Vegetables

CSDE Guides

Accommodating Special Diets in School Nutrition Programs (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/SpecDiet/Special_Diets_Guide_SNP.pdf

Action Guide for Child Care Nutrition and Physical Activity Policies:
https://portal.ct.gov/-/media/SDE/Nutrition/SWP/Action_Guide.pdf

Afterschool Snack Program Handbook:
https://portal.ct.gov/-/media/SDE/Nutrition/ASP/ASP_Handbook.pdf

Guide to Competitive Foods in HFC Public Schools:
https://portal.ct.gov/-/media/SDE/Nutrition/CompFoods/Competitive_Foods_Guide_HFC.pdf

Guide to Competitive Foods in Non-HFC Public Schools:
https://portal.ct.gov/-/media/SDE/Nutrition/CompFoods/Competitive_Foods_Guide_NonHFC.pdf

Guide to Competitive Foods in Private Schools and Residential Child Care Institutions:
https://portal.ct.gov/-/media/SDE/Nutrition/CompFoods/Competitive_Foods_Private_RCCI.pdf

Menu Planning Guide for Preschoolers in the NSLP and SBP:
https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/mpgpreschool.pdf

Menu Planning Guide for School Meals for Grades K-12 in the NSLP and SBP:
https://portal.ct.gov/SDE/Nutrition/Menu-Planning-Guide-for-School-Meals

Offer versus Serve Guide for School Meals:
https://portal.ct.gov/SDE/Nutrition//-/media/SDE/Nutrition/NSLP/OVS/OVS_guide_SNP.pdf

CSDE Resource Lists

Resource List for Child Nutrition Programs (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/Resources/Resources_Child_Nutrition_Programs.pdf

Resource List for Competitive Foods (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/Resources/Resources_Competitive_Foods.pdf

Resource List for Dietary Guidance and Nutrition Information (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/Resources/Resources_Dietary_Guidance.pdf

Resource List for Food Safety in Child Nutrition Programs (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/Resources/Resources_Food_Safety.pdf

Resource List for Health and Achievement (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/Resources/Resources_Achievement.pdf

Resource List for Menu Planning and Food Production in Child Nutrition Programs (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/Resources/Resources_Menu_Planning.pdf

Resource List for Nutrition Education (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/Resources/Resources_Nutrition_Education.pdf

Resource List for Obesity Data and Preventions (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/Resources/Resources_Obesity.pdf

Resources for the Preschool Meal Patterns (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/Resources_Preschool_Meal_Patterns.pdf

Resource List for Physical Activity and Physical Education (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/Resources/ResourcesPhysicalActivity.pdf

Resource List for Special Diets in Child Nutrition Programs (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/Resources/Resources_Special_Diets.pdf

Resource List for Wellness Policies for Schools and Child Care (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/Resources/Resources_Wellness_Policy.pdf

Resources for Child Nutrition Programs (CSDE webpage):
https://portal.ct.gov/SDE/Nutrition/Resources-for-Child-Nutrition-Programs

Resources for the Preschool Meal Patterns (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/Resources_Preschool_Meal_Patterns.pdf

Resources for the School Meal Patterns for Grades K-12 (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Meal_Pattern/Resources_School_Meal_Patterns_grades_K-12.pdf.

Meal Patterns

ASP Meal Pattern for Grades K-12 (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/ASP/Meal_Pattern_ASP_grades_K-12.pdf

ASP Meal Pattern for Preschoolers (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/ASP/Meal_Pattern_ASP_preschool.pdf

ASP Sample Menu for Ages 3-4 (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/ASP/Sample_Menu_ASP_ages_3-4.pdf

ASP Sample Menu for Grades K-12 (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/ASP/Sample_Menu_ASP_grades_K-12.pdf

Meal Patterns for the ASP (CSDE webpage):
https://portal.ct.gov/SDE/Nutrition/Afterschool-Snack-Program#MealPatternsASP

Menu Planning Forms

ASP Menu Form for Ages 1-2 (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/ASP/Forms/Menu_Form_ASP_ages1-2.docx

ASP Menu Form for Ages 3-4 (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/ASP/Forms/Menu_Form_ASP_ages_3-4.docx

ASP Menu Form for Grades K-12 (CSDE):
_https://portal.ct.gov/-/media/SDE/Nutrition/ASP/Forms/Menu_Form_ASP_grades_K-12.docx

Menu Planning for the ASP (CSDE webpage):
https://portal.ct.gov/SDE/Nutrition/Afterschool-Snack-Program/Documents#MenuPlanning

Snack Count Forms and Production Records

ASP Daily Attendance and Snack Count Record for Schools that are not Site/Area Eligible (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/ASP/Forms/Daily_Attendance_Count_Record_ASP_not_Site_Area_Eligible.pdf

ASP Daily Snack Count and Production Record for Grades K-12 in Site/Area Eligible Schools (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/ASP/Forms/Daily_Count_Production_Record_ASP_grades_K-12_Site_Area_Eligible.pdf

ASP Daily Snack Count and Production Record for Preschoolers in Site/Area Eligible Schools (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/ASP/Forms/Daily_Count_Production_Record_ASP_preschool_Site_Area_Eligible.pdf

ASP Daily Snack Count Record for Grades K-12 in Site/Area Eligible Schools (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/ASP/Forms/Daily_Count_ASP_grades_K-12_Site_Area_Eligible.pdf

ASP Daily Snack Count Record for Preschoolers in Site/Area Eligible Schools (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/ASP/Forms/Daily_Count_ASP_preschool_Site_Area_Eligible.pdf

ASP Monthly Attendance and Snack Count Record for Schools that are not Site/Area Eligible (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/ASP/Forms/Daily_Attendance_Count_Record_ASP_Not_Site_Area_Eligible.pdf

ASP Monthly Attendance and Snack Count Record for Site/Area Eligible Schools (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/ASP/Forms /Monthly_Attendance_Count_ASP_Site_Area_Eligible.pdf

ASP Production Record for Ages 1-2 (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/ASP/Forms/Production_Record_ASP_ages_1-2.docx

ASP Production Record for Ages 3-4 – Completed Sample (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/ASP/Forms/Production_Record_ASP_ages_3-4_sample.pdf

ASP Production Record for Ages 3-4 (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/ASP/Forms/Production_Record_ASP_ages_3-4.docx

ASP Production Record for Grades K-12 – Completed Sample (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/ASP/Forms/Production_Record_ASP_grades_K-12_sample.pdf

ASP Production Record for Grades K-12 (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/ASP/Forms/Production_Record_ASP_grades_K-12.docx

