

Comparison of Afterschool Snack Program (ASP) Meal Pattern Requirements for Preschool and Grades K-12

School Year 2024-25 (July 1, 2024, through June 30, 2025)

This document compares the meal pattern requirements for the U.S. Department of Agriculture’s (USDA) preschool meal patterns (ages 1-5) and meal patterns for grades K-12 in the National School Lunch Program (NSLP), School Breakfast Program (SBP), Seamless Summer Option (SSO) of the NSLP, and Afterschool Snack Program (ASP) of the NSLP, including the updates required by the USDA final rule, [Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans](#) (89 FR 31962).

This document does not address the NSLP and SBP meal patterns. For a comparison of the lunch and breakfast meal pattern requirements for preschool and grades K-12, refer to the Connecticut State Department of Education’s (CSDE) [Comparison of Lunch and Breakfast Meal Pattern Requirements for Preschool and Grades K-12 in the School Nutrition Programs](#).

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ASP Meal Patterns

The ASP meal patterns for preschool and grades K-12 have different requirements.

- The ASP meal pattern for grades K-12 is defined in [7 CFR 210.10\(o\)\(2\)](#) of the NSLP regulations.
- The ASP preschool meal pattern is defined in [7 CFR 210.10\(o\)\(3\)](#) of the NSLP regulations and is the same as the Child and Adult Care Food Program (CACFP) snack meal pattern for children ([7 CFR 226.20\(c\)](#) of the CACFP regulations).

School food authorities (SFAs) must ensure that all foods served in school meals meet the specific meal pattern requirements for each grade group.

For more information, refer to the CSDE's [Menu Planning Guide for the Preschool Meal Patterns of the School Nutrition Programs](#), [Afterschool Snack Program Handbook](#), [ASP Meal Pattern for Preschoolers](#), and [ASP Meal Pattern for Grades K-12](#), and visit the CSDE's [Afterschool Snack Program](#) webpage.

For summary charts of the crediting requirements, refer to the CSDE's [Crediting Summary Charts for the Meal Patterns for Grades K-12 in the School Nutrition Programs](#) and [Crediting Summary Charts for the Preschool Meal Patterns of the School Nutrition Programs](#).

Meal Pattern Changes for School Year 2025-26

Effective July 1, 2025, the USDA final rule, [Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans](#), updates the NSLP, SBP, and ASP meal patterns for grades K-12 and preschool, and implements the changes below.

- Aligns the ASP meal pattern for grades K-12 with the Child and Adult Care Food Program (CACFP) snack meal pattern requirements.
 - The vegetables/fruits component will change to two separate components. Reimbursable snacks must include two of the five meal components, which may include one serving of the fruits component and one serving of the vegetable component.
 - The NSLP weekly juice limit applies to ASP snacks. Juice cannot exceed half of the fruits and vegetables offered during the week.
 - The serving size for MMA will change from ounces to ounce equivalents (oz eq). The quantity of meat or meat alternate that credits as 1 ounce or 1 oz eq is the same.
 - The grains/breads component becomes the grains component and the required quantities change from grains/breads servings to grains oz eq.
 - The NSLP and SBP weekly whole grain-rich (WGR) requirement applies. At least 80 percent of the grains offered weekly in ASP snacks must be WGR, based on the oz eq of offered grains.

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- Establishes product-based added sugars limits for breakfast cereals and yogurt in the NSLP, SBP, and ASP meal patterns for grades K-12 and updates the current limits for the preschool meal patterns from total sugars to added sugars.
 - Breakfast cereals cannot exceed 6 grams of added sugars per dry ounce.
 - Yogurt cannot exceed 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce).
- Consistent with the CACFP meal patterns for children, grain-based desserts cannot credit in ASP snacks.
- Establishes a product-based added sugars limit for flavored milk. Flavored milk cannot exceed 10 grams of added sugars per 8 fluid ounces. Flavored milk sold as a competitive food in middle and high schools cannot exceed 15 grams of added sugars per 12 fluid ounces.



Serving the Same Foods to Preschool and Grades K-12

SFAs must consider the different meal pattern requirements for preschool and grades K-12 when making menu planning and purchasing decisions for ASP snacks that will be served to both groups. When SFAs serve the same foods to both groups, these foods must comply with whichever meal pattern requirements are stricter. The examples below show how these requirements apply:

- Grain-based desserts credit in the ASP meal pattern for grades K-12, but not the ASP preschool meal pattern (refer to “[G10: Grain-based desserts](#)” and “[G11: Identifying grain-based desserts](#)” in this document).
- The ASP preschool meal pattern requires 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. For more information, refer to “[MMA8: Yogurt and soy yogurt](#)” and “[G11: Sugar limit for breakfast cereals](#)”).

Effective with school year 2025-26 (beginning July 1, 2025), the USDA final rule, *Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans*, the limit for added sugars in breakfast cereals and yogurt will be the same for the meal patterns for preschool and grades K-12 (refer to “[Meal Pattern Changes for School Year 2025-26](#)”).

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- The preschool meal patterns require a daily juice limit but the meal patterns for grades K-12 do not (refer to “[VF4: Full-strength \(100%\) Juice](#)”).

Effective with school year 2025-26 (beginning July 1, 2025), the USDA final rule, [Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans](#), establishes a juice limit for the ASP meal pattern for grades K-12 (refer to “[Meal Pattern Changes for School Year 2025-26](#)”).

School menus must meet these requirements unless meals are co-mingled. “Co-mingling” is the practice of serving meals to a variety of grades in the same service area at the same time. This typically occurs due to operational constraints within a school, such as limited time and space.

When preschoolers and older grades are co-mingled, SFAs may use the ASP meal pattern of the older grades for preschoolers if the meal service meets three criteria: 1) the preschoolers and students from older grade groups are served together in the same place at the same time; 2) it is hard to tell the preschoolers from older students; and 3) it would be operationally difficult to serve different foods or different amounts of foods during the combined meal service. For example, SFAs that serve ASP snack to preschoolers and grades K-8 in the same service area at the same time may choose to follow the K-12 ASP meal pattern for both groups because it would be difficult for staff to determine which children are in preschool or kindergarten.

SFAs must use the preschool meal pattern when snacks are served to preschoolers in a different area or at a different time than students in older grades. The preschool meal pattern provides the amounts and types of foods that most younger children need for healthy growth and development. The USDA strongly encourages SFAs to find ways to serve grade-appropriate meals to preschoolers and older students to best address their nutritional needs.

For additional guidance, refer to the USDA’s [Serving School Meals to Preschoolers](#) and USDA Memo SP 37-2017: [Flexibility for Co-Mingled Preschool Meals: Questions and Answers](#), and visit the “[Preschoolers Eating with Other Grades: Co-mingled Meals](#)” section of the CSDE’s Meal Patterns for Preschoolers in School Nutrition Programs webpage. Training on co-mingled meals is available in “Module 3: Meal Pattern Comparison of Preschool and Grades K-12” of the CSDE’s [Preschool Meal Pattern Training for the School Nutrition Programs](#).



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Considerations for Reducing Choking Risks 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 school menus. This consideration is especially important when serving young children or children with a disability. 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.

Required Crediting Documentation

SFAs must be able to document that snack menus provide the required meal components and quantities. Menu planners must use the USDA's [Food Buying Guide for Child Nutrition Programs](#) (FBG) to determine how foods credit and the amount that provides the required meal pattern serving. Commercial processed foods not listed in the FBG require a Child Nutrition (CN) label or product formulation statement (PFS) to document crediting information. Some examples include combination foods (e.g., pizza and chicken nuggets), deli meats, hot dogs, sausages, breaded vegetables, and other commercial products with added ingredients.

For information on crediting documentation, refer to the CSDE's resources, [Using Child Nutrition \(CN\) Labels in the School Nutrition Programs](#), [Using Product Formulation Statements in the School Nutrition Programs](#), [Accepting Processed Product Documentation in the School Nutrition Programs](#), and [Crediting Commercial Meat/Meat Alternate Products in the School Nutrition Programs](#), and visit the

["Crediting Commercial Processed Products"](#) section of the CSDE's Crediting Foods in School Nutrition Programs webpage. Training on the requirements for CN labels and PFS forms is available in Module 6: Meal Pattern Documentation of the CSDE's training program, [What's in a Meal: National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12](#).

Foods made from scratch must have a standardized recipe that documents the crediting information per serving. For more information, visit the "[Crediting Foods Made from Scratch](#)" section of the CSDE's Crediting Foods in School Nutrition Programs webpage.



