

Crediting Summary Charts for the Afterschool Snack Program Meal Pattern for Grades K-12

School Year 2022-23 (July 1, 2022, through June 30, 2023)

School food authorities (SFAs) must be able to document the meal pattern contribution of foods and beverages served in the [Afterschool Snack Program \(ASP\)](#) of the National School Lunch Program (NSLP). This publication summarizes the crediting requirements and methods for the four food components of the U.S. Department of Agriculture's (USDA) ASP meal pattern for grades K-12. [Chart 1](#) provides an overview of the crediting requirements for each component. [Charts 2 through 5](#) summarize the specific crediting considerations for each of the four snack components (milk, meat/meat alternates, vegetables/fruits, and grains/breads).



Crediting Documentation

SFAs must use appropriate crediting methods and maintain the applicable documentation for commercial products and foods made from scratch. Menu planners should follow the guidance below to ensure that school menus comply with the crediting requirements of the ASP meal pattern.

- **Use the Food Buying Guide for Child Nutrition Programs (FBG):** The USDA's [FBG](#) determines food yields and crediting information, and the specific contribution of foods toward the meal pattern requirements. It indicates how many servings a specific quantity of food will provide, what quantity of raw product will provide the amount of ready-to-cook food in a recipe, and how much food to buy to provide a specific meal pattern contribution.
- **Obtain a Child Nutrition (CN) label or product formulation statement (PFS) for all commercial processed products:** SFAs must have a CN label or PFS to document the meal pattern contribution of all commercial processed foods. Commercial processed foods without this documentation cannot credit. 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](#). Additional resources are available in the "Crediting Commercial Processed Products" section of the CSDE's [Crediting Foods in School Nutrition Programs Programs](#) webpage.
- **Maintain standardized recipes for foods made from scratch:** SFAs must have standardized recipes that document the crediting information for all foods made from scratch. Determine the recipe's meal pattern contribution per serving by: 1) using the FBG to determine the weight or volume of each creditable ingredient in the recipe; and 2) dividing the weight or volume of each creditable ingredient by the number of servings. The FBG's [Recipe Analysis Workbook](#) (RAW) allows menu planners to search for creditable ingredients and calculate a recipe's meal pattern contribution. For more information, visit the "Crediting Foods Made from Scratch" section of the CSDE's [Crediting Foods in School Nutrition Programs Programs](#) webpage.

Remember to **round down** all crediting amounts for products and recipes to the nearest minimum creditable amount (refer to [chart 1](#)).

Crediting Summary Charts for the ASP Meal Pattern for Grades K-12

Chart 1 – Overview of Crediting Requirements for the Meal Pattern Components

| Criteria | Milk | Meat/Meat Alternates (MMA) | Vegetables/Fruits | Grains/Breads |
|---|--|--|--|--|
| Meal pattern measure | Volume: cups | Weight: ounces (oz) | Volume: cups | Servings |
| Minimum creditable amount | Full serving: 1 cup | ¼ oz | ⅛ cup | ¼ serving |
| Crediting methods: <i>Round down all crediting amounts for products and recipes to the nearest minimum creditable amount</i> | Credit based on allowable types of milk (refer to chart 2). | <ul style="list-style-type: none"> • MMA without added ingredients: Credit based on <i>cooked weight</i>, e.g., 1 ounce of cooked lean meat credits as 1 ounce of MMA. Use the FBG for to determine cooked yields or edible portions. • Processed MMA (contain added ingredients): Credit based on the amount specified in the CN label, PFS, or FBG. Note: <i>The manufacturer’s serving weight is not the same as the MMA contribution because processed foods contain non-MMA ingredients.</i> | Credit based on volume (cups) using the yields in the FBG. | <ul style="list-style-type: none"> • Method 1: Use the weight (groups A-G) or volume (groups H-I) in the USDA’s Exhibit A chart (refer to Grains/Breads Servings for Grades K-12 in the ASP). • Method 2: Determine the weight (grams) of the creditable grains per serving (refer to Calculation Methods for Grains/Breads Servings for Grades K-12 in the ASP). <ul style="list-style-type: none"> ○ Groups A-F: 1 serving = 14.75 grams of creditable grains ○ Groups H: 1 serving = 25 grams of creditable grains |
| Documentation for unprocessed products | Not applicable | Use FBG to determine and document food yields and crediting information (or USDA Foods in Schools Product Information Sheets for USDA Foods). | | |
| Documentation for processed products | Not applicable, except for milk in smoothies. | Must have CN label or PFS (or USDA Foods in Schools Product Information Sheets for USDA Foods). CSDE webpage: Crediting Commercial Processed Products for Grades K-12 in School Nutrition Programs | | |
| Documentation for foods made from scratch | Not applicable, except for milk in smoothies. | Must have standardized recipe. CSDE webpage: Crediting Foods Made from Scratch for Grades K-12 in School Nutrition Programs | | |

Crediting Summary Charts for the ASP Meal Pattern for Grades K-12

How to Credit the Meal Pattern Components

Charts 2 through 5 summarize the specific crediting considerations for each of the four snack components and include links to resources and websites with additional information.