Production Records for Preschoolers (CSDE):
https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-Preschoolers-in-School-Nutrition-Programs/Documents#ProductionRecordsPreschoolers

Production Records for the ASP (CSDE):
https://portal.ct.gov/SDE/Nutrition/Afterschool-Snack-Program/Documents#ProductionRecordsASP

USDA Regulations and Policy

Final Rule (81 FR 24347): Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010 (April 25, 2016):
https://www.fns.usda.gov/cacfp/fr-042516

Final Rule (84 FR 50287): Delayed Implementation of Grains Ounce Equivalents in the Child and Adult Care Food Program (September 25, 2019):
https://www.federalregister.gov/documents/2019/09/25/2019-20808/delayed-implementation-of-grains-ounce-equivalents-in-the-child-and-adult-care-food-program

Healthy, Hunger-Free Kids Act of 2010 (Public Law 111-296):
https://www.fns.usda.gov/school-meals/healthy-hunger-free-kids-act

National School Lunch Program Regulations (7 CFR 210).
https://www.ecfr.gov/cgi-bin/text-idx?SID=4c211a738d6109939c6054a6286ac109&mc=true&node=pt7.4.210&rgn=div5s

Nutrition Standards for CACFP Meals and Snacks (USDA):
https://www.fns.usda.gov/cacfp/meals-and-snacks

Questions and Answers on Connecticut Statutes for School Foods and Beverages (CSDE): https://portal.ct.gov/-/media/SDE/Nutrition/HFC/Questions_Answers_Connecticut_Statutes_School_Foods_Beverages.pdf

USDA Memo CACFP 08-2017: Questions and Answers on the Updated Meal Pattern Requirements for the Child and Adult Care Food Program: https://www.fns.usda.gov/cacfp/questions-and-answers-updated-meal-pattern-requirements-child-and-adult-care-food-program

USDA Memo CACFP 09-2017: Vegetable and Fruit Requirements in the Child and Adult Care Food Program; Questions and Answers: https://www.fns.usda.gov/cacfp/vegetable-and-fruit-requirements-cacfp-qas

USDA Memo CACFP 09-2018: Grain Requirements in the CACFP: Questions and Answers https://www.fns.usda.gov/cacfp/grain-requirements-cacfp-questions-and-answers

USDA Memo CACFP 15-2016: Optional Best Practices to Further Improve Nutrition in the Child and Adult Care Food Program Meal Pattern: https://www.fns.usda.gov/cacfp/optional-best-practices-further-improve-nutrition-cacfp

USDA Memo CACFP 16-2017: Grain-Based Desserts in the Child and Adult Care Food Program: https://www.fns.usda.gov/cacfp/grain-based-desserts-child-and-adult-care-food-program

USDA Memo SP 01-2016, CACFP 01-2016 and SFSP 01-2016: Procuring Local Meat, Poultry, Game, and Eggs for Child Nutrition Programs: https://www.fns.usda.gov/procuring-local-meat-poultry-game-and-eggs-child-nutrition-programs

USDA Memo SP 01-2019 and CACFP 01-2019: Guidance for FY19: Updated CACFP Meal Patterns and Updated NSLP and SBP Infant and Preschool Meal Patterns: https://www.fns.usda.gov/guidance-fy19-updated-cacfp-meal-patterns-and-updated-nslp-and-sbp-infant-and-preschool-meal

USDA Memo SP 04-2011 and CACFP 01-2011: Eligibility of Expanded Learning Time Programs for Afterschool Snack Service in the NSLP and the CACFP: https://www.fns.usda.gov/eligibility-expanded-learning-time-programs-afterschool-snack-service-nslp-and-cacfp

USDA Memo SP 11-2015 (v2), CACFP 10-2105 and SFSP 13-2015: CN Labels Copied with a Watermark Acceptable Documentation: https://www.fns.usda.gov/cn-labels-copied-watermark-acceptable-documentation

USDA Memo SP 11-2015 (v2), CACFP10-2015 and SFSP13-2015: CN Labels Copied with a Watermark: https://www.fns.usda.gov/cn-labels-copied-watermark-acceptable-documentation

USDA Memo SP 11-2015 v2, CACFP 10-2015 and SFSP 13-2015: CN Labels Copied with a Watermark Acceptable Documentation: https://www.fns.usda.gov/cn-labels-copied-watermark-acceptable-documentation

USDA Memo SP 19-2018: Clarification on the Milk and Water Requirements in the School Meal Programs: https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Memos/OM2018/SP19-2018s.pdf

USDA Memo SP 21-2019, CACFP 08-2019 and SFSP 07-2019: Crediting Shelf-Stable, Dried and Semi-Dried Meat, Poultry, and Seafood Products in the Child Nutrition Programs: https://www.fns.usda.gov/school-meals/crediting-shelf-stable-dried-and-semi-dried-meat-poultry-and-seafood-products-child-nutrition

USDA Memo SP 23-2019, CACFP 10-2019 and SFSP 09-2019: Crediting Popcorn in the Child Nutrition Programs: https://www.fns.usda.gov/cn/crediting-popcorn-child-nutrition-programs

USDA Memo SP 24-2019, CACFP 11-2019 and SFSP 10-2019: Crediting Surimi Seafood in the Child Nutrition Programs: https://www.fns.usda.gov/cn/crediting-surimi-seafood-child-nutrition-programs

USDA Memo SP 25-2019, CACFP 12-2019 and SFSP 11-2019: Crediting Tempeh in the Child Nutrition Programs: https://www.fns.usda.gov/cn/crediting-tempeh-child-nutrition-programs

USDA Memo SP 27-2015, CACFP 09-2015 and SFSP 12-2015: Administrative Review Process Regarding the Child Nutrition (CN) Label, Watermarked CN Label and Manufacturer's Product Formulation Statement: https://www.fns.usda.gov/administrative-review-process-regarding-child-nutrition-cn-label-watermarked-cn-label-and

USDA Memo SP 27-2015, CACFP 09-2015 and SFSP 12-2015: Administrative Review Process Regarding the Child Nutrition (CN) Label, Watermarked CN Label and Manufacturer's Product Formulation Statement: https://www.fns.usda.gov/administrative-review-process-regarding-child-nutrition-cn-label-watermarked-cn-label-and

USDA Memo SP 28-2011: Water Availability during National School Lunch Program Meal Service: https://www.fns.usda.gov/water-availability-during-nslp-meal-service