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

Chart 1: Meal Pattern Overview

Meal Pattern Overview Requirements	ASP Meal Pattern: Preschool (Ages 1-5)	ASP Meal Pattern: Grades K-12
<p>MP1: Implementation</p>	<p>The ASP preschool meal pattern requirements are defined in 7 CFR 210.10(o)(3) of the NSLP regulations and the updates required by the USDA final rule, Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans. The preschool meal patterns are the same as the Child and Adult Care Food Program (CACFP) meal patterns for children (7 CFR 226.20).</p> <p>Resources NSLP regulations 7 CFR 210.10(p) and 7 CFR 210.10(o)(3) SBP regulations 7 CFR 220.8(o) USDA Final Rule (81 FR 24347): CACFP Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010 USDA Final Rule Corrections (81 FR 75671): CACFP Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010 USDA Final Rule 89 FR 31962: Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans</p>	<p>The ASP meal pattern requirements for grades K-12 are defined in 7 CFR 210.10 of the NSLP regulations and the updates required by the USDA final rule, Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans.</p> <p>Resources NSLP regulations 7 CFR 210.10 USDA Final Rule 89 FR 31962: Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans</p>
<p>MP2: Age/Grade Groups</p>	<p>Two age groups: ages 1-2 and 3-5.</p> <p>When a 5-year-old is in preschool or a 4-year-old is in kindergarten, SFAs may continue to serve the appropriate meal pattern for that grade.</p> <p>Resources ASP Meal Pattern for Preschoolers (CSDE) USDA Memo SP 37-2017: Flexibility for Co-Mingled Preschool Meals: Questions and Answers</p>	<p>One grade group: grades K-12.</p> <p>Resources ASP Meal Pattern for Grades K-12 (CSDE)</p>

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Meal Pattern Overview Requirements	ASP Meal Pattern: Preschool (Ages 1-5)	ASP Meal Pattern: Grades K-12
<p>MP3: Meal components</p>	<p>Terminology: Effective with school year 2024-25 (beginning July 1, 2024), the USDA final rule, Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans, changes the previous “food component” references in the NSLP and SBP regulations to “meal components.” A meal component for the preschool meal patterns is one of the five food groups that comprise reimbursable meals, including milk, fruits, vegetables, grains, and meats/meat alternates (MMA).</p> <p>Required meal components: Choose two of the five meal components: 1) milk; 2) MMA; 3) vegetables; 4) fruits; and 5) grains.</p> <p>Serving one vegetable and one fruit: Snacks that contain one serving of vegetables (such as carrot sticks) and one serving of fruit (such as apple slices) are reimbursable because they contain two of the five components (vegetables component and fruits component).</p> <p>Serving more than two food items: Snacks that include more than two food items must include the minimum serving of at least two components.</p> <p>Resources Afterschool Snack Program Handbook (CSDE) ASP Meal Pattern for Preschoolers (CSDE) ASP Sample Menu for Ages 3-5 (CSDE) USDA Memo CACFP 15-2016: Optional Best Practices to Further Improve Nutrition in the CACFP</p>	<p>Terminology: same</p> <p>Required meal components: Choose two of the four meal components: 1) milk; 2) MMA; 3) vegetables/fruits; and 5) grains/breads.</p> <p>Serving one vegetable and one fruit: Snacks that contain one serving of vegetables (such as carrot sticks) and one serving of fruit (such as apple slices) are not reimbursable because they contain only one of the four components (vegetables/fruits component).</p> <p>Change for school year 2025-26: Effective July 1, 2025, the USDA final rule, Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans, aligns the ASP meal pattern for grades K-12 with the Child and Adult Care Food Program (CACFP) snack meal pattern for children. The vegetables/fruits component will change to two separate components. Reimbursable snacks must include two of the five meal components, which may include one serving of the fruits component and one serving of the vegetable component.</p> <p>Serving more than two food items: Snacks that include more than two food items must include the minimum serving of at least two components.</p> <p>Resources Afterschool Snack Program Handbook (CSDE) ASP Meal Pattern for Grades K-12 (CSDE) ASP Sample Menu for Grades K-12 (CSDE)</p>

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Chart 2: Milk Component

Milk Requirements	ASP Meal Pattern: Preschool (Ages 1-5)	ASP Meal Pattern: Grades K-12
M1: Fat content	Whole milk for ages 1 and low-fat or fat-free milk for ages 2-5. Milk must be unflavored.	Must be low-fat or fat-free milk.
M2: Flavored milk	Not allowed. Milk must be unflavored. Sugar limit for flavored milk: Not applicable: The preschool meal patterns do not allow flavored milk.	Allowed: Flavored milk must be low-fat or fat-free. Sugar limit for flavored milk: None through June 30, 2025 Change for school year 2025-26: Effective July 1, 2025, the USDA final rule, Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans , establishes a new sugar limit for flavored milk. Flavored milk cannot exceed 10 grams of added sugars per 8 fluid ounces. Flavored milk sold as a competitive food in middle and high schools cannot exceed 15 grams of added sugars per 12 fluid ounces.

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Milk Requirements	ASP Meal Pattern: Preschool (Ages 1-5)	ASP Meal Pattern: Grades K-12
M3: Allowable types of milk	<p>Allowable types: Any of the following types of unflavored milk that meet the fat content restrictions for each age group (refer to “M1: Fat content”): lactose-reduced milk, lactose-free milk, acidified milk, cultured milk, cultured buttermilk, and Ultra High Temperature (UHT) milk. Breastmilk meets the milk component and may be served in place of fluid milk.</p> <p>Additional state milk requirements for public schools: In addition to the USDA’s requirements, milk available for sale to students in public schools (as part of and separately from school meals) must comply with the state beverage requirements of C.G.S. Section 10-221q. Milk cannot contain more than 4 grams of sugars per ounce. Products that meet the federal and state requirements are in list 16 on the CSDE’s List of Acceptable Foods and Beverages webpage.</p> <p>Resources Beverage Requirements (CSDE webpage) List of Acceptable Foods and Beverages (CSDE webpage)</p> <p>Resources Beverage Requirements (CSDE webpage) List of Acceptable Foods and Beverages (CSDE webpage) Milk Component for Preschoolers (CSDE webpage) Serving Milk in the CACFP (USDA)</p>	<p>Allowable types: Any of the following types of low-fat (1%) milk and fat-free milk, either unflavored or flavored: lactose-reduced milk, lactose-free milk, acidified milk, cultured milk, cultured buttermilk, and Ultra High Temperature (UHT) milk.</p> <p>Additional state milk requirements for public schools: Same.</p> <p>Resources Beverage Requirements (CSDE webpage) CSDE Operational Memorandum No. 06-19: Summary of Federal and State Milk Requirements for the NSLP, SBP, SSO of the NSLP, ASP of the NSLP, and Special Milk Program (SMP) List of Acceptable Foods and Beverages (CSDE webpage) Milk Component for Grades K-12 in the ASP (CSDE webpage)</p>
M4: Milk variety	Not required. SFAs may serve one type of allowable milk to all children (refer to “ M3: Allowable types of milk ”).	Same

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Milk Requirements	ASP Meal Pattern: Preschool (Ages 1-5)	ASP Meal Pattern: Grades K-12
<p>M5: Nondairy milk substitutes for children without a disability</p>	<p>Allowable nondairy beverages: Nondairy beverages that are nutritionally equivalent to cow’s milk may be served to children whose dietary needs do not constitute a disability if requested in writing by a parent or guardian. The nutrition standards for fluid milk substitutes are defined by the NSLP regulations (7 CFR 210.10).</p> <p>Effective with school year 2024-25 (beginning July 1, 2024), the USDA final rule, Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans, updates the units for vitamin A and vitamin D requirements for fluid milk substitutes to align with the Food and Drug Administration (FDA) labeling requirements. For vitamin A, instead of 500 IUs, the unit requirement is now 150 mcg retinol activity equivalents (RAE) per 8 fluid ounces. For vitamin D, instead of 100 IUs, the unit requirement is now 2.5 mcg per 8 fluid ounces. The amount of vitamin A and vitamin D required in fluid milk substitutes does not change; only the unit of measurement has changed to conform to FDA labeling requirements.</p> <p>For more information, refer to the CSDE’s resource, Allowable Milk Substitutes for Children without Disabilities in the USDA School Nutrition Programs.</p> <p>Other beverages: SFAs cannot offer any other beverages (including water and juice) in place of milk for reimbursable meals.</p>	<p>Same</p>