- [Chart 2](#). Milk Component
- [Chart 3](#). Meat/Meat Alternates Component
- [Chart 4](#). Vegetables/Fruits Component
- [Chart 5](#). Grains/Breads Component

For detailed guidance on the ASP meal pattern and crediting requirements, refer to the CSDE's *Afterschool Snack Program Handbook*, and visit the “[Documents/Forms](#)” section of the CSDE's ASP webpage.



Crediting Resources

Afterschool Snack Program Handbook (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/ASP/ASPHandbook.pdf>

Afterschool Snack Program Meal Pattern for Grades K-12 (CSDE webpage):

<https://portal.ct.gov/-/media/SDE/Nutrition/ASP/MealPatternASPgradesK-12.pdf>

Crediting Foods for Grades K-12 in the ASP (Documents/Forms section of CSDE's ASP webpage):

<https://portal.ct.gov/SDE/Nutrition/Afterschool-Snack-Program/Documents#CreditingFoodsGradesK12>

Crediting Guidance for the Meal Pattern Components for School Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-School-Nutrition-Programs#CreditingGuidanceMealPatternComponents>

Food Buying Guide for Child Nutrition Programs (USDA):

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

Noncreditable Foods for Grades K-12 in the ASP (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/ASP/NoncreditableFoodsASP_gradesK-12.pdf

USDA Foods in Schools Product Information Sheets (USDA):

<https://www.fns.usda.gov/usda-fis/usda-foods-product-information-sheets>

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Chart 2 – How to Credit the Milk Component

The milk component includes only fluid 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). For information on the ASP meal pattern requirements for the milk component, refer to the CSDE’s resource, *Comparison of Meal Pattern Requirements for the Milk Component in School Nutrition Programs*, and section 2 of the CSDE’s *Afterschool Snack Program Handbook*.

Noncreditable foods: Examples of foods that do not credit as the milk component include but are not limited to flavored low-fat milk (after February 18, 2022); reduced fat (2%) milk and whole milk; nondairy milk substitutes that do not meet the USDA’s nutrition standards for fluid milk substitutes, such as rice milk, almond milk, and cashew milk; milk that is cooked or baked in prepared foods, such as cereals, puddings, and cream sauces; nutrition supplement beverages, such as Abbott’s Pediasure; 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 additional guidance, refer to the CSDE’s resource, *Noncreditable Foods for Grades K-12 in the ASP*.

| Food item | Crediting requirements | Crediting resources |
|-----------------------|--|--|
| Fluid milk | <ul style="list-style-type: none"> Allowable types of milk include low-fat (1%) milk and fat-free milk, either unflavored or flavored. This includes any of the following types of milk that meet the fat content restrictions: lactose-reduced milk, lactose-free milk, acidified milk, cultured milk, cultured buttermilk, and Ultra High Temperature (UHT) milk. Public schools only: Must also meet the state beverage requirements for milk (Section 10-221q of the Connecticut General Statutes). The state beverage statute requires that milk cannot contain artificial sweeteners and cannot exceed 4 grams of sugars per fluid ounce. | <ul style="list-style-type: none"> CSDE handout: <i>Comparison of Meal Pattern Requirements for the Milk Component in School Nutrition Programs</i> CSDE handout (applies only to public schools): <i>Allowable Beverages for Connecticut Public Schools</i> |
| Beverage limit | <ul style="list-style-type: none"> Only one of the two components may be a creditable beverage. Milk cannot be served when juice is the only other snack component. | |

Crediting Summary Charts for the ASP Meal Pattern for Grades K-12

Chart 2 – How to Credit the Milk Component, *continued*

| Food item | Crediting requirements | Crediting resources |
|---|--|---|
| Milk in fruit/vegetable smoothies | <ul style="list-style-type: none"> • The minimum creditable amount of milk in a smoothie is ¼ cup. If a smoothie contains less than the full serving of milk, the snack must include additional milk to provide the full serving. Note: This crediting applies only to milk in smoothies. The minimum creditable amount of the milk component is the full 1-cup serving. | <ul style="list-style-type: none"> • CSDE handout: <i>Crediting Smoothies for Grades K-12 in the NSLP and SBP</i> |
| Milk substitutes for children without a disability | <ul style="list-style-type: none"> • The USDA allows two milk substitutions: 1) nondairy milk substitutes that meet the USDA’s nutrition standards for fluid milk substitutes; and 2) lactose-free or lactose-reduced milk that meets the required fat content and flavor restrictions, i.e., low-fat (1%) milk and fat-free milk, either unflavored or flavored (refer to “Fluid milk” above). • Public schools only: Must also meet the state beverage requirements for nondairy milk substitutes (Section 10-221q of the Connecticut General Statutes). The state beverage statute requires that nondairy milk substitutes cannot contain artificial sweeteners and cannot exceed 4 grams of sugars per fluid ounce, 35 percent of calories from fat, and 10 percent of calories from saturated fat. • Juice, water, and other beverages can never substitute for milk in snacks for children without a disability. | <ul style="list-style-type: none"> • CSDE handout: <i>Milk Substitutes for Children with Disabilities in School Nutrition Programs</i> • CSDE handout (applies only to public schools): <i>Allowable Beverages for Connecticut Public Schools</i> |

For more resources, visit the “[Milk Component for Grades K-12 in the ASP](#)” section of the CSDE’s ASP webpage.