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

USDA Memo SP 37-2017: Flexibility for Co-Mingled Preschool Meals: Questions and Answers: https://www.fns.usda.gov/school-meals/flexibility-co-mingled-preschool-meals-questions-and-answers

USDA Memo SP 38-2019: Meal Requirements under the National School Lunch Program and School Breakfast Program: Questions and Answers for Program Operators: https://www.fns.usda.gov/school-meals/meal-requirements-under-national-school-lunch-program-and-school-breakfast-program

USDA Memo SP 40-2019, CACFP 17-2019 and SFSP 17-2019: Smoothies Offered in the Child Nutrition Programs: https://www.fns.usda.gov/cn/smoothies-offered-child-nutrition-programs

USDA Memo SP 49-2016 and CACFP 18-2016: Resources for Making Potable Water Available in Schools and Child Care Facilities: https://www.fns.usda.gov/resources-making-potable-water-available-schools-and-child-care-facilities-0

USDA Memo SP 49-2016 and CACFP 18-2016: Resources for Making Potable Water Available in Schools and Child Care Facilities: https://www.fns.usda.gov/resources-making-potable-water-available-schools-and-child-care-facilities-0

USDA Memo SP 53-2016 and CACFP 21-2016: Crediting Tofu and Soy Yogurt Products in the School Meal Programs and the CACFP: https://www.fns.usda.gov/cn/crediting-tofu-and-soy-yogurt-products-school-meal-programs-and-cacfp

Websites

Afterschool Snack Program (CSDE):
https://portal.ct.gov/SDE/Nutrition/Afterschool-Snack-Program

Child Care Nutrition and Physical Activity Policies (CSDE):
https://portal.ct.gov/SDE/Nutrition/Child-Care-Nutrition-and-Physical-Activity-Policies

Child Nutrition (CN) Labeling (USDA):
https://www.fns.usda.gov/cnlabeling/child-nutrition-cn-labeling-program

Child Nutrition Programs (CSDE):
https://portal.ct.gov/SDE/Nutrition/Child-Nutrition-Programs

Choking Prevention (CSDE's Food Safety for Child Nutrition Programs webpage):
https://portal.ct.gov/SDE/Nutrition/Food-Safety-for-Child-Nutrition-Programs/Documents#ChokingPrevention

Competitive Foods in Schools (CSDE):
https://portal.ct.gov/SDE/Nutrition/Competitive-Foods

Farm to Preschool: Local Food and Learning in Early Child Care and Education Settings (USDA):
https://www.fns.usda.gov/cfs/farm-to-preschool

Farm to School (CSDE):
https://portal.ct.gov/SDE/Nutrition/Farm-to-School

FNS Instructions for Child Nutrition Programs (CSDE):
https://portal.ct.gov/SDE/Nutrition/FNS-Instructions-for-Child-Nutrition-Programs

Food Safety for Child Nutrition Programs (CSDE):
https://portal.ct.gov/SDE/Nutrition/Food-Safety-for-Child-Nutrition-Programs

Healthy Food Certification (CSDE):
https://portal.ct.gov/SDE/Nutrition/Healthy-Food-Certification

Laws and Regulations for Child Nutrition Programs (CSDE):
https://portal.ct.gov/SDE/Nutrition/Laws-and-Regulations-for-Child-Nutrition-Programs

Manuals and Guides for Child Nutrition Programs (CSDE):
https://portal.ct.gov/SDE/Nutrition/Manuals-and-Guides-for-Child-Nutrition-Programs

Meal Patterns for Preschoolers in School Nutrition Programs (CSDE webpage)
https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-Preschoolers-in-School-Nutrition-Programs/Documents

Menu Planning for Child Nutrition Programs (CSDE):
https://portal.ct.gov/SDE/Nutrition/Menu-Planning

Procurement for School Nutrition Programs (CSDE):
https://portal.ct.gov/SDE/Nutrition/Procurement-for-School-Nutrition-Programs

Production Records for School Nutrition Programs (CSDE):
https://portal.ct.gov/SDE/Nutrition/Production-Records-for-School-Nutrition-Programs

Program Guidance for School Nutrition Programs (CSDE):
https://portal.ct.gov/SDE/Nutrition/Program-Guidance-School-Nutrition-Programs

Put Local on Your Tray (University of Connecticut):
https://putlocalonyourtray.uconn.edu/

Resources for Child Nutrition Programs (CSDE):
https://portal.ct.gov/SDE/Nutrition/Resources-for-Child-Nutrition-Programs

Special Diets in School Nutrition Programs (CSDE):
https://portal.ct.gov/SDE/Nutrition/Special-Diets-in-School-Nutrition-Programs

Glossary

a la carte sales: Foods and beverages that are sold separately from reimbursable meals in the USDA school nutrition programs

Administrative Review (AR): A periodic review of an institution's operations of the Child Nutrition Programs, conducted by the Connecticut State Department of Education to monitor performance and assess compliance with all USDA regulations.

Afterschool Snack Program (ASP): The USDA's federally assisted snack program implemented through the National School Lunch Program (NSLP). The ASP provides cash reimbursement to help schools serve snacks to children in afterschool activities aimed at promoting the health and well-being of children and youth. Schools must provide children with regularly scheduled activities in an organized, structured, and supervised environment that includes educational or enrichment activities, e.g., mentoring/tutoring programs. Programs must meet state or local licensing requirements and health and safety standards. For more information, visit the CSDE's Afterschool Snack Program webpage.

alternate protein products (APPs): APPs are generally single ingredient powders that are added to foods. Examples include soy flours, soy concentrates, soy isolates, whey protein concentrate, whey protein isolates, and casein. APPs include vegetable protein products. The USDA has specific requirements for the crediting of APPs in Child Nutrition Programs. For more information, refer to the CSDE's resource, *Requirements for Alternate Protein Products in the NSLP and SBP*.

area eligible schools: Schools that have 50 percent or more of children eligible for free and reduced-price meals, and that are used to determine if other sites located in the attendance area of an area eligible school are eligible. Percentages are calculated annually by the CSDE based on October data from the previous school year. For more information, visit the CSDE's Area Eligibility for Child Nutrition Programs webpage.

artificial sweeteners: A category of nonnutritive sweeteners used as sugar substitutes to sweeten foods and beverages. The six artificial sweeteners approved by the Food and Drug Administration (FDA) include 1) acesulfame potassium (Ace-K) (e.g., Sweet One®, Sunett ®, and Sweet & Safe®); 2) advantame; 3) aspartame (e.g., Nutrasweet®, Equal®, and Sugar Twin®; 4) neotame (e.g., Newtame®); 5) saccharin (e.g., Sweet and Low®, Sweet Twin®, and Necta Sweet); and 6) sucralose (Splenda®). These nonnutritive sweeteners are calorie-free except for aspartame, which is very low in calories. For more information, refer to "nonnutritive sweeteners" in this section.

bran: The seed husk or outer coating of cereal grains such as wheat, rye, and oats. Examples include oat bran, wheat bran, corn bran, rice bran, and rye bran. Bran is not a whole grain. **Note:** Bran credits in the preschool meal patterns for the NSLP, SBP and ASP; and the ASP meal pattern for grades K-12. However, it does not credit in the NSLP and SBP meal patterns for grades K-12.