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Milk Requirements	ASP Meal Pattern: Preschool (Ages 1-5)	ASP Meal Pattern: Grades K-12
<p>M5: Nondairy milk substitutes for children without a disability, <i>continued</i></p>	<p>Additional state requirements for public schools: In addition to the USDA requirements, nondairy milk substitutes available for sale to students in public schools must meet the beverage requirements of C.G.S. Section 10-221q. Nondairy milk substitutes cannot contain artificial sweeteners and cannot exceed 4 grams of sugar per fluid ounce, 35 percent of calories from fat, and 10 percent of calories from saturated fat. Products that meet the federal and state requirements are in list 17 on the CSDE's List of Acceptable Foods and Beverages webpage.</p> <p>Resources Allowable Milk Substitutes for Children without Disabilities in the USDA School Nutrition Programs (CSDE) Beverage Requirements (CSDE webpage) Determining if Nondairy Beverages Meet the USDA's Nutrition Standards for Fluid Milk Substitutes in School Nutrition Programs (CSDE) Guide to Meal Modifications in School Nutrition Program (CSDE) List of Acceptable Foods and Beverages (CSDE webpage) USDA Memo SP 07-2010, CACFP 04-2010, and SFSP 05-2010: Questions and Answers: Fluid Milk Substitutions</p>	
<p>M6: Beverage limit at snack</p>	<p>Only one of the two required snack components may be a creditable beverage. Milk cannot be served when juice is the only other snack component.</p>	<p>Same</p>

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Chart 3: Meats/Meat Alternates (MMA) Component

MMA Requirements	ASP Meal Pattern: Preschool (Ages 1-5)	ASP Meal Pattern: Grades K-12
<p>MMA1: Serving size</p>	<p>Effective with school year 2024-25 (beginning July 1, 2024), the USDA final rule, Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans, updates the quantities for MMA from ounces to oz eq in the Child and Adult Care Food program (CACFP) meal patterns for children, which also apply to the NSLP, SBP, and ASP preschool meal patterns. A 1- oz eq serving of the MMA component equals:</p> <ul style="list-style-type: none"> • 1 ounce of lean meat, poultry, or fish; • 1 ounce of cheese (low-fat recommended); • 2 ounces of cottage or ricotta cheese, cheese food/spread, or cheese substitute (low-fat recommended); • ¼ cup of cooked beans and peas (legumes), e.g., kidney beans, chick peas (garbanzo beans), lentils, and split peas (refer to “MMA3: Beans, peas, and lentils”); • ½ large egg; • 2 tablespoons of nut or seed butters, e.g., peanut butter, almond butter, cashew butter, and sunflower seed butter (refer to “MMA4: Nuts, seeds, and nut/seed butters”); • 1 ounce of nuts or seeds, e.g., almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, pine nuts, pistachios, soy nuts, and walnuts (refer to “MMA4: Nuts, seeds, and nut/seed butters”); • ¼ cup (2.2 ounces) of commercial tofu containing at least 5 grams of protein; • 1 ounce of tempeh (refer to “MMA6: Tempeh”); • 3 ounces of surimi (refer to “MMA6: Surimi”); 	<p>The ASP meal pattern for grades K-12 lists the MMA component in ounces. The required amount of a MMA to credit as 1 ounce is the same as 1 oz eq.</p> <p>Change for school year 2025-26: Effective July 1, 2025, the USDA final rule, Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans, aligns the ASP meal pattern for grades K-12 with the Child and Adult Care Food Program (CACFP) snack meal pattern. The serving size for MMA will change from ounces to oz eq.</p>

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MMA Requirements	ASP Meal Pattern: Preschool (Ages 1-5)	ASP Meal Pattern: Grades K-12
<p>MMA1: Serving size, <i>continued</i></p>	<ul style="list-style-type: none"> • ½ cup (volume) or 4 ounces (weight) of yogurt or soy yogurt containing no more than 3.83 grams of sugars per ounce (refer to “MMA8: Yogurt and soy yogurt”); and • 1 ounce of alternate protein product (APP) that meets the USDA’s APP requirements. <p>Resources Food Buying Guide Section 1: Overview of Crediting Requirements for the Meats/Meat Alternates Component (USDA) Food Buying Guide Section 1: Yield Table for Meats/Meat Alternates (USDA) Meats/Meat Alternates Component for Preschoolers (CSDE webpage) Recipe Analysis Workbook (USDA’s Food Buying Guide for Child Nutrition Programs)</p>	<p>Same</p>
<p>MMA2: Edible portion</p>	<p>The serving size of the MMA component refers to the edible portion of cooked lean meat, poultry, or fish, e.g., cooked lean meat without bone, breading, binders, extenders, or other ingredients. A serving of the MMA component is sometimes more than a measured ounce, depending on the food’s density and nutrition content. Commercial processed MMA products that contain added ingredients (such as combination foods, deli meats, hot dogs, and sausages) do not credit based on weight, i.e., 1 ounce does not equal 1 ounce of MMA; these foods require a CN label or PFS to document crediting information (refer to “Crediting Documentation” on page 3).</p>	<p>Same</p>

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MMA Requirements	ASP Meal Pattern: Preschool (Ages 1-5)	ASP Meal Pattern: Grades K-12
<p>MMA3: Beans, peas, and lentils</p>	<p>Terminology: Effective with school year 2024-25 (beginning July 1, 2024), the USDA final rule, Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans, changes the name of the previous “legumes (beans and peas)” vegetable subgroup to the “beans, peas, and lentils” vegetable subgroup.</p> <p>Beans, peas, and lentils may credit as either MMA or vegetables but one serving cannot credit as both components in the same ASP snack.</p> <p>A ¼-cup serving of cooked beans, peas, and lentils credits as 1 oz eq of MMA or ¼ cup of the vegetables component (beans, peas, and lentils subgroup).</p>	<p>Same</p>
<p>MMA4: Nuts, seeds, and nut/seed butters</p>	<p>A 1-ounce serving of nuts/seeds credits as 1 ounce of the MMA component. Nut/seed butters (such as peanut butter, almond butter, and sunflower seed butter) credit based on volume not weight. If measuring by weight, the FBG indicates that 1.1 ounces of nut/seed butter is required to credit as 1 oz eq of MMA.</p> <p>Resources USDA Memo SP 24-2019, CACFP 11-2019, and SFSP 10-2019: Crediting Surimi Seafood in the Child Nutrition Programs</p>	<p>Same</p>
<p>MMA5: Surimi</p>	<p>A 3-ounce serving of surimi credits as 1 ounce of the MMA component. To credit surimi seafood differently, SFAs must obtain a CN label or manufacturer’s PFS that documents how the crediting is determined (refer to “Crediting Documentation” on page 3).</p> <p>Resources USDA Memo SP 25-2019, CACFP 12-2019 and SFSP 11-2019: Crediting Tempeh in the Child Nutrition Programs</p>	<p>Same</p>

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MMA Requirements	ASP Meal Pattern: Preschool (Ages 1-5)	ASP Meal Pattern: Grades K-12
<p>MMA6: Tempeh</p>	<p>A 1-ounce serving of tempeh credits as 1 ounce of the MMA 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 a tempeh product contains other ingredients, SFAs must obtain a CN label or manufacturer’s PFS that documents how the crediting is determined (refer to “Crediting Documentation” on page 3).</p> <p>Resources USDA Memo SP 25-2019, CACFP 12-2019 and SFSP 11-2019: Crediting Tempeh in the Child Nutrition Programs USDA Webinar: Additional Meat/Meat Alternates Options for CNPs: Crediting Tempeh and Surimi</p>	<p>Same</p>
<p>MMA7: Tofu and tofu products</p>	<p>Tofu and tofu products must contain 5 grams of protein in 2.2 ounces by weight (¼ cup) to credit as 1 ounce of the MMA component.</p> <p>Resources Crediting Tofu and Tofu Products in the School Nutrition Programs (CSDE) USDA Memo SP 02-2024, CACFP 02-2024, and SFSP 02-2024: Revised: Crediting Tofu and Soy Yogurt Products in the School Meal Programs, CACFP, and SFSP</p>	<p>Same</p>

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MMA Requirements	ASP Meal Pattern: Preschool (Ages 1-5)	ASP Meal Pattern: Grades K-12
<p>MMA8: Yogurt and soy yogurt</p>	<p>Sugar limit: No more than 23 grams of total sugars per 6 ounces, i.e., ≤3.83 grams per ounce.</p> <p>Change for school year 2025-26: Effective July 1, 2025, the USDA final rule, <i>Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans</i>, changes the product-based limit for yogurt from total sugars to added sugars, consistent with the NSLP and SBP product-based added sugars limit. Yogurt cannot exceed 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce).</p> <p>Resources Calculating Sugar Limits for Yogurt in the CACFP (USDA) Choose Yogurts that are Lower in Added Sugars (USDA) Crediting Yogurt in the Preschool Meal Patterns for the School Nutrition Programs (CSDE)</p>	<p>Sugar limit: None</p> <p>Change for school year 2025-26: Effective July 1, 2025, the USDA final rule, <i>Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans</i>, establishes a sugar limit for yogurt. Yogurt cannot exceed 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce).</p> <p>Serving the same yogurt/soy yogurt to preschoolers and grades K-12: The same yogurt or soy yogurt served to preschoolers must meet the preschool sugar limit. The only exception to this requirement is for co-mingled meal service (refer to “Serving the Same Foods to Preschoolers and Grades K-12” on page 1).</p> <p>Resources Calculating Sugar Limits for Yogurt in the CACFP (USDA) Choose Yogurts that are Lower in Added Sugars (USDA) Crediting Yogurt in the Meal Patterns for Grades K-12 in the School Nutrition Programs (CSDE)</p>

