

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

**School Year 2025-26 (July 1, 2025, through June 30, 2026)**

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

For information on the ASP meal patterns, visit the “[Meal Patterns and Crediting](#)” section of the CSDE’s ASP webpage. For information on the crediting requirements, visit the CSDE’s [Crediting Foods in School Nutrition Programs](#) webpage and [Crediting Documentation for the Child Nutrition Programs](#) webpage.



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## ASP Meal Patterns

The USDA regulations and the USDA final rule, [Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans](#), define different requirements for the ASP meal pattern for grades K-12 and the ASP preschool meal pattern.

- **Grades K-12:** The ASP meal pattern for grades K-12 is defined in [7 CFR 210.10\(o\)\(2\)](#) of the NSLP regulations and the updates required by the final rule. Effective July 1, 2025, the ASP meal pattern for grades K-12 is same as the Child and Adult Care Food Program (CACFP) snack meal pattern for children ages 6-18, plus two additional NSLP requirements: 1) the weekly whole grain-rich (WGR) requirement; and 2) the weekly juice limit.
- **Preschool (ages 1-5):** The ASP preschool meal pattern is defined in [7 CFR 210.10\(o\)\(3\)](#) of the NSLP regulations and the updates required by the final rule. This meal pattern is the same as the Child and Adult Care Food Program (CACFP) snack meal pattern for children ages 1-5.

School food authorities (SFAs) must ensure that all foods served in reimbursable afterschool snacks meet the specific meal pattern requirements for each age or grade group.

A summary of the crediting requirements for each meal component is available in the CSDE's resource, [Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs](#).

## Serving the Same Foods to Grades K-12 and Preschool

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

- The ASP meal pattern for grades K-12 requires stricter whole grain-rich (WGR) criteria than the ASP preschool meal pattern (refer to "[WGR requirement](#)" in chart 6). Grain foods served to both groups must comply with the WGR criteria for grades K-12.
- The preschool meal patterns do not allow flavored milk (refer to "[Flavored milk](#)" in chart 2). Milk served to both groups must be unflavored.

Snack menus must meet these requirements unless meals are co-mingled. "Co-mingling" is the practice of serving meals or afterschool snacks to a variety of grades in the same service area at the

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same time. This typically occurs due to operational constraints within a school, such as limited time and space.

## Co-Mingled Afterschool Snacks

When preschoolers and older grades are co-mingled in the ASP, 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.

- **Example:** A SFA serves afterschool snacks to preschoolers and grades K-5 in the same service area at the same time. The menu planner may choose to follow the ASP K-12 meal pattern for both groups because it would be difficult for food service staff to determine which children are in preschool or kindergarten.

For additional guidance, refer to the USDA's resource, [Serving School Meals to Preschoolers](#), and [USDA Memo SP 37-2017: Flexibility for Co-Mingled Preschool Meals: Questions and Answers](#), and visit the "[Co-mingled Meals and Afterschool Snacks](#)" 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.

## When the preschool meal pattern is required

SFAs must use the ASP preschool meal pattern when afterschool snacks are served to preschoolers in a different area or at a different time than students in older grades. The ASP 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.

## 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 ASP menus. 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.

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## Required Crediting Documentation

SFAs must be able to document that all menu items in reimbursable snacks meet the ASP meal patterns. The guidance below summarizes the required documentation for commercial processed products and foods made from scratch. Crediting documentation must be based on the food yields and crediting information in the USDA's [Food Buying Guide for Child Nutrition Programs](#) (FBG).

### Documentation for commercial processed products

Commercial processed products that are not listed in the FBG require documentation stating the meal pattern contribution per serving. The acceptable types of documentation for commercial products include any of the documents below.