CACFP meal patterns: The required food components and minimum serving sizes that facilities participating in the CACFP must provide to receive federal reimbursement for meals and snacks served to children. The CACFP meal patterns apply to children ages 1-12; children ages 15 and younger of migrant workers; children of any age with disabilities; and children through age 18 in at-risk afterschool care centers and emergency shelters. **Note:** The preschool meal patterns for ages 1-4 are the same as the CACFP meal patterns.

cereal grains: The seeds that come from grasses. Cereal grains can be whole grain (such as amaranth, barley, buckwheat, corn, millet, oats, quinoa, rice, rolled wheat, rye, sorghum, triticale, wheat, and wheat berries) or enriched, such as cornmeal, corn grits, and farina.

Child and Adult Care Food Program (CACFP): The USDA's federally assisted meal program providing nutritious meals and snacks to children in child care centers, family day care homes, and emergency shelters, and snacks and suppers to children participating in eligible at-risk afterschool care programs. The CACFP also provides meals and snacks to adults who receive care in nonresidential adult day care centers. For more information, visit the USDA's CACFP webpage and the CSDE's CACFP webpage.

Child Nutrition (CN) label: A statement that clearly identifies the contribution of a food product toward the USDA's meal patterns, based on the USDA's evaluation of the product's formulation. Products eligible for CN labels include main dish entrees that contribute to the meat/meat alternates component of the meal pattern requirements, e.g., beef patties, cheese or meat pizzas, meat or cheese and bean burritos, egg rolls, and breaded fish portions. The CN label will usually indicate the contribution of other meal components (such as vegetables, grains, and fruits) that are part of these products. For more information, refer to the CSDE's resource, *Child Nutrition (CN) Labels*, and visit the USDA's Child Nutrition (CN) Labeling webpage.

Child Nutrition Programs: The USDA's federally funded programs that provide nutritious meals and snacks to children, including the National School Lunch Program (NSLP), School Breakfast Program (SBP), Afterschool Snack Program (ASP), Special Milk Program (SMP), Summer Food Service Program (SFSP), Seamless Summer Option (SSO) of the NSLP, Fresh Fruit and Vegetable Program (FFVP), and Child and Adult Care Food Program (CACFP). The CACFP also provides nutritious meals and snacks to the frail elderly in adult day care centers. For more information, visit the CSDE's Child Nutrition Programs webpage.

combination foods: Foods that contain more than one food component such as pizza, burritos, and a smoothie made with milk and fruit. For example, macaroni and cheese contains pasta (grains) and cheese (meat/meat alternate). Combination foods generally cannot be separated (such as pizza or a burrito) or are not intended to be separated (such as hamburger on a bun or turkey sandwich).

Connecticut Nutrition Standards: State nutrition standards developed by the Connecticut State Department of Education per Section 10-215e of the Connecticut General Statutes. These standards address the nutritional content of all foods sold to students separately from reimbursable meals. They focus on limiting fat, saturated fats, trans fats, sodium, and added sugars, moderating portion sizes, and increasing consumption of nutrient-rich foods such as fruits, vegetables, whole grains, low-fat dairy, lean meats, and legumes. All schools in any district that chooses to comply with the healthy food option of Healthy Food Certification under Section 10-215f of the Connecticut General Statutes must follow the Connecticut Nutrition Standards for all sources of food sales to students, including school cafeterias, vending machines, school stores, fundraisers, and any other sources. The Connecticut Nutrition Standards also apply to all snacks served in the Afterschool Snack Program. For more information, visit the CSDE's Connecticut Nutrition Standards webpage.

corn masa: Dough made from masa harina that is used for making corn products such as tortillas, tortilla chips, and tamales. Corn masa is nixtamalized and credits as a whole grain. For more information, refer to "nixtamalization" in this section.

cornmeal: Meal made from ground, dried corn.

creditable food: A food or beverage that counts toward the meal pattern requirements for a reimbursable meal or snack in the USDA Child Nutrition Programs.

cycle menu: A series of menus planned for a specific period of time, with a different menu for each day. Cycle menus can help schools comply with the meal pattern requirements, increase variety, control food cost, control inventory, and save time.

Dietary Guidelines for Americans: A federal document that provides science-based advice for Americans ages 2 and older to promote health and reduce risk for chronic diseases through diet and physical activity. The U.S. Department of Health and Human Services and the U.S. Department of Agriculture jointly publish the *Dietary Guidelines* every five years. This document forms the basis of federal food, nutrition education and information programs. For more information, visit the Dietary Guidelines for Americans webpage.

disability: A condition in which a person has a physical or mental impairment that substantially limits one or more major life activities, has a record of such an impairment, or is regarded as having such an impairment. For more information, refer to the CSDE's guide, *Accommodating Special Diets in School Nutrition Programs*.

edible portion: The portion of a food that can actually be eaten after the nonedible parts are removed, for example, cooked lean meat without bone, and fruit without seeds or pits.

endosperm: The soft, white inside portion of the whole-grain kernel. The endosperm contains starch, protein, and small amounts of B vitamins.

enriched grains: Refined grains (such as wheat, rice, and corn) and grain products (such as cereal, pasta, and bread) that have some vitamins and minerals added to replace the nutrients lost during processing. The five enrichment nutrients are added within limits specified by the FDA, and include thiamin (B_1), riboflavin (B_2), niacin (B_3), folic acid, and iron. For more information, refer to the CSDE's resource, *Crediting Enriched Grains in the NSLP and SBP*.

enrichment: Adding back nutrients (usually vitamins or minerals) originally present in a food that were lost during processing. Enrichment nutrients are added back in approximately the same levels as were originally present in the food. For more information, refer to "enriched grains" in this section.