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Chart 4: Vegetables Component and Fruits Component

Vegetables and Fruits Requirements	ASP Meal Pattern: Preschool (Ages 1-5)	ASP Meal Pattern: Grades K-12
<p>VF1: Components</p>	<p>Vegetables and fruits are two separate components.</p> <p>Resources USDA Memo CACFP 09-2017: Vegetable and Fruit Requirements in the Child and Adult Care Food Program; Questions and Answers Fruits Component for Preschoolers (CSDE webpage) Vegetables Component for Preschoolers (CSDE webpage)</p>	<p>Vegetables and fruits are one component.</p> <p>Change for school year 2025-26: Effective July 1, 2025, the USDA final rule, Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans, aligns the ASP meal pattern for grades K-12 with the Child and Adult Care Food Program (CACFP) snack meal pattern for children. The vegetables/fruits component will change from one component to two separate components (fruits component and vegetable component).</p>

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

Vegetables and Fruits Requirements	ASP Meal Pattern: Preschool (Ages 1-5)	ASP Meal Pattern: Grades K-12
<p>VF2: Crediting amounts</p>	<p>All vegetables and fruits credit based on the served volume (cups), except for dried fruits and raw leafy greens.</p> <ul style="list-style-type: none"> • Dried fruits: Credit as twice the amount served, e.g., ¼ cup of dried fruit credits as ½ cup of the fruits component. Examples of dried fruits include raisins, apricots, dried cherries, dried cranberries, dried blueberries, mixed dried fruit, and dried coconut. • Raw leafy greens: Credit as half the amount served, e.g., 1 cup of raw leafy greens credits as ½ cup of the vegetables component. Examples of raw leafy greens include kale, greens (e.g., beet, collard, mustard, and turnip), spinach, arugula, and lettuce such as iceberg, romaine, Boston, Bibb, red leaf, and spring mix. <p>Resources</p> <p>Food Buying Guide Section 2: Overview of Crediting Requirements for the Vegetables Component (USDA)</p> <p>Food Buying Guide Section 2: Yield Table for Vegetables (USDA)</p> <p>Food Buying Guide Section 3: Overview of Crediting Requirements for the Fruits Component (USDA)</p> <p>Food Buying Guide Section 3: Yield Table for Fruits (USDA)</p> <p>Fruits Component for Preschoolers (CSDE webpage)</p> <p>Product Formulation Statement for Documenting Vegetables and Fruits in the Child and Adult Care Food Program, Summer Food Service Program, and NSLP Afterschool Snacks (USDA)</p> <p>Recipe Analysis Workbook (USDA’s Food Buying Guide for Child Nutrition Programs)</p> <p>Vegetables Component for Preschoolers (CSDE webpage)</p>	<p>All vegetables and fruits credit based on the served volume (cups), including dried fruits and raw leafy greens, e.g., ½ cup of fruits or vegetables credit as ½ cup of the vegetables/fruits component.</p> <p>Resources</p> <p>Food Buying Guide Section 2: Overview of Crediting Requirements for the Vegetables Component (USDA)</p> <p>Food Buying Guide Section 2: Yield Table for Vegetables (USDA)</p> <p>Food Buying Guide Section 3: Overview of Crediting Requirements for the Fruits Component (USDA)</p> <p>Food Buying Guide Section 3: Yield Table for Fruits (USDA)</p> <p>Recipe Analysis Workbook (USDA’s Food Buying Guide for Child Nutrition Programs)</p> <p>Vegetables/Fruits Component for Grades K-12 in the ASP (CSDE webpage)</p>

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

Vegetables and Fruits Requirements	ASP Meal Pattern: Preschool (Ages 1-5)	ASP Meal Pattern: Grades K-12
<p>VF3: Coconut</p>	<p>Fresh and frozen coconut: Credit as the fruits component based on the served volume. For example, 1/8 cup of fresh or frozen coconut credits as 1/8 cup of the fruits component. The minimum serving is 1/8 cup.</p> <p>Dried coconut: Credits the same as other dried fruits. Dried fruits credit as twice the volume served (refer to “VF2: Crediting vegetables and fruits”).</p> <p>Coconut water: Juices labeled as 100 percent juice, including coconut water, credit toward the fruits component based on the served volume. SFAs must count coconut water with all other juices toward the daily juice limit (refer to “VF4: Full-strength (100%) juice”).</p> <p>Crediting considerations: Menu planners should consider coconut’s high caloric and saturated fat content, which may limit its frequency in school menus.</p> <p>Noncreditable coconut products: Coconut flour, coconut oil, and coconut milk.</p> <p>Resources 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:</p>	<p>Fresh and frozen coconut: Credit as the fruits component based on the served volume. For example, 1/8 cup of fresh or frozen coconut credits as 1/8 cup of the vegetables/fruits component. The minimum serving is 1/8 cup.</p> <p>Dried coconut: Credits based on the served volume served (refer to “VF2: Crediting vegetables and fruits”).</p> <p>Coconut water: Juices labeled as 100 percent juice, including coconut water, credit toward the vegetables/fruits component based on the served volume.</p> <p>Crediting considerations: Same</p> <p>Noncreditable coconut products: Same</p> <p>Resources 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:</p>

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

Vegetables and Fruits Requirements	ASP Meal Pattern: Preschool (Ages 1-5)	ASP Meal Pattern: Grades K-12
<p>VF4: Full-strength (100%) juice</p>	<p>Juice limit: Juice may count toward the entire fruits component or vegetables component at only one preschool meal or ASP snack per day. The juice limit includes fruit and vegetable juice, frozen pops made from 100 percent juice, and pureed fruits and vegetables in smoothies. The juice from canned fruit counts toward the juice limit if the menu planner credits the juice toward the fruits component.</p> <p>Juice from canned fruit: The juice from canned fruit counts toward the juice limit if the menu planner credits the juice toward the fruits component. Juice from canned fruit does not count toward the weekly juice limit when it is planned an extra food. For example, the juice from canned fruit does not count toward the juice limit if food service personnel portion ½ cup of canned fruit in a 5½-ounce container and add the juice <i>after</i> measuring the full ½-cup serving of fruit. Drained canned fruit and canned fruit in light syrup or water do not count toward the juice limit.</p> <p>Beverage limit at snack: Only one of the two required snack components may be a creditable beverage. Juice cannot be served when milk is the only other snack component.</p> <p>Best practice: The USDA’s CACFP best practices recommend serving a variety of fruits and choosing whole fruits (fresh, canned, dried, or frozen) more often than juice.</p>	<p>Juice limit: None. Juice may credit toward the entire vegetables/fruits component. Juice includes all 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 nutritious snacks, limit juice and serve more fruits and vegetables.</p> <p>Change for school year 2025-26: Effective July 1, 2025, the USDA final rule, Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans, applies the NSLP weekly juice requirement to ASP snacks. Juice cannot exceed half of the fruits and vegetables offered during the week.</p> <p>Juice from canned fruit: The juice from canned fruit counts toward the fruits component. Drained canned fruit and canned fruit in water or light syrup do not count toward the juice limit.</p> <p>Beverage limit at snack: Only one of the two snack components may be a creditable beverage. Juice cannot be served when milk is the only other snack component.</p> <p>Resources Crediting Juice for Grades K-12 in the School Nutrition Programs (CSDE) Crediting Smoothies for Grades K-12 in the School Nutrition Programs (CSDE) USDA Memo SP 40-2019, CACFP 17-2019, and SFSP 17-2019: Crediting of Smoothies in Child Nutrition Programs</p>

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

Vegetables and Fruits Requirements	ASP Meal Pattern: Preschool (Ages 1-5)	ASP Meal Pattern: Grades K-12
<p>VF4: Full-strength (100%) juice, <i>continued</i></p>	<p>Resources</p> <p>Crediting Juice in the Preschool Meal Patterns for the School Nutrition Programs (CSDE)</p> <p>Crediting Smoothies in the Preschool Meal Patterns for the School Nutrition Programs (CSDE)</p> <p>USDA Memo CACFP 15-2016: Optional Best Practices to Further Improve Nutrition in the CACFP</p> <p>USDA Memo SP 40-2019, CACFP 17-2019, and SFSP 17-2019: Crediting of Smoothies in Child Nutrition Programs</p>	<p>Same</p>
<p>VF5: Beans, peas, and lentils</p>	<p>Terminology: Effective with school year 2024-25 (beginning July 1, 2024), the USDA final rule, Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans, changes “legumes (beans and peas)” in the NSLP and SBP regulations to “beans, peas, and lentils” for consistency with the 2020-2025 Dietary Guidelines for Americans.</p>	<p>Same</p>