Crediting Summary Charts for the ASP Meal Pattern for Grades K-12

Chart 3 – How to Credit the Meat/Meat Alternates Component

The MMA component includes fresh and frozen meats (e.g., lean beef, pork, poultry, fish, and shellfish), processed meats (e.g., chicken nuggets, deli meats, and fish sticks), canned meats (e.g., chicken, tuna, and salmon), and meat alternates such as eggs, cheese, yogurt, nuts and seeds and their butters, beans and peas (legumes), tofu, and tempeh. For information on the ASP meal pattern requirements for the MMA component, refer to section 2 of the CSDE’s *Afterschool Snack Program Handbook*.

Note: The manufacturer’s serving weight is **not** the same as the MMA contribution because processed foods contain non-MMA ingredients. SFAs must obtain a CN label or PFS for all commercial processed products (refer to “[Crediting Documentation](#)” in this document).

Noncreditable foods: Examples of foods that do not credit as the MMA 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; cream cheese; drinkable yogurt; egg whites; frozen yogurt; imitation cheese; products made with tofu that are not easily recognized as meat substitutes; and sour cream. For additional guidance, refer to the CSDE’s resource, *Noncreditable Foods for Grades K-12 in the ASP*.

| Food item | 1 ounce of MMA = | Additional crediting requirements and resources |
|--|---|--|
| Alternate protein products (APPs) , e.g., veggie burgers, meatless chicken nuggets, and soy hotdogs | <ul style="list-style-type: none"> Varies by product: Must have a CN label, PFS, or a signed letter from a company official attesting that the product meets the USDA’s APP requirements. | <ul style="list-style-type: none"> CSDE handout: Requirements for Alternate Protein Products in the NSLP and SBP |
| Cheeses , e.g., cheddar, mozzarella, provolone, American, and cottage cheese | <ul style="list-style-type: none"> 1 ounce of natural cheese and pasteurized process cheese, e.g., American ¼ cup of cottage or ricotta cheese 2 ounces of cheese substitute, cheese food substitute, and cheese spread substitute | <ul style="list-style-type: none"> Cream cheese does not credit. To credit foods that contain cheese (such as macaroni and cheese) requires a CN label or PFS for commercial products, and a recipe for foods made from scratch. |

Crediting Summary Charts for the ASP Meal Pattern for Grades K-12

Chart 3 – How to Credit the Meat/Meat Alternates Component, *continued*

| Food item | 1 ounce of MMA = | Additional crediting requirements and resources |
|--|---|---|
| Commercial combination foods , e.g., pizza and chicken nuggets | <ul style="list-style-type: none"> • Varies by product: Must have a CN label or PFS to document the amount of meat or meat alternate per serving. | <ul style="list-style-type: none"> • CSDE handout: <i>Crediting Commercial Meat/Meat Alternate Products in the NSLP and SBP</i> • CSDE webpage: Crediting Commercial Processed Products for Grades K-12 in School Nutrition Programs |
| Commercial meat, poultry, or fish products with added ingredients , e.g., hotdogs, deli meats, and sausages | <ul style="list-style-type: none"> • Varies by product: Must have a CN label or PFS to document the amount of meat or meat alternate per serving. | <ul style="list-style-type: none"> • Regular bacon does not credit. Some brands of turkey bacon might credit with a PFS. • CSDE handout: <i>Crediting Commercial Meat/Meat Alternate Products in the NSLP and SBP</i> • CSDE webpage: Crediting Commercial Processed Products for Grades K-12 in School Nutrition Programs |
| Cooked lean meat, poultry, or fish , i.e., without bone, skin, or added ingredients | <ul style="list-style-type: none"> • 1 ounce: Refer to the FBG for cooked yields of meat, poultry, and fish. | |
| Deli meats , e.g., turkey, ham, roast beef, salami, and bologna | <ul style="list-style-type: none"> • Varies by product: Must have a CN label or PFS to document the amount of meat per serving. • Many deli meats do not credit based on serving weight because they contain added binders, extenders, and liquids. Many deli meats require several ounces to credit as 1 ounce of MMA. | <ul style="list-style-type: none"> • CSDE handout: <i>Crediting Deli Meats in the NSLP and SBP</i> |

Crediting Summary Charts for the ASP Meal Pattern for Grades K-12

Chart 3 – How to Credit the Meat/Meat Alternates Component, *continued*

| Food item | 1 ounce of MMA = | Additional crediting requirements and resources |
|---|--|--|
| <p>Dried meat, poultry, and seafood products, e.g., jerky and summer sausage</p> | <ul style="list-style-type: none"> • Varies by product: Must have a CN label or PFS to document the amount of meat per serving. | <ul style="list-style-type: none"> • Must evaluate the product’s PFS to ensure it meets the following USDA crediting principles: 1) the creditable meat ingredient must match, or have a similar description to, the ingredient listed on the product’s label; 2) the creditable meat ingredient must have a similar description to a food item in the FBG; and 3) the creditable amount cannot exceed the finished weight of the product. For example, a 1-ounce serving of beef jerky cannot credit for more than 1 ounce of the MMA component. • Ground pork and beef ingredients must include the percent fat because the fat content has a direct correlation to the cooking yield. To credit in Child Nutrition Programs, the fat content of ground beef or ground pork in dried meat products cannot exceed 30 percent. • 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 • USDA’s webinar: Moving Forward: Update on Food Crediting in Child Nutrition Programs with Guidance for Dried Meat Products |
| <p>Eggs</p> | <ul style="list-style-type: none"> • ½ large | <ul style="list-style-type: none"> • Only whole eggs credit. Liquid egg substitutes are not whole eggs and do not credit. Egg whites served alone do not credit. • To credit foods that contain eggs (such as quiche or frittatas) requires a CN label or PFS for commercial products, and a recipe for foods made from scratch. |