Exhibit A chart: The USDA's *Exhibit A: Grain Requirements for Child Nutrition Programs* chart indicates the required weight (groups A-G) or volume (groups H-I) for a grain food to provide either 1 ounce equivalent or 1 serving of the grains component. This chart may be used for commercial grain products and standardized recipes that indicate the weight of the prepared (cooked) serving. The required amounts for the grains component are not the same for all Child Nutrition Programs. Ounce equivalents apply to grades K-12 in the NSLP and SBP (refer to *Grain Ounce Equivalents for Grades K-12 in the NSLP and SBP*) and preschoolers in the NSLP, SBP, and ASP (refer to *Grain Ounce Equivalents for Preschoolers in the NSLP and SBP*). Servings apply to grades K-12 in the ASP (refer to *Grains/Breads Servings for Grades K-12 in the ASP*).

fluid milk substitutes: Nondairy beverages (such as soy milk) that can be used as a substitute for fluid milk in the USDA Child Nutrition Programs. For reimbursable meals and ASP snacks, nondairy beverages served to children without disabilities must comply with the USDA nutrition standards for milk substitutes. For more information, refer to the CSDE's resource, *Allowable Milk Substitutes for Children without Disabilities in School Nutrition Programs*.

food components: The four food groups in the ASP meal pattern for grades K-12 (milk, vegetables/fruits, grains/breads, and meat/meat alternates) and the five food groups in the ASP meal pattern for preschoolers (milk, fruits, vegetables, grains, and meat/meat alternates). For more information, refer to sections 2 and 3.

food item: A specific food offered within the food components that comprise reimbursable meals in the USDA's school nutrition programs. A food item may contain one or more food components or more than one serving of a single component. For example, an entree could provide 1 ounce equivalent (or 1 serving) of the grains component and 1 ounce of the meat/meat alternates component, and a 2-ounce whole grain or enriched bagel could provide 2 ounce equivalents (or 2 servings) of the grains component.

fortification: Adding nutrients (usually vitamins or minerals) that were not originally present in a food or beverage or adding nutrients at levels that are higher than originally present. Fortification is used for naturally nutrient-rich products based on scientifically documented health needs (e.g., fortifying milk with vitamin D to increase the body's absorption of calcium), or to enhance the perceived nutritional value of products with little or no natural nutritional value, e.g., an "energy" bar made from processed flour that is fortified with multiple vitamins and minerals. Fortification nutrients are added to products in varying amounts, from small percentages up to amounts greater than recommended intakes.

fruits component: The meal component of the USDA meal patterns that is comprised of fruits (fresh, frozen, canned, and dried) and pasteurized full-strength juice. For more information, refer to "Vegetables/Fruits Component for Grades K-12" in section 2 and "Fruits Component for Preschoolers" in section 3.

full-strength fruit or vegetable juice: An undiluted product obtained by extraction from sound fruit. Full-strength juice may be fresh, canned, frozen or reconstituted from concentrate and may be served in either liquid or frozen state. The name of the full-strength fruit juice on the label must include one of the following terms: "juice," "full-strength juice," "100 percent juice," "reconstituted juice," or "juice from concentrate." **Note:** The preschool meal patterns allow pasteurized full-strength juice to credit as the vegetables or fruits component at only one preschool meal or ASP snack per day. For more information, refer to "Crediting juice" in section 3 and the CSDE's resource, *Crediting Juice for Preschoolers in the NSLP and SBP.*

germ: The vitamin-rich sprouting section of the whole-grain kernel. Germ is not a whole grain. **Note:** Germ credits in the preschool meal patterns for the NSLP, SBP and ASP; and the ASP meal pattern for grades K-12. However, it does not credit in the NSLP and SBP meal patterns for grades K-12.

grains component: The meal component of the USDA meal patterns that is comprised of cereal grains and products made from their flours. To credit as the grains component, all foods be whole grain-rich or enriched. Breakfast cereals must be whole grain-rich, enriched, or fortified. For more information, refer to "Grains/Breads Component for Grades K-12" in section 2 and "Grains Component for Preschoolers" in section 3.

Hazard Analysis Critical Control Points (HACCP): A preventative food safety program to control food safety hazards during all aspects of food service operations. HACCP reduces the risk of foodborne hazards by focusing on each step of the food preparation process from receiving to service.

Healthy Food Certification: A state statute (Section 10-215f of the Connecticut General Statutes) that requires each board of education or governing authority for all public schools participating in the NSLP to certify annually to the CSDE whether they will follow the Connecticut Nutrition Standards (CNS) for all foods sold to students separately from reimbursable meals. Districts that choose to implement the CNS receive additional funding per lunch, based on the total number of reimbursable lunches (paid, free, and reduced) served in the district in the prior school year. For more information, visit the CSDE's Healthy Food Certification webpage.

hominy: A traditional food in Mexican and Native American cultures that is commonly served as a vegetable or milled grain product, e.g., hominy grits. Hominy is made from whole kernels of maize (dried field corn) that have been soaked in an alkaline solution (nixtamalized). This process removes the hull and germ, causes the corn to puff up to about double its normal size, and increases the bioavailability of certain nutrients, such as calcium and niacin.

juice drink: A product resembling juice that contains full-strength juice along with added water and possibly other ingredients, such as sweeteners, spices, or flavorings. Juice drinks do not credit toward the meal pattern requirements.

lactose: The naturally occurring sugar found in milk. Lactose contains glucose and galactose. For more information, refer to "simple carbohydrates (sugars) in this section.

lean meat and poultry: Defined by the *Dietary Guidelines for Americans* as meat and poultry that contains less than 10 grams of fat, no more than 4.5 grams of saturated fat, and less than 95 milligrams of cholesterol per 100 grams and per labeled serving size, based on the USDA's definitions for food label use. Examples include 95% lean cooked ground beef, beef top round steak or roast, beef tenderloin, pork top loin chop or roast, pork tenderloin, ham or turkey deli slices, skinless chicken breast, and skinless turkey breast.

legumes: Plants that grow in pods. Legumes include pulses, which are the edible dried seeds of plants in the legume family, such as beans, lentils, chickpeas, and split peas. Pulses include all beans, peas, and lentils cooked from dry, canned, or frozen, such as kidney beans, pinto beans, black beans, pink beans, black-eyed peas, garbanzo beans (chickpeas), split peas, pigeon peas, mung beans, and lentils.

local educational agency (LEA): A public board of education or other public or private nonprofit authority legally constituted within a state for either administrative control or direction of, or to perform a service function for, public or private nonprofit elementary schools or secondary schools in a city, county, township, school district, or other political subdivision of a state, or for a combination of school districts or counties that is recognized in a state as an administrative agency for its public or private nonprofit elementary schools or secondary schools. The term also includes any other public or private nonprofit institution or agency having administrative control and direction of a public or private nonprofit elementary school or secondary school, including residential child care institutions, Bureau of Indian Affairs schools, and educational service agencies and consortia of those agencies, as well as the state educational agency in a state or territory in which the state educational agency is the sole educational agency for all public or private nonprofit schools.