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

Chart 5: Grains Component

Grains Requirements	ASP Meal Pattern: Preschool (Ages 1-5)	ASP Meal Pattern: Grades K-12
<p>G1: Meal component name</p>	<p>Grains</p> <p>Resources Grains Component for Preschoolers (CSDE webpage) Final Rule (81 FR 24347): Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010 Final Rule Correction (81 FR 75671): CACFP Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010</p>	<p>Grains/Breads: The ASP meal pattern for grades K-12 refers to the grains/breads component instead of the grains component because the USDA’s final rule (77 FR 4087), Nutrition Standards for the National School Lunch and School Breakfast Programs, does not apply to the ASP meal pattern for grades K-12.</p> <p>Change for school year 2025-26: Effective July 1, 2025, the USDA final rule, Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans, aligns the grains component of the ASP meal pattern for grades K-12 with the CACFP snack meal pattern requirements (including the grains component name and the required oz eq quantities) except that the NSLP and SBP weekly whole grain-rich requirement applies, i.e., at least 80 percent of the weekly grains offered at snack must be whole grain-rich, based on oz eq of offered grains.</p> <p>Resources Grains/Breads Component for Grades K-12 in the ASP (CSDE webpage)</p>

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

Grains Requirements	ASP Meal Pattern: Preschool (Ages 1-5)	ASP Meal Pattern: Grades K-12
G2: Creditable grains	<p>Creditable grains: Whole grains, enriched grains, bran (such as oat bran, wheat bran, corn bran, rice bran, and rye bran) and germ (such as wheat germ). Bran and germ credit the same as enriched grains.</p> <p>Corn: Commercial corn products such as tortilla chips, taco shells, and tamales credit as whole grains if the product is labeled “whole grain,” or the corn ingredient is nixtamalized (treated with lime). Nixtamalization is the process of soaking and cooked dried corn in an alkaline (slaked lime) solution. This process results in a product with similar nutrition to whole-grain corn.</p> <p>Hominy, corn masa, and masa harina: Ingredients labeled as hominy, corn masa, or masa harina are nixtamalized, and therefore credit as whole grains. However, cornmeal and corn flour do not credit unless they are whole grain, enriched, or nixtamalized. If the product’s ingredients statement does not provide sufficient information, SFAs must obtain a PFS from the manufacturer to document that cornmeal and corn flour ingredients meet one of these requirements (refer to “Crediting Documentation” on page 3).</p> <p>Resources Crediting Enriched Grains in the School Nutrition Programs (CSDE) Crediting Whole Grains in the School Nutrition Programs (CSDE) Grains Component for Preschoolers (CSDE webpage) How to Identify Creditable Grains for the Preschool Meal Patterns of the School Nutrition Programs (CSDE) USDA Memo CACFP 09-2018: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers 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</p>	<p>Creditable grains: Same</p> <p>Corn: Same</p> <p>Hominy, corn masa, and masa harina: Same</p> <p>Resources Crediting Enriched Grains in the School Nutrition Programs (CSDE) Crediting Whole Grains in the School Nutrition Programs (CSDE) Grains/Breads Component for Grades K-12 in the ASP (CSDE webpage) 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</p>

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

Grains Requirements	ASP Meal Pattern: Preschool (Ages 1-5)	ASP Meal Pattern: Grades K-12
<p>G3: Required amounts</p>	<p>The required quantities for the grains component are in oz eq. Oz eq are a unit of measure that indicates the contribution of a given serving size toward the grains component of the NSLP and SBP meal patterns. A food must contain 16 grams of credible grains to credit as 1 ounce equivalent (oz eq) of the grains component. The amount of grain foods that provide 1 oz eq varies because different types of foods contain different amounts of creditable grains. If grains are offered as one of the two meal components at snack, the required preschool amount is ½ oz eq.</p> <p>Resources Exhibit A: Grain Requirements for Child Nutrition Programs (USDA) Grain Ounce Equivalents for the Preschool Meal Patterns of the School Nutrition Programs (CSDE) How to Use the Grain Ounce Equivalents Chart for the National School Lunch Program and School Breakfast Program (CSDE)</p>	<p>The required quantities for the grains/breads component are in servings. A food must contain 14.75 grams of credible grains to credit as 1 grains/breads serving. The amount of grain foods that provide 1 grains/breads serving varies because different types of foods contain different amounts of creditable grains.</p> <p>One grains/breads serving is slightly less than 1 oz eq. SFAs may choose to use grain oz eq to simplify menu planning and provide consistency across the school nutrition programs.</p> <p>Change for school year 2025-26: Effective July 1, 2025, the USDA final rule, <i>Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans</i>, aligns the grains component of the ASP meal pattern for grades K-12 with the CACFP snack meal pattern requirements (including the grains component name and the required oz eq quantities) except that the NSLP and SBP weekly whole grain-rich requirement applies, i.e., at least 80 percent of the weekly grains offered at snack must be whole grain-rich, based on oz eq of offered grains.</p> <p>Resources Exhibit A: Grain Requirements for Child Nutrition Programs (USDA) How to Use the Grains/Breads Servings Chart for Grades K-12 in the Afterschool Snack Program (CSDE) Servings for Grains/Breads in the Afterschool Snack Program Meal Pattern for Grades K-12 (CSDE)</p>

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

Grains Requirements	ASP Meal Pattern: Preschool (Ages 1-5)	ASP Meal Pattern: Grades K-12
<p>G4: Methods to determine required amounts</p>	<p>Oz eq: The USDA allows two methods for determining the oz eq of creditable grain products and recipes. Method 1 is used for commercial grain products and may also be used for standardized recipes that indicate the weight of the prepared (cooked) serving. Method 2 is used for standardized recipes and may also be used for commercial grain products that have a PFS stating the weight of creditable grains per serving (refer to “Crediting Documentation” on page 3). SFAs may use either method but must document how the crediting information was obtained. For detailed guidance on both methods, refer to the CSDE’s Calculation Methods for Grain Ounce Equivalents for the Preschool Meal Patterns of the School Nutrition Programs and module 13 of the CSDE’s training program, What’s in a Meal: National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12.</p> <p>Resources Calculation Methods for Grain Ounce Equivalents for the Preschool Meal Patterns of the School Nutrition Programs (CSDE) Recipe Analysis Workbook (USDA’s Food Buying Guide for Child Nutrition Programs)</p>	<p>Grains/breads servings: The USDA allows two methods for determining the grains/breads servings of creditable products and recipes. Method 1 is used for commercial grain products and may also be used for standardized recipes that indicate the weight of the prepared (cooked) serving. Method 2 is used for standardized recipes and may also be used for commercial grain products that have a PFS stating the weight of creditable grains per serving (refer to “Crediting Documentation” on page 3). SFAs may use either method but must document how the crediting information was obtained. For detailed guidance on both methods, refer to the CSDE’s Calculation Methods for Grains/Breads Servings for the Afterschool Snack Program Meal Pattern for Grades K-12.</p> <p>Option to use oz eq: SFAs may choose to use the oz eq in Grain Ounce Equivalents for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12, instead of grains/breads servings. This provides consistency with NSLP and SBP meals and more nutritious choices for children.</p> <p>Resources Calculation Methods for Grains/Breads Servings for the Afterschool Snack Program Meal Pattern for Grades K-12 (CSDE) Recipe Analysis Workbook (USDA’s Food Buying Guide for Child Nutrition Programs)</p>

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

Grains Requirements	ASP Meal Pattern: Preschool (Ages 1-5)	ASP Meal Pattern: Grades K-12
<p>G5: Method 1 Exhibit A chart</p>	<p>Method 1 uses the amount for the appropriate grain group in the USDA’s chart, Exhibit A: Grain Requirements for Child Nutrition Programs. Exhibit A provides minimum weights (groups A-G) and volumes (groups H-I) for nine groups of grain foods, based on the average grain content of similar products. The CSDE’s Grain Ounce Equivalents for the Preschool Meal Patterns of the School Nutrition Programs lists the Exhibit A oz eq that apply to the preschool meal patterns. Groups F and G (grain-based desserts) are not included because grain-based desserts do not credit as the grains component in the preschool meal patterns.</p> <p>Resources</p> <p>Child Care Worksheet 1: Crediting Commercial Grains in the Child and Adult Care Food Program (CSDE)</p> <p>Child Care Worksheet 2: Crediting Ready-to-eat (RTE) Breakfast Cereals in the Child and Adult Care Food Program (CSDE)</p> <p>Child Care Worksheet 3: Crediting Cooked Breakfast Cereals in the Child and Adult Care Food Program (CSDE)</p> <p>Child Care Worksheet 4: Crediting Family-size Recipes for Grains in the Child and Adult Care Food Program (CSDE)</p> <p>Child Care Worksheet 5: Crediting Quantity Recipes for Grains in the Child and Adult Care Food Program (CSDE)</p> <p>Grain Ounce Equivalents for the Preschool Meal Patterns of the School Nutrition Programs (CSDE)</p> <p>How to Use the Grain Ounce Equivalents Chart for the National School Lunch Program and School Breakfast Program (CSDE)</p> <p>Webinar: Exhibit A Grains Tool to the Rescue (USDA)</p> <p>Webinar: How to Maximize the Exhibit A Grains Tool (USDA)</p>	<p>Method 1 uses the amount for the appropriate grain group in the USDA’s chart, Exhibit A: Grain Requirements for Child Nutrition Programs. Exhibit A provides minimum weights (groups A-G) and volumes (groups H-I) for nine groups of grain foods, based on the average grain content of similar products. The CSDE’s Servings for Grains/Breads in the Afterschool Snack Program Meal Pattern for Grades K-12 lists the Exhibit A servings that apply to the ASP meal pattern for grades K-12.</p> <p>Resources</p> <p>How to Use the Grains/Breads Servings Chart for the Afterschool Snack Program Meal Pattern for Grades K-12 (CSDE)</p> <p>Servings for Grains/Breads in the Afterschool Snack Program Meal Pattern for Grades K-12 (CSDE)</p> <p>Webinar: Exhibit A Grains Tool to the Rescue (USDA)</p> <p>Webinar: How to Maximize the Exhibit A Grains Tool (USDA)</p>