Crediting Summary Charts for the ASP Meal Pattern for Grades K-12

Chart 3 – How to Credit the Meat/Meat Alternates Component, *continued*

| Food item | 1 ounce of MMA = | Additional crediting requirements and resources |
|---|---|--|
| Foods made from scratch , e.g., pizza and macaroni and cheese | <ul style="list-style-type: none"> Varies by food: Must have a standardized recipe to document the amount of meat or meat alternate per serving. | <ul style="list-style-type: none"> CSDE webpage: Crediting Foods Prepared on Site for Grades K-12 in School Nutrition Programs |
| Legumes (cooked beans and peas) , e.g., kidney beans, black beans, and chickpeas | <ul style="list-style-type: none"> ¼ cup of cooked legumes 1 ounce of roasted legumes, e.g., roasted chickpeas and roasted soybeans (soy nuts) ¼ cup of cooked 100 percent legume flour pasta, e.g., red lentil flour pasta and chickpea flour pasta | <ul style="list-style-type: none"> The liquid served with legumes does not credit, such as the sauce in baked beans. Legumes may credit as either MMA or vegetables but one serving cannot credit as both components in the same snack. Refer to chart 4 for information on crediting legumes as vegetables. CSDE handout: Crediting Legumes in the NSLP and SBP |
| 100 percent legume flour pasta products , e.g., chickpea flour pasta and lentil flour pasta | <ul style="list-style-type: none"> ¼ cup of cooked legume flour pasta | <ul style="list-style-type: none"> School menus must offer the legume flour pasta with an additional MMA, such as tofu, cheese, or meat. Pasta products made of 100 percent vegetable flours may credit as either MMA or vegetables but one serving cannot credit as both components in the same snack. Refer to chart 4 for information on crediting 100 percent legume flour pasta products as vegetables. |
| Nut/seed butters , e.g., peanut butter, almond butter, sunflower seed butter, and soy nut butter | <ul style="list-style-type: none"> 2 tablespoons Note: Use <i>tablespoons</i>, not weight. Measuring 1 ounce by weight does <i>not</i> provide 1 ounce of MMA. The FBG indicates that 1.1 ounces of nut/seed butter credits as 1 ounce of MMA. | <ul style="list-style-type: none"> CSDE handout: Crediting Nuts and Seeds in the NSLP and SBP |

Crediting Summary Charts for the ASP Meal Pattern for Grades K-12

Chart 3 – How to Credit the Meat/Meat Alternates Component, *continued*

| Food item | 1 ounce of MMA = | Additional crediting requirements and resources |
|---|--|--|
| Nuts/seeds, e.g., almonds, peanuts, and sunflower seeds | <ul style="list-style-type: none"> • 1 ounce | <ul style="list-style-type: none"> • CSDE handout: <i>Crediting Nuts and Seeds in the NSLP and SBP</i> |
| Surimi | <ul style="list-style-type: none"> • 3 ounces | <ul style="list-style-type: none"> • Must have a PFS to credit a surimi product differently. |
| Tempeh | <ul style="list-style-type: none"> • 1 ounce | <ul style="list-style-type: none"> • Must have a PFS if the product’s ingredients contain anything other than soybeans (or other legumes), water, tempeh culture, vinegar, seasonings, and herbs. • USDA Memo SP 25-2019, CACFP 12-2019 and SFSP 11-2019: <i>Crediting Tempeh in the Child Nutrition Programs</i> • USDA webinar: <i>Additional Meat/Meat Alternate Options for CNPs: Crediting Tempeh and Surimi</i> |
| Tofu (commercial) | <ul style="list-style-type: none"> • 1 ounce | <ul style="list-style-type: none"> • Three crediting criteria: 1) must be commercially prepared; 2) must be easily recognized as meat substitutes, such as tofu burgers and tofu sausages; and 3) must contain 5 grams of protein in 2.2 ounces. • CSDE handout: <i>Crediting Tofu and Tofu Products in the NSLP and SBP</i> • USDA Memo SP 53-2016 and CACFP 21-2016: <i>Crediting Tofu and Soy Yogurt Products in the School Meal Programs and the CACFP</i> |