masa harina: Corn flour used for making corn products such as tortillas, tortilla chips, and tamales. Masa harina is nixtamalized and credits as a whole grain. For more information, refer to "Crediting corn masa, masa harina, corn flour, and cornmeal" in sections 2 and 3.

meal pattern: The required food components and minimum serving sizes that schools and institutions participating in the USDA Child Nutrition Programs must provide to receive federal reimbursement for meals and snacks served to children. For more information, refer to sections 2 and 3.

meal: A grain made by coarsely grinding corn, oats, wheat, or other grains. Whole grain, enriched, or fortified meal credits toward the grains component of the USDA's meal patterns

meat alternates: Foods that provide similar protein content to meat. Meat alternates include alternate protein products, cheese, eggs, cooked dry beans or peas, nuts and seeds and their butters (except for acorn, chestnut and coconut), tofu and other soy products containing at least 5 grams of protein in 2.2 ounces (weight) or ¼ cup (volume), tempeh, and yogurt (unflavored or flavored) containing no more than 23 grams of sugars per 6 ounces. For more information, refer to "Meat/Meat Alternates Component for Grades K-12" in section 2 and "Meat/Meat Alternates Component for Preschoolers" in section 3.

meat/meat alternates component: The meal component of the USDA meal patterns that includes meats (e.g., beef, poultry, and fish) and meat alternates, such as eggs, cheese, yogurt, beans and peas (legumes) nuts, and seeds. For more information, refer to "Meat/Meat Alternates Component for Grades K-12" in section 2 and "Meat/Meat Alternates Component for Preschoolers" in section 3.

medical statement: A document that identifies the specific medical conditions and appropriate dietary accommodations for children with special dietary needs. For more information, refer to the CSDE's guide, *Accommodating Special Diets in School Nutrition Programs,* and visit the CSDE's Special Diets in School Nutrition Programs webpage.

menu item: Any planned main dish, vegetable, fruit, bread, grain, or milk that is part of the reimbursable meal. Menu items consist of food items.

MyPlate: Released in June 2011, MyPlate is the USDA's food guidance system to translate the *Dietary Guidelines for Americans* into a healthy eating plan. MyPlate emphasizes consuming more fruits, vegetables, whole grains, and low-fat dairy. For more information, visit the USDA's Choose MyPlate website.

National School Lunch Program (NSLP): The USDA's federally assisted meal program operating in public and nonprofit private schools, and residential child care institutions. The NSLP provides nutritionally balanced, low-cost or free lunches to children each school day. It was established under the National School Lunch Act, signed by President Harry Truman in 1946. For more information, visit the CSDE's National School Lunch Program webpage.

natural cheese: Cheese that is produced directly from milk, such as cheddar, Colby, Monterey Jack, mozzarella, muenster, provolone, Swiss, feta, and brie. Natural cheese also includes pasteurized blended cheese made by blending one or more different kinds of natural cheese. Natural cheeses do not include pasteurized process cheese (e.g., American), pasteurized process cheese food, pasteurized process cheese spread, or pasteurized process cheese products.

nixtamalization: A process in which dried corn is soaked and cooked in an alkaline (slaked lime) solution. This process increases the bioavailability of certain nutrients and provides a nutritional profile similar to whole-grain corn. Nixtamalized corn is used to make hominy, masa harina (corn flour), corn masa (dough from masa harina), and certain types of cornmeal. Nixtamalized corn credits as a whole grain. For more information, refer to "Corn masa, masa harina, corn flour, and cornmeal" in section 2.

noncreditable foods: Foods and beverages that do not contribute toward the meal patterns for the USDA's Child Nutrition Programs. Noncreditable foods and beverages are either in amounts too small to credit (i.e., foods and beverage that do not provide the minimum creditable amount of a food component), or they do not fit into one of the meal pattern components. For more information, refer to "Noncreditable Foods" in section 1 and the CSDE's resources, *Noncreditable Foods for Grades K-12 in the ASP* and *Noncreditable Foods for Preschoolers in the NSLP and SBP.*

noncreditable grains: Grain ingredients and products that do not contribute toward the grains component of the preschool meal patterns. Examples include fiber and modified food starch (including potato, legume, and other vegetable flours). **Note:** Bran and germ credit in the preschool meal patterns for the NSLP, SBP and ASP; and in the ASP meal pattern for grades K-12. However, they do not credit in the NSLP and SBP meal patterns for grades K-12. For a list of noncreditable grains for the preschool meal patterns, refer to the CSDE's resource for the CACFP, *Meeting the Whole Grain-rich Requirement for the CACFP*.

nonnutritive sweeteners: Ingredients without calories that are hundreds of times sweeter than sugars and that are used as sugar substitutes to sweeten foods and beverages. Nonnutritive sweeteners include the six FDA-approved artificial sweeteners (acesulfame potassium (Ace-K), advantame, aspartame, neotame, saccharin, and sucralose) and three plant-based sweeteners (stevia, monk fruit, and thaumatin) that are Generally Recognized as Safe (GRAS) by the FDA. For more information on nonnutritive sweeteners, refer to "Additional Information about High-Intensity Sweeteners Permitted for Use in Food in the United States" on the FDA's webpage.

nutrient-dense foods: Foods and beverages that provide vitamins, minerals, and other substances that contribute to adequate nutrient intakes or may have positive health effects, and contain little or no solid fats, added sugars, refined starches, or sodium. Ideally, these foods and beverages are also in forms that retain naturally occurring components, such as dietary fiber. Examples include all vegetables, fruits, whole grains, seafood, eggs, beans and peas, unsalted nuts and seeds, fat-free and low-fat dairy products, and lean meats and poultry (when prepared with little or no added solid fats, sugars, refined starches, and sodium). The term "nutrient dense" indicates the nutrients and other beneficial substances in a food have not been "diluted" by the addition of calories from added solid fats, sugars, or refined starches, or by the solid fats naturally present in the food.

nutrient-rich foods: See "nutrient-dense foods" in this section.