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

Grains Requirements	ASP Meal Pattern: Preschool (Ages 1-5)	ASP Meal Pattern: Grades K-12
<p>G6: Method 2 Creditable grains</p>	<p>Method 2 calculates the total weight (grams) of creditable grains (whole and enriched) per manufacturer’s serving or recipe serving.</p> <ul style="list-style-type: none"> • To credit as ½ oz eq of an enriched grain, foods in groups A-E must contain 8 grams of creditable grains; and foods in group H must contain 14 grams of creditable grains. • To credit as ½ oz eq of a WGR food, foods in groups A-E must contain 8 grams of creditable grains (including at least 4 grams of whole grains); and foods in group H must contain 14 grams of creditable grains (including at least 7 grams of whole grains). Required documentation for method 2 is a PFS for commercial products that states the weight of creditable grains per serving or a standardized recipe for foods prepared from scratch that lists the weight of creditable grains (refer to “Crediting Documentation” on page 3). <p>When method 2 is required: There are specific situations when SFAs must use method 2 (instead of the USDA’s Exhibit A chart) to determine the oz eq for commercial grain products (refer to the CSDE’s When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs).</p> <p>Resources Calculation Methods for Grain Ounce Equivalents for the Preschool Meal Patterns of the School Nutrition Programs (CSDE) Product Formulation Statement for Documenting Grains in Child Nutrition Programs (USDA) Product Formulation Statement for Documenting Grains in Child Nutrition Programs: Completed Sample (USDA) When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs (CSDE)</p>	<p>Method 2 calculates the total weight (grams) of creditable grains (whole and enriched) per manufacturer’s serving or recipe serving. To credit as one grains/breads serving, foods in groups A-G must contain 14.75 grams of creditable grains. Foods in group H must contain 25 grams of creditable grains. Required documentation for method 2 is a PFS for commercial products (stating the weight of creditable grains per serving) and a standardized recipe for foods prepared from scratch that lists the weight of creditable grains (refer to “Crediting Documentation” on page 3).</p> <p>When method 2 is required: Same</p> <p>Resources Calculation Methods for Grains/Breads Servings for the Afterschool Snack Program Meal Pattern for Grades K-12 (CSDE) 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) 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) When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs (CSDE)</p>

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

Grains Requirements	ASP Meal Pattern: Preschool (Ages 1-5)	ASP Meal Pattern: Grades K-12
G7: WGR requirement	<p>Frequency: At least one serving per day must be WGR, between all meals and ASP snacks served to preschoolers. The USDA’s CACFP best practices recommend at least two servings of WGR grains per day.</p> <p>Documentation: SFAs must maintain documentation to indicate that 1) preschool menus contain at least one WWGR serving per day; and 2) all grain foods counted toward the daily WGR requirement meet the preschool WGR criteria. Documentation of the WGR criteria includes a PFS for commercial foods and a standardized recipe for foods made from scratch (refer to “Crediting Documentation” on page 3).</p> <p>Best practice: Serve only WGR grains and serve 100 percent whole grains most often.</p> <p>Resources Adding Whole Grains to Your CACFP Menu (USDA) Crediting Commercial Processed Products in Preschool Menus (CSDE webpage) Crediting Enriched Grains in the School Nutrition Programs (CSDE) Crediting Foods Made from Scratch in Preschool Menus (CSDE webpage) Crediting Whole Grains in the School Nutrition Programs (CSDE) Guide to Meeting the Whole Grain-rich Requirement for the CACFP (CSDE) Whole Grain-rich Requirement for Preschoolers (CSDE webpage) USDA Memo CACFP 09-2018: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers USDA Memo CACFP 15-2016: Optional Best Practices to Further Improve Nutrition in the CACFP</p>	<p>Frequency: None</p> <p>Documentation: Not applicable</p> <p>Best practice: Same</p> <p>Change for school year 2025-26: Effective July 1, 2025, the USDA final rule, Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans, applies the NSLP weekly WGR requirement to ASP snacks: at least 80 percent of the grains offered weekly in NSLP snacks must be whole grain-rich, based on the offered oz eq of grains.</p>

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

Grains Requirements	ASP Meal Pattern: Preschool (Ages 1-5)	ASP Meal Pattern: Grades K-12
G8: WGR criteria	<p>Commercial grain products in groups A-G (e.g., breads, muffins, pancakes, and crackers) and group H (e.g., rice, pasta, quinoa, and cooked breakfast cereals): Commercial products must meet the “Rule of Three,” which applies only to the preschool meal pattern: The first ingredient must be a whole grain (or water is the first ingredient and a whole grain is the next ingredient), and the next two grain ingredients (if any) are whole, enriched, bran, or germ. The preschool WGR criteria do not require a specific limit for noncreditable grains.</p> <p>RTE breakfast cereals (group I): refer to “G13: WGR criteria for breakfast cereals.”</p> <p>Foods made from scratch: The weight of whole grains in the SFA’s standardized recipe must be equal to or more than the combined weight of the other creditable grains (enriched grains., bran, and germ).</p> <p>Serving the same WGR foods to preschoolers and grades K-12: Grain foods that meet the WGR criteria for grades K-12 will meet the preschool WGR criteria. However, grain foods that meet the preschool WGR criteria may or may not meet the WGR criteria for grades K-12. The same grain foods served to preschoolers and grades K-5 must meet the WGR criteria for grades K-12, and the same breakfast cereals must meet the preschool sugar limit (refer to “G12: Crediting criteria for breakfast cereals”).</p> <p>Resources Crediting Whole Grains in the School Nutrition Programs (CSDE) Guide to Meeting the Whole Grain-rich Requirement for the CACFP (CSDE) How to Spot Whole Grain-Rich Foods for the CACFP (USDA) Identifying Whole Grain-rich Foods for the CACFP (USDA) USDA Memo CACFP 09-2018: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers Whole Grain-rich Requirement for Preschoolers (CSDE webpage)</p>	<p>None: no WGR requirement</p> <p>Change for school year 2025-26: Effective July 1, 2025, the USDA final rule, Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans, applies the NSLP WGR criteria to ASP snacks. SFAs must use the NSLP WGR criteria to identify WGR foods for ASP menus.</p>

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

Grains Requirements	ASP Meal Pattern: Preschool (Ages 1-5)	ASP Meal Pattern: Grades K-12
<p>G9: Enriched grain products, e.g., enriched white bread, enriched crackers, enriched white rice, enriched cream of wheat cereal, and enriched corn grits</p>	<p>Enriched grain products credit as the grains component but at least one grain menu item per day must be WGR (refer to "G7: WGR Requirement").</p> <p>Resources Crediting Enriched Grains in the School Nutrition Programs (CSDE) USDA Memo CACFP 09-2018: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers</p>	<p>Enriched grain products credit as the grains component.</p> <p>Resources Crediting Enriched Grains in the School Nutrition Programs (CSDE)</p>
<p>G10: Grain-based desserts</p>	<p>Restrictions: Grain-based desserts do not credit in preschool meals and ASP snacks.</p> <p>Resources Grain-based Desserts in the CACFP (USDA) Grain Ounce Equivalents for the Preschool Meal Patterns of the School Nutrition Programs (CSDE) USDA Memo CACFP 16-2017: Grain-based Desserts in the Child and Adult Care Food Program</p>	<p>Restrictions: None. The CSDE recommends limiting all grain-based desserts to no more than twice per week and serving whole grains instead. Grain-based desserts often contain more solid fats and added sugars than traditional grains.</p> <p>Resources Crediting Grain-based Desserts in the Meal Patterns for Grades K-12 in the School Nutrition Programs (CSDE) Servings for Grains/Breads in the Afterschool Snack Program Meal Pattern for Grades K-12 (CSDE)</p>