Crediting Summary Charts for the ASP Meal Pattern for Grades K-12

Chart 3 – How to Credit the Meat/Meat Alternates Component, *continued*

| Food item | 1 ounce of MMA = | Additional crediting requirements and resources |
|-----------------------------|--|---|
| Yogurt or soy yogurt | <ul style="list-style-type: none"> • ½ cup or 4 ounces weight | <ul style="list-style-type: none"> • Yogurt mixed in smoothies credits as the MMA component. Crediting requires a recipe, PFS, or CN label. Refer to Crediting Smoothies for Grades K-12 in the NSLP and SBP. • Fruits in commercially prepared yogurt (either blended or on the bottom or top) do not credit toward the fruits component. Menu planners may credit fruits offered as a separate component, such as yogurt topped with fresh blueberries or sliced strawberries in a yogurt-fruit parfait (refer to chart 4). • Homemade yogurt does not credit. • Commercial yogurt products do not credit. Examples include drinkable or squeezable yogurt, frozen yogurt, yogurt bars, yogurt-covered fruits and nuts, and yogurt-flavored products. • CSDE handout: Crediting Yogurt for Grades K-12 in the NSLP and SBP |

For more resources, visit the [“Meat/Meat Alternates Component for Grades K-12 in the ASP”](#) section of the CSDE’s ASP webpage.

Crediting Summary Charts for the ASP Meal Pattern for Grades K-12

Chart 4 – How to Credit the Vegetables/Fruits Component

The vegetables and fruits component includes fresh vegetables; frozen vegetables; canned vegetables; rehydrated dried vegetables; fresh fruit; frozen fruit; dried fruit; canned fruit in juice, water, or light syrup; and pasteurized 100 percent full-strength juice (vegetable, fruit, or combination). For information on the ASP meal pattern requirements for the vegetables/fruits component, refer to section 2 of the CSDE’s *Afterschool Snack Program Handbook*.

Noncreditable foods: 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. Examples of foods that do not credit as the fruits component include but are not limited to banana chips; dried coconut; fruit snacks (e.g., fruit roll-ups, fruit leathers, fruit wrinkles, fruit twists, yogurt-covered fruit snacks); 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 additional guidance, refer to the CSDE’s resource, *Noncreditable Foods for Grades K-12 in the ASP*.

| Food item | Credit based on | Additional crediting requirements and resources |
|---|--|--|
| Canned fruits in juice, water, or syrup , e.g., canned peaches and pineapple tidbits | <ul style="list-style-type: none"> Served volume, e.g., $\frac{3}{4}$ cup = $\frac{3}{4}$ cup of the vegetables/fruits component. | <ul style="list-style-type: none"> The serving may include the juice but cannot include water or syrup. Refer to the FBG for yields. CSDE handout: <i>Crediting Juice for Grades K-12 in the NSLP and SBP</i> |
| Canned vegetables , e.g., corn, peas, and kidney beans | <ul style="list-style-type: none"> Served volume, e.g., $\frac{3}{4}$ cup = $\frac{3}{4}$ cup of the vegetables/fruits component. | <ul style="list-style-type: none"> Must be drained (serving cannot include packing liquid). Refer to the FBG for yields. |

Crediting Summary Charts for the ASP Meal Pattern for Grades K-12

Chart 4 – How to Credit the Vegetables/Fruits Component, *continued*

| Food item | Credit based on | Additional crediting requirements and resources |
|---|--|--|
| Coconut | <ul style="list-style-type: none"> ● Fresh, frozen, and dried coconut: Served volume, e.g., ½ cup = ½ cup of the fruits component. ● Coconut water labeled as 100 percent juice (credits as juice): Served volume, e.g., ½ cup = ½ cup of the fruits component. | <ul style="list-style-type: none"> ● Coconut flour, coconut oil, and coconut milk do not credit. |
| Commercial vegetable soups, e.g., vegetable soups (such as minestrone and tomato) and legume soups (such as split pea, lentil, and black bean) | <ul style="list-style-type: none"> ● Yields in FBG: <ul style="list-style-type: none"> ○ Vegetable soup: 1 cup = ¼ cup of the vegetables/fruits component. Requires 3 cups to credit as ¾ cup of the vegetables/fruits component. ○ Legume soup: 1 cup = ½ cup of the vegetables/fruits component. Requires 1½ cups to credit as ¾ cup of the vegetables/fruits component. | <ul style="list-style-type: none"> ● Only certain types of vegetable soups credit. Refer to the FBG. Cream vegetable soups (such as cream of broccoli and cream of mushroom) do not credit. ● Must have a PFS to credit a commercial soup differently. ● The large serving of commercial vegetable soup required to credit as ¾ cup of the vegetables/fruits component might be unreasonable, especially for younger children. ● CSDE handout: <i>Crediting Soup in the NSLP and SBP</i> |
| Dried fruits, e.g., raisins, apricots, and cherries | <ul style="list-style-type: none"> ● Served volume, e.g., ¾ cup = ¾ cup of the vegetables/fruits component. | <ul style="list-style-type: none"> ● Dried coconut, banana chips, and fruit snacks (e.g., fruit roll-ups and yogurt-covered fruit snacks) do not credit. |
| Dried vegetables, e.g., potato flakes and dried soup mix | <ul style="list-style-type: none"> ● Varies by product: Must have a PFS to document the rehydrated volume of vegetables per serving. | <ul style="list-style-type: none"> ● Credits based on the rehydrated volume (cups). ● Dehydrated vegetables used for seasoning (such as dried parsley and onion flakes) do not credit. |