- **Child Nutrition (CN) label:** A CN label is a USDA-approved statement that clearly identifies the contribution of a commercial product toward the meal pattern requirements. Allowable CN label documentation includes 1) the original CN label from the product carton; 2) a photocopy or photograph of the CN label shown attached to the original product carton; or 3) a CN label copied with a watermark displaying the product name and CN number provided by the vendor, attached to the bill of lading (invoice). For more information, refer to the CSDE's resource, [Using Child Nutrition \(CN\) Labels in the School Nutrition Programs](#).
- **Product formulation statement (PFS):** A PFS is a document developed by manufacturers that provides specific information about how a product credits toward the USDA meal patterns for the Child Nutrition Programs. The PFS must be signed by an official of the manufacturer and state the amount of each meal pattern component contained in one serving of the product. For more information on PFS forms, refer to the CSDE's resource, [Using Product Formulation Statements in the School Nutrition Programs](#).

Commercial processed products without a CN label or PFS cannot credit in reimbursable meals and snacks unless they are listed in the FBG.

A PFS is required for all commercial processed products without a CN label that are not listed in the FBG. The USDA requires that SFAs must obtain and verify the PFS for accuracy prior to purchasing, serving, and claiming the food product in afterschool snacks.

For more information on crediting documentation, refer to the CSDE's resource, [Accepting Processed Product Documentation in the School Nutrition Programs](#), and [USDA Memo SP 05-2025, CACFP 04-](#)

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[2025, SFSP 02-2025: Guidance for Accepting Processed Product Documentation for Meal Pattern Requirements](#). Additional guidance is available on the CSDE's [Crediting Documentation for the Child Nutrition Programs](#) webpage.

For guidance on reviewing PFS forms, visit the USDA's [Child Nutrition Programs: Tips for Evaluating a Manufacturer's Product Formulation Statement](#) webpage. Guidance on how to review a grain PFS is available in the CSDE's resource, [When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs](#).

Training on the requirements for CN labels and PFS forms is available in [Module 8: Meal Pattern Documentation for Crediting Commercial Processed Products](#) of the CSDE's training program, *What's in a Meal: Meal Patterns for Grades K-12 in the School Nutrition Programs*.

## Documentation for foods made from scratch

SFAs must have standardized recipes on file that document the meal pattern contribution for all foods prepared from scratch. For information on standardized recipes, refer to the CSDE's [Guide to Menu Documentation for the School Nutrition Programs](#) and the Institute of Child Nutrition's [USDA Recipe Standardization Guide for School Nutrition Programs](#), and visit the "Standardized Recipes" section of the CSDE's [Crediting Documentation for the Child Nutrition Programs](#) webpage.

Training on the requirements for standardized recipes is available in [Module 7: Meal Pattern Documentation for School Menus](#) of the CSDE's training program, *What's in a Meal: Meal Patterns for Grades K-12 in the School Nutrition Programs*.

## Storing crediting documentation

SFAs must maintain all crediting documentation on file in accordance with the records retention requirements for the school nutrition programs (refer to the CSDE's resource, [Records Retention Requirements for the School Nutrition Programs](#)). This documentation must be current and will be reviewed by the CSDE during the [Administrative Review of the school nutrition programs](#).

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## Comparison Charts

The charts below compare the meal pattern requirements for the ASP meal patterns for grades K-12 and preschool (ages 1-5).

### Chart 1: Meal Pattern Overview

Requirement	Grades K-12:	Preschool (ages 1-5)
<b>Age/Grade Groups</b>	<b>One grade group:</b> grades K-12. <b>Resources</b> <a href="#"><u>ASP Meal Pattern for Grades K-12</u></a> (CSDE)	<b>Two age groups:</b> ages 1-2 and 3-5. 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. <b>Resources</b> <a href="#"><u>ASP Meal Pattern for Preschoolers</u></a> (CSDE) <a href="#"><u>USDA Memo SP 37-2017: Flexibility for Co-Mingled Preschool Meals: Questions and Answers</u></a>