nutritive sweeteners: Sugars and sweeteners that contain calories and are used to sweeten foods and beverages. Examples include brown rice syrup, brown sugar, corn sweetener, corn syrup, corn syrup solids, dextrin, dextrose, fructose, fruit juice concentrate, glucose, high-fructose corn syrup, honey, invert sugar, lactose, malt syrup, maltose, molasses, maple syrup, nectars (e.g., peach nectar, pear nectar), raw sugar, sorghum syrup, sucrose, and syrup. For more information, refer to "added sugars" and "simple carbohydrates (sugars)" in this section.

nutrition standards for fluid milk substitutes: The nutrition requirements for nondairy beverages (such as soy milk) used as fluid milk substitutes in the USDA Child Nutrition Programs. The USDA requires that any fluid milk substitutes are nutritionally equivalent to cow's milk and meet the following nutrients based on a 1-cup serving (8 fluid ounces): 276 milligrams (mg) of calcium; 8 grams (g) of protein; 500 international units (IU) of vitamin A; 100 IU of vitamin D; 24 mg of magnesium; 222 mg of phosphorus; 349 mg of potassium; 0.44 mg of riboflavin; and 1.1 micrograms (mcg) of vitamin B-12. For more information, refer to the CSDE's resource, *Allowable Milk Substitutes for Children without Disabilities in School Nutrition Programs*.

offer versus serve (OVS): An optional approach to menu planning and meal service that allows children in grades K-12 to decline some of the foods offered in a reimbursable breakfast or lunch. OVS is not allowed in the ASP. For more information, visit the CSDE's Offer versus Serve for School Nutrition Programs webpage.

ounce equivalent: A unit of measure that indicates the contribution of a given serving size toward the grains component of the preschool meal patterns (effective October 1, 2021). Ounce equivalents account for dry versus cooked grains and variations in meats/meat alternates. One ounce equivalent of the meat/meat alternates component is sometimes more than a measured ounce, depending on the food's density and nutrition content. The amount of a grain food that provides 1 ounce equivalent varies because different types of foods contain different amounts of creditable grains. For example, 1 ounce equivalent of the grains component can be less than a measured ounce (e.g., pretzels, bread sticks, and crackers), equal to a measured ounce (e.g., bagels, biscuits, bread, rolls, cereal grains, and RTE breakfast cereals), or more than a measured ounce (e.g., muffins, pancakes, and grain-based desserts such as cookies, cake, and granola bars). For more information, refer to the CSDE's resource, *Grain Ounce Equivalents for Preschoolers in the NSLP and SBP*.

point-of-service (POS) meal count: The point in the food service operation where a determination can accurately be made that a reimbursable free, reduced-price, or paid lunch has been served to an eligible child.

potable water: Water that is safe for human consumption.

preschool meal patterns: The required food components and minimum servings that SFAs participating in the NSLP and SBP must provide to receive federal reimbursement for meals served to children ages 1-4. For more information, refer to section 1.

primary grain ingredient: The first listed grain ingredient in the product's ingredients statement.

product fact sheet: See "product specification sheet" in this section.

product formulation statement (PFS): An information statement obtained from the manufacturer that provides specific information about how a product credits toward the USDA's meal pattern requirements, and documents how this information is obtained citing Child Nutrition Program resources or regulations. All creditable ingredients in this statement must match a description in the USDA's *Food Buying Guide for Child Nutrition Programs*. The PFS must be prepared on company letterhead with the signature of a company official and the date of issue. Unlike a CN label, a PFS does not provide any warranty against audit claims. SFAs must check the manufacturer's crediting information for accuracy prior to including the product in reimbursable meals and ASP snacks. For more information, refer to "Documentation for Commercial Products" in section 4 and the CSDE's resources, *Product Formulation Statements* and *Accepting Processed Product Documentation in the NSLP and SBP*.

product specification sheet: Manufacturer sales literature that provides various information about the company's products. These materials do not provide the specific crediting information that is required on a product formulation statement, and cannot be used to determine a product's contribution toward the USDA meal pattern components.

production record: A working tool that outlines the type and quantity of foods used to prepare school meals. Production records must demonstrate how meals contribute to the required food components, food items or menu items for each day of operation. In addition, these records must provide sufficient documentation to determine how school meals contribute to meeting the weekly dietary specifications. The USDA's regulations require that all schools in the NSLP, SBP, and ASP must complete daily menu production records for all meals. For more information, refer to "Production Records" in section 5.

pulses: The edible dry seeds from legumes, such as beans, lentils, chickpeas, and split peas. For more information, refer to "legumes" in this section.

recognizable food item: A food that is visible in the offered meal or snack and allows students to identify the food groups and amounts recommended for consumption at mealtime. Foods must be recognizable to credit in the preschool meal patterns. The USDA allows some exceptions, such as yogurt blended in fruit or vegetable smoothies, pureed fruits and vegetables in smoothies, and pasta made with 100 percent vegetable flours. For more information, refer to "Crediting yogurt," "Crediting Legume Flour Pasta Products as Meat/Meat Alternates," "Crediting Pureed Vegetables," "Crediting pasta made of 100 percent vegetable flours" "Crediting Pureed Fruits," and "Crediting Smoothies, in the "Vegetables Component" in sections 2 and 3.

recognized medical authority: A state-licensed health care professional who is authorized to write medical prescriptions under state law and is recognized by the State Department of Public Health (DPH). In Connecticut, recognized medical authorities include physicians, physician assistants, doctors of osteopathy, and advanced practice registered nurses (APRNs). For more information, refer to the CSDE's guide, *Accommodating Special Diets in School Nutrition Programs*.

refined grains: Grains that have been processed to remove the bran and germ, making the product less nutritious than whole grains. Refined grains may or may not be enriched. For more information, refer to "enriched grains" in this section.

reimbursable snacks: Snacks that meet the requirements of the USDA regulations for the NSLP.

residential child care institution (RCCI): RCCIs include but are not limited to homes for the mentally, emotionally or physically impaired, and unmarried mothers and their infants; group homes; halfway houses; orphanages; temporary shelters for abused children and for runaway children; long-term care facilities for chronically ill children; and juvenile detention centers. A long-term care facility is a hospital, skilled nursing facility, intermediate care facility, or distinct part thereof, which is intended for the care of children confined for 30 days or more.