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Chart 4 – How to Credit the Vegetables/Fruits Component, *continued*

| Food item | Credit based on | Additional crediting requirements and resources |
|--|--|---|
| Fresh fruits , e.g., apples, bananas, and pears | <ul style="list-style-type: none"> Served volume, e.g., $\frac{3}{4}$ cup = $\frac{3}{4}$ cup of the vegetables/fruits component. | <ul style="list-style-type: none"> Refer to the FBG for yields. Depending on the size, one piece of fresh fruit might not provide the required $\frac{3}{4}$-cup serving. For example, one 60-count plum and one 88-count peach each credit as $\frac{3}{8}$ cup of fruit; one 100-120-count banana and one 138-count orange each credit as $\frac{1}{2}$ cup of fruit; and one 113-count or 125-count orange credits as $\frac{5}{8}$ cup of fruit. Always check the FBG to ensure proper crediting. |
| Fresh vegetables , e.g., broccoli, carrots, and spinach | <ul style="list-style-type: none"> Served volume, e.g., $\frac{3}{4}$ cup = $\frac{3}{4}$ cup of the vegetables/fruits component. | <ul style="list-style-type: none"> Refer to the FBG for yields. |
| Frozen fruits , e.g., frozen berries and melon | <ul style="list-style-type: none"> Served volume, e.g., $\frac{3}{4}$ cup = $\frac{3}{4}$ cup of the vegetables/fruits component. | <ul style="list-style-type: none"> Refer to the FBG for yields. Depending on the size, one piece of fresh fruit might not provide the full $\frac{3}{4}$-cup serving of the fruits component. For example, one clementine credits as $\frac{3}{8}$ cup of the fruits component. |
| Frozen vegetables , e.g., corn, peas, and green beans | <ul style="list-style-type: none"> Served volume, e.g., $\frac{3}{4}$ cup = $\frac{3}{4}$ cup of the vegetables/fruits component. | <ul style="list-style-type: none"> Refer to the FBG for yields. |
| Juice, pasteurized full-strength (fruit, vegetable, or combination) , e.g., apple juice, orange juice, and tomato juice | <ul style="list-style-type: none"> Served volume, e.g., $\frac{3}{4}$ cup = $\frac{3}{4}$ cup of the vegetables/fruits component. | <ul style="list-style-type: none"> No juice limit, but the USDA recommends serving more whole fruits and vegetables than juice. CSDE handout: <i>Crediting Juice for Grades K-12 in the NSLP and SBP</i> |

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Chart 4 – How to Credit the Vegetables/Fruits Component, *continued*

| Food item | Credit based on | Additional crediting requirements and resources |
|---|---|---|
| Pureed fruits , e.g., applesauce | <ul style="list-style-type: none"> ● Served volume, e.g., $\frac{3}{4}$ cup = $\frac{3}{4}$ cup of the vegetables/fruits component. ● Must be recognizable (visible). | <ul style="list-style-type: none"> ● Pureed fruits do not credit as the vegetables/fruits component when they are not recognizable, e.g., using applesauce or prune puree to replace the oil in muffins. ● Pureed fruits and vegetables in smoothies credit only as juice. ● CSDE handout: <i>Crediting Smoothies for Grades K-12 in the NSLP and SBP</i> |
| Pureed vegetables , e.g., sweet potatoes, tomato sauce, and butternut squash | <ul style="list-style-type: none"> ● Served volume, e.g., $\frac{3}{4}$ cup = $\frac{3}{4}$ cup of the vegetables/fruits component. ● Must be recognizable (visible). | <ul style="list-style-type: none"> ● Pureed vegetables do not credit as the vegetables/fruits component when they are not recognizable, e.g., pureed carrots in macaroni and cheese. ● Pureed vegetables in smoothies credit only as juice. ● CSDE handout: <i>Crediting Smoothies for Grades K-12 in the NSLP and SBP</i> |
| Legumes (cooked beans and peas) , e.g., kidney beans, black beans, and chickpeas | <ul style="list-style-type: none"> ● Served volume: Includes cooked legumes, roasted legumes (e.g., roasted chickpeas and soy nuts), and pasta made of 100 percent legume flour pasta (e.g., red lentil flour pasta and chickpea flour pasta). | <ul style="list-style-type: none"> ● Refer to the FBG for yields. ● The liquid served with legumes does not credit, such as the sauce in baked beans. ● Legumes credit as either vegetables or MMA but one serving cannot credit as both components in the same snack. Refer to chart 3 for information on crediting as MMA. ● CSDE handout: <i>Crediting Legumes in the NSLP and SBP</i> |
| Mixed vegetables , e.g., three-bean salad and peas and carrots | <ul style="list-style-type: none"> ● Served volume, e.g., $\frac{3}{4}$ cup = $\frac{3}{4}$ cup of the vegetables/fruits component. | <ul style="list-style-type: none"> ● Refer to the FBG for yields. |