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Requirement	Grades K-12:	Preschool (ages 1-5)
<b>Meal Components</b>	<p>Choose any two of the five meal components: 1) milk; 2) meats/meat alternates (MMA); 3) vegetables; 4) fruits; and 5) grains.</p> <p>Snacks that include more than two food items must include the minimum serving of at least two meal components.</p> <p><b>Resources</b></p> <p><a href="#">ASP Meal Pattern for Grades K-12</a> (CSDE)</p> <p><a href="#">ASP Sample Menu for Grades K-12</a> (CSDE)</p> <p><a href="#">ASP Sample Menu for Grades K-12</a> (CSDE)</p> <p><a href="#">Guide to the Meal Patterns for Grades K-12 in the National School Lunch Program and School Breakfast Program</a> (CSDE)</p>	<p>Same</p> <p><b>Resources</b></p> <p><a href="#">ASP Preschool Meal Pattern</a> (CSDE)</p> <p><a href="#">ASP Sample Menu for Ages 3-5</a> (CSDE)</p> <p><a href="#">USDA Memo CACFP 15-2016: Optional Best Practices to Further Improve Nutrition in the CACFP</a></p> <p><a href="#">Guide to the Preschool Meal Patterns for the School Nutrition Programs the School Nutrition Programs</a> (CSDE)</p>

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**Chart 2: Milk Component**

Requirement	Grades K-12	Preschool (ages 1-5)
<b>Required meal pattern serving</b>	1 cup	½ cup
<b>Fat content</b>	Must be low-fat or fat-free milk.	<b>Age 1:</b> Must be whole milk <b>Ages 2-5:</b> Must be low-fat milk or fat-free milk
<b>Allowable types of milk</b>	<p>Any of the following types of unflavored or flavored low-fat (1%) or fat-free milk: lactose-reduced milk, lactose-free milk, acidified milk, cultured milk, cultured buttermilk, and Ultra High Temperature (UHT) milk.</p> <p><b>Resources</b></p> <p><a href="#">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)</a></p> <p><a href="#">List 16: Milk (CSDE's List of Acceptable Foods and Beverages)</a></p> <p><a href="#">Milk Component</a> (CSDE's Crediting Foods in School Nutrition Programs webpage)</p> <p><a href="#">USDA Memo SP 01-2025: Fluid Milk Requirements for School Meals</a></p>	<p>Any of the following types of unflavored milk that meet the fat content restrictions for each age group (refer to "<a href="#">Fat content</a>" in this chart): lactose-reduced milk, lactose-free milk, acidified milk, cultured milk, cultured buttermilk, and Ultra High Temperature (UHT) milk.</p> <p>Breastmilk meets the milk component and may be served in place of fluid milk.</p> <p><b>Resources</b></p> <p><a href="#">List 16: Milk (CSDE's List of Acceptable Foods and Beverages)</a></p> <p><a href="#">Milk Component</a> (CSDE's Crediting Foods in School Nutrition Programs webpage)</p> <p><a href="#">Serving Milk in the CACFP</a> (USDA)</p> <p><a href="#">USDA Memo CACFP 01-2025: Nutrition Requirements for Fluid Milk and Fluid Milk Substitutions in the Child and Adult Care Food Program, Questions and Answers</a></p>

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Requirement	Grades K-12	Preschool (ages 1-5)
<b>Flavored milk</b>	<p>Must be low-fat or fat-free milk. Flavored milk in reimbursable meals and afterschool snacks 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.</p> <p><a href="#"><u>Nutrition Standards for Added Sugars: Flavored Milk Fact Sheet</u></a> (Institute of Child Nutrition)</p>	Not allowed
<b>Additional state milk requirements for public schools:</b>	<p>In addition to the USDA's requirements, milk available for sale to students in public schools (as part of and separately from reimbursable meals and afterschool snacks) must comply with the state beverage requirements of <a href="#"><u>C.G.S. Section 10-221g</u></a>. The state beverage statute requires that milk cannot contain artificial sweeteners and cannot exceed 4 grams of sugars per fluid ounce. Products that meet the federal and state requirements are indicated on the CSDE's <a href="#"><u>List of Acceptable Foods and Beverages</u></a> webpage.</p> <p><b>Resources</b></p> <p><a href="#"><u>Allowable Beverages for Connecticut Public Schools</u></a> (CSDE)</p> <p><a href="#"><u>Beverage Requirements</u></a> (CSDE webpage)</p> <p><a href="#"><u>List 16: Milk</u></a> (CSDE's <a href="#"><u>List of Acceptable Foods and Beverages</u></a>)</p>	Same

