

Afterschool Snack Program Meal Pattern for Grades K-12

School Year 2021-22 (July 1, 2021, through June 30, 2022)	
Serve any two of the four components (must be two different components) ^{1,2}	Minimum quantities ³ for grades K-12
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} Vegetables, fruits, and full-strength fruit or vegetable juice	¾ cup
Grains/breads ^{14, 15}	
Whole grain or enriched bread	1 slice ¹⁵
Whole grain or enriched bread products, e.g., cornbread, biscuits, rolls, muffins	1 serving ¹⁵
Whole grain, enriched, or fortified ready-to-eat breakfast cereal (dry, cold) ¹⁶	¾ cup or 1 ounce
Whole grain, enriched, or fortified cooked breakfast cereal, cereal grain ¹⁷ , or pasta	½ cup
Whole grain or enriched savory crackers and sweet crackers, e.g., animal crackers and graham crackers ¹⁸	1 serving ¹⁵
Note: Refer to <i>Servings for Grains/Breads for Grades K-12 in the Afterschool Snack Program</i> for the specific serving weights of different grain products.	
◀ See page 2 for important menu planning notes ▶	

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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* to determine the amount of purchased food that meets the requirements. For processed foods, refer to the product's Child Nutrition (CN) label or product formulation statement (PFS). 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 *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 Prepared on Site" 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 from this amount.
- 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 1/4 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.
- 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*.

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Menu planning notes, *continued*

- 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 in the ASP”](#) section of the CSDE’s ASP webpage.
- ¹³ Serve whole vegetables and fruits most often. 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](#).
- ¹⁴ Grain products and recipes must be whole grain, enriched, or contain a blend of whole and enriched grains. 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.
- ¹⁵ 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.
- ¹⁶ 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](#).
- ¹⁷ Examples of cereal grains include amaranth, barley, brown rice, buckwheat, cornmeal, corn grits, kasha, millet, oats, quinoa, wheat berries, and rolled wheat.
- ¹⁸ The CSDE recommends limiting grain-based desserts 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 Afterschool Snack Program](#). Examples include cookies, animal crackers, graham crackers, granola bars, toaster pastries, sweet rolls, and cake.

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

This handout is available at <https://portal.ct.gov/-/media/SDE/Nutrition/ASP/MealPatternASPgradesK-12.pdf>.

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