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

Grains Requirements	ASP Meal Pattern: Preschool (Ages 1-5)	ASP Meal Pattern: Grades K-12
<p>G11: Identifying grain-based desserts</p>	<p>Examples of grain-based desserts: 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.</p> <p>Examples of foods that are not grain-based desserts: Grain-based desserts do not include muffins, quick breads, e.g., banana bread and zucchini bread (except for cinnamon streusel), cornbread, pancakes, waffles, French toast, savory scones (such as cheese and herb), and piecrusts in entrees such as quiche, meat pies, and chicken potpie.</p> <p>Sweet crackers (graham crackers and animal crackers): Graham crackers and animal crackers are not grain-based desserts. These foods are allowed in the preschool meal patterns. However, the USDA encourages SFAs to limit sweet crackers in preschool menus because of their higher sugar content. The CSDE recommends not serving sweet crackers more than twice per week, between all meals and ASP snacks served to preschoolers.</p> <p>Resources Grain-based Desserts in the CACFP (USDA)</p>	<p>Examples of grain-based desserts: Same. The CSDE's Servings for Grains/Breads in the Afterschool Snack Program Meal Pattern for Grades K-12 identifies grain-based desserts.</p> <p>Examples of foods that are not grain-based desserts: Same</p> <p>Sweet crackers (graham crackers and animal crackers): These foods are grain-based desserts. The CSDE recommends limiting all grain-based desserts to no more than twice per week and serving whole grains instead.</p> <p>Resources Servings for Grains/Breads in the Afterschool Snack Program Meal Pattern for Grades K-12 (CSDE)</p>

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

Grains Requirements	ASP Meal Pattern: Preschool (Ages 1-5)	ASP Meal Pattern: Grades K-12
<p>G12: Crediting criteria for breakfast cereals (RTE and cooked)</p>	<p>Allowable types: Ready-to-eat (RTE) cereals (group I) and cooked cereals (group H) such as oatmeal (including regular and instant) and cream of wheat.</p> <p>Crediting criteria: 1) The first ingredient must be a creditable grain, or the cereal must be fortified; and 2) the cereal cannot exceed the sugar limit (refer to “G15: Sugar Limit for Breakfast Cereals”). The serving must provide the required volume or weight (refer to “G14: Serving Size for Breakfast Cereals”).</p> <p>Change for school year 2025-26: Effective July 1, 2025, the USDA final rule, <i>Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans</i>, changes the product-based limit for breakfast cereals from total sugars to added sugars, consistent with the NSLP and SBP product-based added sugars limit. Breakfast cereals cannot exceed 6 grams of added sugars per dry ounce.</p> <p>Resources Child Care Worksheet 2: Crediting Ready-to-eat (RTE) Breakfast Cereals in the Child and Adult Care Food Program (CSDE) Child Care Worksheet 3: Crediting Cooked Breakfast Cereals in the Child and Adult Care Food Program (CSDE) Crediting Breakfast Cereals in the Preschool Meal Patterns for the School Nutrition Programs (CSDE) Crediting Enriched Grains in the School Nutrition Programs (CSDE) Crediting Whole Grains in the School Nutrition Programs (CSDE) How to Identify Creditable Grains for the Preschool Meal Patterns of the School Nutrition Programs (CSDE) USDA Memo CACFP 09-2018: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers</p>	<p>Allowable types: Same.</p> <p>Crediting criteria: The first ingredient must be a creditable grain or the cereal must be fortified. The serving must provide the required volume or weight (refer to “G14: Serving Size for Breakfast Cereals”).</p> <p>Change for school year 2025-26: Effective July 1, 2025, the USDA final rule, <i>Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans</i>, establishes a sugar limit for breakfast cereals of no more than 6 grams of added sugars per dry ounce.</p> <p>Resources Crediting Breakfast Cereals for Grades K-12 in the School Nutrition Programs (CSDE) Crediting Enriched Grains in the School Nutrition Programs (CSDE) Crediting Whole Grains in the School Nutrition Programs (CSDE)</p>

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

Grains Requirements	ASP Meal Pattern: Preschool (Ages 1-5)	ASP Meal Pattern: Grades K-12
<p>G13: WGR criteria for breakfast cereals</p>	<p>RTE breakfast cereals (group I): Must meet two criteria: 1) The first ingredient must be a whole grain and the cereal must be fortified, or the cereal must be 100 percent whole grain; and 2) the cereal cannot exceed the sugar limit (refer to “G15: Sugar Limit for Breakfast Cereals”). Fortification is not required for RTE breakfast cereals that are 100 percent whole grain.</p> <p>Cooked breakfast cereals (group H): Must meet three criteria: 1) The first ingredient must be a whole grain (or water is the first ingredient and a whole grain is the next ingredient); 2) the next two grain ingredients (if any) must be whole grain, enriched, bran, or germ; and 3) the cereal cannot exceed the sugar limit (refer to “G15: Sugar Limit for Breakfast Cereals”).</p> <p>Serving the same WGR cooked breakfast cereals to preschoolers and grades K-12: Cooked breakfast cereals that meet the preschool WGR criteria may or may not meet the WGR criteria for grades K-12. The same breakfast cereals served to preschoolers and grades K-5 must meet the WGR criteria for grades K-12 and the preschool sugar limit (refer to “Serving the Same Foods to Preschoolers and Grades K-12” on page 1).</p> <p>Resources Crediting Breakfast Cereals in the Preschool Meal Patterns for the School Nutrition Programs (CSDE) Guide to Meeting the Whole Grain-rich Requirement for the CACFP (CSDE) USDA Memo CACFP 09-2018: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers</p> <p>Change for school year 2025-26: Effective July 1, 2025, the USDA final rule, Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans, changes the product-based limit for breakfast cereals from total sugars to added sugars, consistent with the NSLP and SBP product-based added sugars limit. Breakfast cereals cannot exceed 6 grams of added sugars per dry ounce.</p>	<p>None: no WGR requirement</p> <p>Change for school year 2025-26: Effective July 1, 2025, the USDA final rule, Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans, applies the NSLP weekly WGR requirement to ASP snacks (at least 80 percent of the grains offered weekly in NSLP snacks must be whole grain-rich, based on the offered oz eq of grains) and the same WGR criteria. The final rule also establishes a sugar limit for breakfast cereals of no more than 6 grams of added sugars per dry ounce.</p>

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

Grains Requirements	ASP Meal Pattern: Preschool (Ages 1-5)	ASP Meal Pattern: Grades K-12
<p>G14: Serving size for breakfast cereals</p>	<p>Amount for cooked breakfast cereals (group H): ½ oz eq = ¼ cup cooked or 14 grams dry.</p> <p>Amount for RTE breakfast cereals (group I): ½ oz eq = ½ cup of flaked or round cereal, ¾ cup of puffed cereal, and ⅛ cup of granola.</p> <p>Resources Crediting Breakfast Cereals in the Preschool Meal Patterns for the School Nutrition Programs (CSDE) Grain Ounce Equivalents for the Preschool Meal Patterns of the School Nutrition Programs (CSDE)</p>	<p>Amount for cooked breakfast cereals (group H): 1 serving = ½ cup cooked or 25 grams dry.</p> <p>Amount for RTE breakfast cereals (group I): 1 serving = ¾ cup or 1 ounce, whichever or less.</p> <p>Resources ASP Meal Pattern for Grades K-12 (CSDE) Crediting Breakfast Cereals in the Meal Patterns for Grades K-12 in the School Nutrition Programs (CSDE) Servings for Grains/Breads in the Afterschool Snack Program Meal Pattern for Grades K-12 (CSDE)</p>