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

Requirement	Grades K-12	Preschool (ages 1-5)
<b>Milk variety</b>	<b>Not required:</b> SFAs may serve one type of allowable milk to all children (refer to <a href="#">"Allowable types of milk"</a> ).	Same

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

Requirement	Grades K-12	Preschool (ages 1-5)
<b>Milk substitutes for non-disability reasons</b>	<p><b>Allowable nondairy beverages:</b> Nondairy milk substitutes that meet the USDA's nutrition standards for fluid milk substitutes 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 (<a href="#">7 CFR 210.10</a>).</p> <p><b>Other beverages:</b> SFAs cannot offer any other beverages (including water and juice) in place of milk for reimbursable meals.</p> <p><a href="#">Allowable Beverages for Connecticut Public Schools</a> (CSDE) <i>Applies only to public schools</i></p> <p><b>Resources</b></p> <p><a href="#">Allowable Fluid Milk Substitutes for Non-Disability Reasons in the School Nutrition Programs</a> (CSDE)</p> <p><a href="#">Identifying Products that Meet the USDA's Nutrition Standards for Fluid Milk Substitutes in the School Nutrition Programs</a> (CSDE)</p> <p><a href="#">Guide to Meal Modifications in School Nutrition Programs</a> (CSDE)</p> <p><a href="#">List 17: Dairy Alternatives</a> (CSDE's <a href="#">List of Acceptable Foods and Beverages</a>)</p> <p><a href="#">Milk Substitutes</a> (CSDE's Special Diets in School Nutrition Programs webpage)</p> <p><a href="#">USDA Memo SP 01-2025: Fluid Milk Requirements for School Meals</a></p>	Same

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

Requirement	Grades K-12	Preschool (ages 1-5)
<b>Additional state requirements for nondairy milk substitutes in public schools:</b>	<p>In addition to the USDA requirements, nondairy milk substitutes available for sale to students in public schools must meet the beverage requirements of <a href="#">C.G.S. Section 10-221g</a>. 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 indicated on the CSDE's <a href="#">List of Acceptable Foods and Beverages</a> webpage.</p> <p><b>Resources</b></p> <p><a href="#">Allowable Fluid Milk Substitutes for Non-Disability Reasons in the School Nutrition Programs</a> (CSDE)</p> <p><a href="#">Beverage Requirements</a> (CSDE webpage)</p> <p><a href="#">Identifying Products that Meet the USDA's Nutrition Standards for Fluid Milk Substitutes in the School Nutrition Programs</a> (CSDE)</p> <p><a href="#">List 17: Dairy Alternatives</a> (CSDE's <a href="#">List of Acceptable Foods and Beverages</a>)</p> <p><a href="#">Milk Substitutes</a> (CSDE's Special Diets in School Nutrition Programs webpage)</p>	Same

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**Chart 3: Meats/Meat Alternates (MMA) Component**

Requirement	Grades K-12	Preschool (ages 1-5)
<b>Edible portion</b>	<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 type of food.</p> <p>Commercial processed MMA products that contain added ingredients (such as combination foods, deli meats, hot dogs, and sausages) do not credit based on weight; a 1-ounce serving does not equal 1 ounce of MMA. These foods require a CN label or PFS to document crediting information (refer to “<a href="#">Required Crediting Documentation</a>” on page 4).</p> <p><b>Resources</b></p> <p><a href="#">Accepting Processed Product Documentation in the School Nutrition Programs</a> (CSDE)</p> <p><a href="#">Crediting Commercial Meat/Meat Alternate Products in the School Nutrition Programs</a> (CSDE)</p> <p><a href="#">Crediting Deli Meats in the School Nutrition Programs</a> (CSDE)</p> <p><a href="#">Food Buying Guide Section 1: Overview of Crediting Requirements for the Meats/Meat Alternates Component</a> (USDA)</p> <p><a href="#">Food Buying Guide Section 1: Yield Table for Meats/Meat Alternates</a> (USDA)</p> <p><a href="#">Meats/Meat Alternates Component</a> (CSDE’s Crediting Foods in School Nutrition Programs webpage)</p>	Same
<b>Required meal pattern serving</b>	1 oz eq	½ oz eq