Crediting Summary Charts for the ASP Meal Pattern for Grades K-12

Chart 4 – How to Credit the Vegetables/Fruits Component, *continued*

| Food item | Credit based on | Additional crediting requirements and resources |
|--|---|---|
| Mixtures of vegetables and fruits , e.g., carrot-raisin salad | <ul style="list-style-type: none"> ● Served volume, e.g., $\frac{3}{4}$ cup = $\frac{3}{4}$ cup of the vegetables/fruits component. | <ul style="list-style-type: none"> ● Refer to the FBG for yields. |
| Pasta products made of 100 percent vegetable flours , e.g., chickpea flour pasta, lentil flour pasta. | <ul style="list-style-type: none"> ● Served volume: $\frac{1}{2}$ cup of pasta made of 100 percent vegetable flour credits as $\frac{1}{2}$ cup of the vegetables/fruits component. | <ul style="list-style-type: none"> ● Pasta products made of 100 percent vegetable flours may credit as either vegetables or MMA but one serving cannot credit as both components in the same meal. Refer to chart 3 for information on crediting 100 percent legume flour pasta products as MMA. ● Pasta products made of vegetable flour with other non-vegetable ingredients require a PFS detailing the volume of vegetable flour per serving. |
| Smoothies made of fruits/vegetables/juice | <ul style="list-style-type: none"> ● Pureed fruits and vegetables in smoothies credit only as juice and must meet the same requirements as juice (refer to “Juice, pasteurized full-strength (fruit, vegetable, or combination)” in this chart). ● Crediting is based on the volume (cups) of pureed fruits and vegetables per serving. ● Commercial smoothies require a PFS (or CN label, if available) to credit. Commercial smoothies cannot contain dietary or herbal supplements. | <ul style="list-style-type: none"> ● CSDE handout: Crediting Smoothies for Grades K-12 in the NSLP and SBP |

For more resources, visit the “[Vegetables/Fruits Component for Grades K-12 in the ASP](#)” section of the CSDE’s ASP webpage.

Crediting Summary Charts for the ASP Meal Pattern for Grades K-12

Chart 6 – How to Credit the Grains/Breads Component

The grains/breads component includes breads and bread products (e.g., biscuits, bagels, rolls, tortillas, and muffins), snack products (e.g., crackers, animal crackers, graham crackers, hard pretzels, tortilla chips, and popcorn); cereal grains (e.g., buckwheat, brown rice, bulgur, and quinoa); ready-to-eat (RTE) breakfast cereals; cooked breakfast cereals (e.g., oatmeal); 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; and grain-based desserts (e.g., cookies, brownies, cakes, and granola bars). For information on the ASP meal pattern requirements for the grains/breads component, refer to the CSDE’s resource, [Comparison of Meal Pattern Requirements for the Grains Component in School Nutrition Programs](#) and section 2 of the CSDE’s [Afterschool Snack Program Handbook](#).

Commercial grain products and school recipes must meet the crediting and serving size requirements for the grains/breads component.

1. **Crediting:** To credit as the grains component, commercial grain products and standardized recipes must contain creditable grains (whole grains, enriched grains, bran, and germ).
2. **Servings:** Determine the servings of creditable commercial grain products and standardized recipes using one of the two allowable methods: 1) the required weight (groups A-G) or volume (groups H-I) in the USDA’s Exhibit A chart (refer to the CSDE’s [Grains/Breads Servings for Grades K-12 in the ASP](#)); or 2) the creditable grains per serving. For more information on both methods, refer to the CSDE’s [Calculation Methods for Grains/Breads Servings for Grades K-12 in the ASP](#).

Noncreditable foods: Examples of foods that do not credit as the grains component include but are not limited to commercial products that do not contain a creditable grain as the first ingredient; breakfast cereals (RTE and cooked) that are not whole grain, enriched, or fortified; and standardized recipes that are not made with creditable grains. For additional guidance, refer to the CSDE’s resource, [Noncreditable Foods for Grades K-12 in the ASP](#).

| Food item | Crediting requirements | 1 serving of grains/breads = |
|--|---|--|
| RTE breakfast cereals (group I) | <ul style="list-style-type: none"> The first ingredient must be a creditable grain or the cereal must be fortified. CSDE handout: Crediting Breakfast Cereals for Grades K-12 in the NSLP and SBP | <ul style="list-style-type: none"> $\frac{3}{4}$ cup or 1 ounce, whichever is less |