School Breakfast Program (SBP): The USDA's federally assisted meal program operating in public and nonprofit private schools, and residential child care institutions. The SBP provides nutritionally balanced, low-cost or free breakfasts to children each school day. The program was established under the Child Nutrition Act of 1966 to ensure that all children have access to a healthy breakfast at school to promote learning readiness and healthy eating behaviors. For more information, visit the CSDE's School Breakfast Program webpage.

school food authority (SFA): The governing body that is responsible for the administration of one or more schools and that has the legal authority to operate the school meals programs in those schools.

school nutrition programs: The USDA's school nutrition programs include the National School Lunch Program (NSLP), School Breakfast Program (SBP), Afterschool Snack Program (ASP) of the NSLP, Seamless Summer Option (SSO) of the NSLP, Special Milk Program (SMP), Fresh Fruit and Vegetable Program (FFVP), and Child and Adult Care Food Program (CACFP) At-risk Supper Program implemented in schools. For more information, visit the CSDE's School Nutrition Programs webpage.

Seamless Summer Option of the NSLP (SSO): The USDA's federally assisted summer feeding program that combines features of the NSLP, SBP, and SFSP, and serves meals free of charge to children ages 18 and younger from low-income areas. School districts participating in the NSLP or SBP are eligible to apply to the CSDE to participate in the SSO. SSO meals follow the meal patterns of the NSLP and SBP. For more information, visit the Seamless Summer Option of the NSLP webpage.

serving size or portion: The weight, measure or number of pieces or slices of a food or beverage. Schools must provide the minimum serving sizes specified in the USDA meal patterns for meals and snacks to be reimbursable.

site eligible schools: Schools that have 50 percent or more of enrolled children eligible for free and reduced-price meals. Percentages are calculated annually by the CSDE based on October data from the previous school year. For more information, visit the CSDE's Area Eligibility for Child Nutrition Programs webpage.

Smart Snacks: The USDA's nutrition standards for competitive foods sold to students on school campus during the school day in public schools, private schools and RCCIs participating in the NSLP and SBP. The Smart Snacks nutrition standards apply to the cafeteria, vending machines, school stores, fundraisers, and any other sources of food and beverage sales. The "school day" is the period from midnight before to 30 minutes after the end of the official school day. Smart Snacks does not apply to reimbursable snacks in the ASP. For more information, visit the CSDE's Smart Snacks Nutrition Standards webpage.

standard of identity: The mandatory government requirements that determine what a food product (like whole-wheat bread) must contain or may contain to be marketed under a certain name in interstate commerce. These standards protect consumers by ensuring that a label accurately reflects what is inside. For example, mayonnaise is not an imitation spread, and ice cream is not a similar, but different, frozen dessert. The USDA develops standards for meat and poultry products. The FDA develops standards for other food products.

standardized recipe: A recipe that a given food service operation has tested and adapted for use. This recipe produces the same good results and yield every time when the exact procedures are used with the same type of equipment, and the same quantity and quality of ingredients. Standardized recipes include specific information such as ingredients, weights and measures, preparation directions, serving directions, yield, and portion size. For more information, refer to "Documentation for Foods Made from Scratch" in section 4 and the CSDE's *Standardized Recipe Form for School Nutrition Programs*.

sugar alcohols (polyols): A type of carbohydrate used as sugar substitutes to sweeten foods and beverages. Sugar alcohols are incompletely absorbed and metabolized by the body, and contribute fewer calories than most sugars. They also perform other functions such as adding bulk and texture to foods. Common sugar alcohols include sorbitol, mannitol, xylitol, maltitol, maltitol syrup, lactitol, erythritol, isomalt, and hydrogenated starch hydrolysates (HSH). Products with sugar alcohols are often labeled "sugar free." Large amounts of sugar alcohols may cause bloating, gas, or diarrhea. For more information, refer to "nonnutritive sweeteners" in this section.

surimi: Pasteurized, ready-to-eat, restructured seafood product usually made from pollock (fish). A 3-ounce serving of surimi credits as 1 ounce of the meat/meat alternates component.

tempeh: A highly nutritious fermented soybean cake traditionally made from whole soybeans. 1-ounce serving of tempeh credits as 1 ounce of the meat/meat alternates component. This method of crediting applies only to tempeh products whose ingredients are limited to soybeans (or other legumes), water, tempeh culture, and for some varieties, vinegar, seasonings, and herbs.

USDA Foods: Foods that are available to the USDA Child Nutrition Programs through the CSDE Food Distribution Program. For more information, visit the USDA's Food Distribution Program webpage and the CSDE's Food Distribution Program webpage.

vegetable subgroups: The five categories of vegetables within the vegetables food group that are recommended by the *Dietary Guidelines for Americans*. The subgroups include dark green, red/ orange, beans and peas (legumes), starchy, and other vegetables. The ASP meal patterns do not require vegetable subgroups.

vegetables component: The meal component of the USDA meal patterns that is comprised of vegetables (fresh, frozen, canned, and dried) and pasteurized full-strength juice. Vegetable juice cannot exceed half of the weekly vegetable offerings. For more information, refer to "Vegetables/Fruits Component for Grades K-12" in section 2 and "Vegetables Component for Preschoolers" in section 3.

wheat bread: Bread that often has wheat flour or enriched wheat flour (not whole-wheat flour) as an ingredient. Wheat bread is not whole grain unless it is labeled "whole-wheat bread." This bread is low in fiber unless the manufacturer has added fiber.

whole foods: Foods that are unprocessed or minimally processed and do not contain added ingredients such as fat, sugars or sodium.

whole fruits and vegetables: Fresh, frozen, canned, and dried fruits and vegetables that are unprocessed or minimally processed and do not contain added ingredients such as fat, sugars, or sodium.

whole grain-rich (WFR): The WGR definition for preschool meals and snacks is different from the WGR definition for grades K-12 in the NSLP (including the SSO) and SBP. The ASP meal pattern for grades K-12 does not have a WGR requirement. For the preschool meal patterns, WGR foods contain 100 percent whole grain or contain at least 50 percent whole grains and any other grain ingredients are enriched. For more information, refer to the CSDE's resource for the CACFP, *Meeting the Whole Grain-rich Requirement for the CACFP.*

whole grains: Grains that consist of the entire kernel, including the starchy endosperm, the fiber-rich bran, and the nutrient-rich germ. All grains start out as whole grains, but many are processed to remove the bran and germ, which also removes many of the nutrients. Whole grains are nutrient rich, containing vitamins, minerals, fiber, antioxidants, and health-enhancing phytonutrients such as lignans and flavonoids. Examples of whole grains include whole wheat, whole oats, oatmeal, whole-grain cornmeal, brown rice, whole rye, whole barley, wild rice, buckwheat, and bulgur (cracked wheat).

whole-wheat bread: Bread that contains the whole grain, including the fiber-rich bran and germ. Whole-wheat flour will be listed as the first ingredient.

CSDE

CONNECTICUT STATE
DEPARTMENT OF EDUCATION