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Requirement	Grades K-12	Preschool (ages 1-5)
<b>Beans, peas, and lentils</b>	<p>Beans, peas, and lentils may credit as either MMA or vegetables but one serving cannot credit as both components in the same snack. Cooked beans, peas, and lentils credit as the MMA component based on volume, e.g., 1/4-cup serving of cooked beans, peas, and lentils credits as 1 oz eq of MMA.</p> <p><b>Resources</b></p> <p><a href="#">Crediting Beans, Peas, and Lentils in the School Nutrition Programs (CSDE)</a></p>	Same
<b>Nuts, seeds, and nut/seed butters</b>	<p>A 1-ounce serving of nuts/seeds credits as 1 oz eq of the MMA component.</p> <p>Nut/seed butters (such as peanut butter, almond butter, and sunflower seed butter) credit based on volume not weight. Two tablespoons credit as 1 oz eq MMA. If measuring by weight, the FBG indicates that 1.1 ounces of nut/seed butter credit as 1 oz eq of MMA.</p> <p>Reduced-fat peanut butter must meet the Food and Drug Administration's (FDA) standard of identity for peanut butter (<a href="#">21 CFR 164.150</a>), which requires that products contain at least 90 percent peanuts.</p> <p><b>Resources</b></p> <p><a href="#">Crediting Nuts and Seeds in the School Nutrition Programs (CSDE)</a></p>	Same
<b>Surimi</b>	<p>A 3-ounce serving of surimi credits as 1 oz eq 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 <a href="#">"Required Crediting Documentation"</a> on page 4).</p> <p><b>Resources</b></p> <p><a href="#">USDA Memo SP 24-2019, CACFP 11-2019, and SFSP 10-2019: Crediting Surimi Seafood in the Child Nutrition Programs</a></p>	Same

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Requirement	Grades K-12	Preschool (ages 1-5)
<b>Tempeh</b>	<p>A 1-ounce serving of tempeh credits as 1 oz eq 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 <a href="#">"Required Crediting Documentation"</a> on page 4).</p> <p><b>Resources</b></p> <p><a href="#">USDA Memo SP 25-2019, CACFP 12-2019 and SFSP 11-2019: Crediting Tempeh in the Child Nutrition Programs</a></p> <p>USDA Webinar: <a href="#">Additional Meat/Meat Alternates Options for CNPs: Crediting Tempeh and Surimi</a></p>	Same
<b>Tofu and tofu products</b>	<p>Tofu and tofu products must contain 5 grams of protein in 2.2 ounces by weight (1/4 cup) to credit as 1 oz eq of the MMA component.</p> <p><b>Resources</b></p> <p><a href="#">Crediting Tofu and Tofu Products in the School Nutrition Programs</a> (CSDE)</p> <p><a href="#">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</a></p>	Same

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

Requirement	Grades K-12	Preschool (ages 1-5)
<b>Yogurt and soy yogurt</b>	<p>Yogurt and soy yogurt cannot exceed 12 grams of added sugars per 6 ounces (no more than 2 grams of added sugars per ounce).</p> <p>Yogurt mixed in smoothies credits as the MMA component if it meets the limit for added sugars. Crediting requires a standardized recipe for foods made from scratch and a PFS or CN label for commercial products.</p> <p>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 meal component, such as yogurt topped with fresh blueberries or sliced strawberries in a yogurt-fruit parfait.</p> <p>Noncreditable yogurt products include homemade yogurt and commercial yogurt products like drinkable or squeezable yogurt, frozen yogurt, yogurt bars, yogurt-covered fruits and nuts, and yogurt-flavored products.</p> <p><b>Resources</b></p> <p><a href="#">Calculating the Added Sugars Limit for Yogurt in the CACFP (USDA)</a></p> <p><a href="#">Choose Yogurt That is Lower in Added Sugars in the CACFP (USDA)</a></p> <p><a href="#">Crediting Smoothies in the School Nutrition Programs (CSDE)</a></p> <p><a href="#">Crediting Yogurt in the School Nutrition Programs (CSDE)</a></p> <p><a href="#">Nutrition Standards for Added Sugars: Yogurt Fact Sheet (Institute of Child Nutrition)</a></p> <p><a href="#">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</a></p>	<p>Same</p>