Crediting Summary Charts for the ASP Meal Pattern for Grades K-12

Chart 6 – How to Credit the Grains/Breads Component, *continued*

| Food item | Crediting requirements | 1 serving of grains/breads = |
|---|--|--|
| <p>Cooked hot breakfast cereals, e.g., oatmeal, cream of wheat, and farina (group H)</p> | <ul style="list-style-type: none"> ● The first ingredient must be a creditable grain or the cereal must be fortified. ● CSDE handout: <i>Crediting Breakfast Cereals for Grades K-12 in the NSLP and SBP</i> | <ul style="list-style-type: none"> ● ½ cup cooked or 25 grams dry |
| <p>Commercial grain products, e.g., breads and bread products (groups A-G)</p> | <ul style="list-style-type: none"> ● The first ingredient (excluding water) must be a creditable grain (whole, enriched, bran, or germ). ● The CSDE recommends limiting grain-based desserts to no more than twice per week. Examples of grain-based desserts include breakfast bars, brownies, cakes (including cupcakes and coffee cakes), cereal bars, cinnamon rolls, cinnamon streusel quick breads, cookies (all kinds, including vanilla wafers), doughnuts, gingerbread, granola bars, ice cream cones, marshmallow cereal treats, pastries (e.g., cinnamon buns, Danish, eclairs, sweet buns, sweet rolls, and toaster pastries) piecrusts in sweet pies (e.g., apple, coconut, blueberry, and pecan), sweet biscotti (such as those made with fruits, chocolate, or icing) sweet bread pudding, sweet croissants (e.g., chocolate filled), sweet scones (e.g., blueberry, raisin, and orange cranberry), and rice pudding. | <ul style="list-style-type: none"> ● Varies by product: Use method 1 (USDA’s Exhibit A chart). <ol style="list-style-type: none"> 1. Identify the <i>manufacturer’s serving weight</i> from the Nutrition Facts label or PFS. 2. Determine the <i>required weight for the applicable grain group (A-G)</i>. Refer to the CSDE’s <i>Grains/Breads Servings for Grades K-12 in the ASP</i>. 3. Divide the <i>manufacturer’s serving weight</i> by the <i>required weight for the applicable grain group</i>. ● Use method 2 (creditable grains per serving) and obtain a PFS if any of the following apply: 1) the serving weight is not known; 2) a creditable grain is not the first ingredient, but the product contains more than one creditable grain; 3) a combination food that contains a grain portion is not CN labeled; 4) the manufacturer claims that a commercial grain product can provide the required creditable grains using a serving that is less than the amount in the USDA’s Exhibit A chart; or 5) the product is not listed the USDA’s Exhibit A chart. Refer to the CSDE’s <i>Calculation Methods for Grains/Breads Servings for Grades K-12 in the ASP</i> |

Crediting Summary Charts for the ASP Meal Pattern for Grades K-12

Chart 6 – How to Credit the Grains/Breads Component, *continued*

| Food item | Crediting requirements | 1 serving of grains/breads = |
|---|---|---|
| <p>Commercial combination foods, e.g., pizza, breaded chicken nuggets, macaroni and cheese (grain portion from groups A-H)</p> | <ul style="list-style-type: none"> ● Ingredients listed together: The first <i>grain</i> ingredient must be a creditable grain. ● Grain portion listed separately: The first ingredient in the <i>grain portion</i> must be a creditable grain. | <ul style="list-style-type: none"> ● Varies by product: Must have a CN label or PFS to document the creditable grains per serving. |
| <p>Grain foods made from scratch, e.g., breads and bread products (groups A-G)</p> | <ul style="list-style-type: none"> ● Standardized recipes must be made with creditable grains. | <ul style="list-style-type: none"> ● Varies by standardized recipe. ● Serving weight known: Use method 1 (USDA’s Exhibit A chart). <ol style="list-style-type: none"> 1. Determine the <i>required weight for the food’s grain group</i> (A-G). Refer to the CSDE’s <i>Grains/Breads Servings for Grades K-12 in the ASP</i>. 2. Divide the <i>recipe’s serving weight</i> by the <i>required weight for the food’s grain group</i>. ● Serving weight not known: Use method 2 (creditable grains per serving) and obtain a PFS. Refer to the CSDE’s <i>Calculation Methods for Grains/Breads Servings for Grades K-12 in the ASP</i>. ● Note: If the recipe does not include the serving weight, conduct a yield study to weigh several cooked portions and determine the average weight per serving. For guidance on yield studies, refer to the CSDE’s <i>Yield Study Data Form for Child Nutrition Programs</i>. |

Crediting Summary Charts for the ASP Meal Pattern for Grades K-12

Chart 6 – How to Credit the Grains/Breads Component, *continued*

| Food item | Crediting requirements | 1 serving of grains/breads = |
|--|--|--|
| <p>Combination foods made from scratch, e.g., pizza and macaroni and cheese (grain portion from groups A-H)</p> | <ul style="list-style-type: none"> • The <i>grain portion</i> of the standardized recipe must be made with creditable grains. | <ul style="list-style-type: none"> • Varies by standardized recipe. • Weight (groups A-G) or volume (group H) of <i>grain portion</i> known: Use method 1 (USDA’s Exhibit A chart). <ol style="list-style-type: none"> 1. Determine the <i>required weight/ volume for the grain portion’s grain group</i> (A-H). Refer to <i>Grains/Breads Servings for Grades K-12 in the ASP</i>. 2. Divide the <i>weight/ volume of grain portion</i> by the <i>required weight/ volume for the grain portion’s grain group</i>. • Weight (groups A-G) or volume (group H) of <i>grain portion</i> not known: Use method 2 (creditable grains per serving) and obtain a PFS. Refer to the CSDE’s <i>Calculation Methods for Grains/Breads Servings for Grades K-12 in the ASP</i>. |

For more resources, visit the “[Grains/Breads Component for Grades K-12 in the ASP](#)” section of the CSDE’s ASP webpage.

Crediting Summary Charts for the ASP Meal Pattern for Grades K-12



For more information, refer to the CSDE's *Afterschool Snack Program Handbook* and visit the CSDE's [Afterschool Snack Program](#) webpage, or contact the [school nutrition programs staff](#) at the Connecticut State Department of Education, School Health, Nutrition and Family Services, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at https://portal.ct.gov/-/media/SDE/Nutrition/ASP/Crediting_Summary_Charts_ASP_Grades_K-12.pdf.

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Washington, D.C. 20250-9410; or
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