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

Grains Requirements	ASP Meal Pattern: Preschool (Ages 1-5)	ASP Meal Pattern: Grades K-12
<p>G15: Sugar limit for breakfast cereals</p>	<p>Limit: RTE and cooked breakfast cereals cannot exceed 6 grams of sugar per dry ounce, i.e., ≤ 21.2 grams of sucrose and other sugars per 100 grams of dry cereal.</p> <p>Change for school year 2025-26: Effective July 1, 2025, the USDA final rule, <i>Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans</i>, changes the product-based limit for breakfast cereals from total sugars to added sugars, consistent with the NSLP and SBP product-based added sugars limit. Breakfast cereals cannot exceed 6 grams of added sugars per dry ounce.</p> <p>Serving the same breakfast cereals to preschoolers and grades K-12: The same breakfast cereals served to preschoolers and grades K-12 cannot exceed the preschool sugar limit. The only exception to this requirement is for co-mingled meal service (refer to “Serving the Same Foods to Preschoolers and Grades K-12” on page 1).</p> <p>Resources Calculating Sugar Limits for Breakfast Cereals in the Child and Adult Care Food Program (USDA) Choose Breakfast Cereals that are Lower in Sugar (USDA) Crediting Breakfast Cereals in the Preschool Meal Patterns for the School Nutrition Programs (CSDE)</p> <p>USDA Memo CACFP 09-2018: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers</p>	<p>Limit: None</p> <p>Change for school year 2025-26: Effective July 1, 2025, the USDA final rule, <i>Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans</i>, establishes a sugar limit for breakfast cereals of no more than 6 grams of added sugars per dry ounce.</p> <p>Serving the same breakfast cereals to preschoolers and grades K-12: If SFAs serve the same breakfast cereals to preschoolers and grades K-12, these cereals must comply with the preschool limit for sugars. The only exception to this requirement is for co-mingled meal service (refer to “Serving the Same Foods to Preschoolers and Grades K-12” on page 1).</p> <p>Resources Crediting Breakfast Cereals for Grades K-12 in the School Nutrition Programs (CSDE)</p>

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

Chart 6: Noncreditable Foods

Noncreditable Foods Requirements	ASP Meal Pattern: Preschool (Ages 1-5)	ASP Meal Pattern: Grades K-12
<p>NF1: Noncreditable foods</p>	<p>Restrictions: Noncreditable foods do not count toward the ASP meal pattern. Examples include condiments, potato chips, pudding, ice cream, gelatin, cream cheese, bacon, and fruit roll-ups. Some noncreditable foods may be served in addition to the snack components to add variety, help improve acceptability, and satisfy appetites. Examples include maple syrup on pancakes, salad dressing on tossed greens, and condiments such as ketchup or mustard on sandwiches.</p> <p>Menu planning considerations: Snacks that include a noncreditable food must also include the minimum serving of at least two creditable snack components. For example, a snack of strawberry gelatin (noncreditable food), whole-grain crackers (grains/breads component), and low-fat unflavored milk (milk component) must provide the minimum required serving of milk and crackers.</p> <p>Resources Noncreditable Foods in the Preschool Meal Patterns for the School Nutrition Programs (CSDE)</p>	<p>Restrictions: Same</p> <p>Menu planning considerations: Same</p> <p>Resources Noncreditable Foods for the Afterschool Snack Program Meal Pattern for Grades K-12 (CSDE)</p>

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

Noncreditable Foods Requirements	ASP Meal Pattern: Preschool (Ages 1-5)	ASP Meal Pattern: Grades K-12
<p>NF2: Water</p>	<p>Requirement: Schools must make plain potable drinking water available to children at no charge where meals are served during the meal service, including the ASP. Water does not credit as a meal pattern component and cannot be offered in place of the required meal components. Snack menus cannot offer a choice between water and milk or juice.</p> <p>Resources USDA Memo SP 19-2018: Clarification on the Milk and Water Requirements in the School Meal Programs USDA Memo SP 49-2016 and CACFP 18-2016: Resources for Making Potable Water Available in Schools and Child Care Facilities What's in a Meal Module 14: Water Availability during Meal Service (CSDE)</p>	<p>Same</p>

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

Chart 7: Nutrition Standards

Nutrition Standards Requirements	ASP Meal Pattern: Preschool (Ages 1-5)	ASP Meal Pattern: Grades K-12
<p>NS1: Nutrition standards</p>	<p>Requirements: The preschool meal patterns require sugar limits for yogurt (refer to “MMA6: Yogurt and Soy Yogurt” and breakfast cereals (refer to “G12: Crediting Criteria for Breakfast Cereals”), and at least one serving of WGR grains per day (refer to “G7: WGR Requirement”).</p> <p>Best practices: The USDA’s CACFP best practices recommend additional optional best practices that reflect recommendations from the Dietary Guidelines for Americans and the National Academy of Medicine to help increase children’s consumption of vegetables, fruits, and whole grains; and reduce the consumption of added sugars and saturated fats.</p> <p>Resources Breakfast Meal Pattern for Preschoolers (CSDE) Lunch Meal Pattern for Preschoolers (CSDE) USDA Memo CACFP 15-2016: Optional Best Practices to Further Improve Nutrition in the Child and Adult Care Food Program Meal Pattern</p>	<p>Requirements: None</p> <p>Serving the same foods to preschoolers and grades K-12: If SFAs serve the same breakfast cereals and yogurt to preschoolers and grades K-12 in the ASP, these foods must comply with the preschool limit for sugars. The only exception to this requirement is for co-mingled meal service (refer to “Serving the Same Foods to Preschoolers and Grades K-12” on page 1).</p> <p>If SFAs serve the same grain foods to preschoolers and grades K-12 in the ASP, at least one serving of grains per day must comply with the WGR criteria for preschoolers.</p>

Chart 8: Offer versus Serve (OVS)

OVS Requirements	ASP Meal Pattern: Preschool (Ages 1-5)	ASP Meal Pattern: Grades K-12
<p>OVS1: Offer versus serve (OVS)</p>	<p>Not allowed in the ASP.</p>	<p>Not allowed in the ASP.</p>

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

Regulations and Policy

School Meals Legislation and Regulations:

<https://www.fns.usda.gov/school-meals/program-legislation-regulations>

USDA Final Rule: CACFP Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010 (81 FR 24347)

<https://www.federalregister.gov/documents/2016/04/25/2016-09412/child-and-adult-care-food-program-meal-pattern-revisions-related-to-the-healthy-hunger-free-kids-act>

USDA Final Rule Corrections: CACFP Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010 (81 FR 75671)

<https://www.federalregister.gov/documents/2016/11/01/2016-26339/child-and-adult-care-food-program-meal-pattern-revisions-related-to-the-healthy-hunger-free-kids-act>

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

<https://www.federalregister.gov/documents/2024/04/25/2024-08098/child-nutrition-programs-meal-patterns-consistent-with-the-2020-2025-dietary-guidelines-for>

USDA Memo CACFP 09-2017: Vegetable and Fruit Requirements in the Child and Adult Care Food Program; Questions and Answer:

<https://www.fns.usda.gov/cacfp/vegetable-and-fruit-requirements-cacfp-qas>

USDA Memo CACFP 09-2018: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers:

<https://www.fns.usda.gov/cacfp/grain-requirements-cacfp-questions-and-answers>

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 10-2012 (v9): Q&As on Final Rule “Nutrition Standards in the National School Lunch and School Breakfast Programs”:

<https://www.fns.usda.gov/qas-final-rule-nutrition-standards-national-school-lunch-and-school-breakfast-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>

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 NSLP Regulations (7 CFR 210):

<https://www.ecfr.gov/current/title-7/subtitle-B/chapter-II/subchapter-A/part-210>

Resources

Afterschool Snack Program (CSDE webpage):

<https://portal.ct.gov/sde/nutrition/afterschool-snack-program>

Afterschool Snack Program Handbook (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/asp/asp_handbook.pdf

Crediting Foods for Grades K-12 in School Nutrition Programs (CSDE webpage):

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

Crediting Foods in Preschool Menus (CSDE webpage):

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

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

Crediting Summary Charts for the Meal Patterns for Grades K-12 in the School Nutrition Programs (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/crediting_summary_charts_snp_grades_k-12.pdf.

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.

Laws and Regulations for Child Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/sde/nutrition/laws-and-regulations-for-child-nutrition-programs>

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

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

Menu Planning Guide for the Preschool Meal Patterns of the School Nutrition Programs (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/nslp/preschool/menu_planning_guide_preschool.pdf

Menu Planning Guide for Grades K-12 in the National School Lunch Program and School Breakfast Program (CSDE):

<https://portal.ct.gov/sde/nutrition/menu-planning-guide-for-school-meals>

Operational Memoranda for School Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/sde/lists/operational-memoranda-for-school-nutrition-programs>

Program Guidance for School Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/sde/nutrition/program-guidance-school-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/mealpattern/resources_school_meal_patterns_grades_k-12.pdf

Special Diets in School Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/sde/nutrition/special-diets-in-school-nutrition-programs>

Upcoming Meal Pattern Changes (CSDE's Meal Patterns for Grades K-12 in School Nutrition Programs webpage):

https://portal.ct.gov/sde/nutrition/meal-patterns-school-nutrition-programs#Upcoming_Meal_Pattern_Changes

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

For more information, refer to the CSDE's [Menu Planning Guide for the Preschool Meal Patterns of the School Nutrition Programs](#) and visit the CSDE's [Meal Patterns for Preschoolers in School Nutrition Programs](#) webpage or contact the [school nutrition programs staff](#) at the Connecticut State Department of Education, Bureau of Child Nutrition Programs, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841. This document is available at https://portal.ct.gov/-/media/sde/nutrition/asp/comparison_preschool_grades_k-12_asp.pdf.

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