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**Chart 4: Vegetables Component**

Requirement	Grades K-12	Preschool (ages 1-5)
<b>Serving size</b>	<p>All vegetables credit based on the served volume (cups), except raw leafy greens credit as half the amount served. For example, 1 cup of raw leafy greens credits as <math>\frac{1}{2}</math> cup of the vegetables component.</p> <p>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> <p><b>Resources</b></p> <p><a href="#">Food Buying Guide Section 2: Overview of Crediting Requirements for the Vegetables Component (USDA)</a></p> <p><a href="#">Food Buying Guide Section 2: Yield Table for Vegetables (USDA)</a></p> <p><a href="#">Recipe Analysis Workbook</a> (USDA's Food Buying Guide for Child Nutrition Programs)</p> <p><a href="#">Vegetables Component</a> (CSDE's Crediting Foods in School Nutrition Programs webpage)</p>	Same
<b>Required meal pattern serving</b>	$\frac{3}{4}$ cup	$\frac{1}{2}$ cup

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Requirement	Grades K-12	Preschool (ages 1-5)
<b>Limit for vegetable juices</b>	<p>Juice cannot exceed half of the fruits and vegetables offered during the week. The juice limit includes fruit and vegetable juice, frozen pops made from 100 percent juice, and pureed fruits and vegetables in smoothies.</p> <p>Only one of the two required meal components at snack may be a creditable beverage. Juice cannot be served when milk is the only other snack component.</p> <p><b>Resources</b></p> <p><a href="#">Crediting Juices in the School Nutrition Programs (CSDE)</a></p> <p><a href="#">Crediting Smoothies in the School Nutrition Programs (CSDE)</a></p> <p><a href="#">USDA Memo SP 40-2019, CACFP 17-2019, and SFSP 17-2019: Crediting of Smoothies in Child Nutrition Programs</a></p>	<p>Juice credits as the fruits component or vegetables component at no more than one preschool meal or 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.</p> <p>Only one of the two required meal components at snack may be a creditable beverage. Juice cannot be served when milk is the only other snack component.</p> <p><b>Best practice:</b> The USDA's <a href="#">CACFP best practices</a> recommend serving a variety of fruits and choosing whole fruits (fresh, canned, dried, or frozen) more often than juice.</p> <p><b>Resources</b></p> <p><a href="#">Crediting Juices in the School Nutrition Programs (CSDE)</a></p> <p><a href="#">Crediting Smoothies in the School Nutrition Programs (CSDE)</a></p> <p><a href="#">USDA Memo SP 40-2019, CACFP 17-2019, and SFSP 17-2019: Crediting of Smoothies in Child Nutrition Programs</a></p> <p><a href="#">USDA Memo CACFP 15-2016: Optional Best Practices to Further Improve Nutrition in the CACFP</a></p>

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Requirement	Grades K-12	Preschool (ages 1-5)
<b>Beans, peas, and lentils</b>	<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. Cooked beans, peas, and lentils credit as the vegetables component based on volume, e.g., <math>\frac{1}{2}</math> cup credits as 1 oz eq of the vegetables component.</p> <p><b>Resources</b></p> <p><a href="#"><u>Crediting Beans, Peas, and Lentils in the School Nutrition Programs</u></a> (CSDE)</p>	Same

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**Chart 5: Fruits Component**

Requirement	Grades K-12	Preschool (ages 1-5)
<b>Serving size</b>	<p>All fruits credit based on the served volume (cups), except dried fruits credit as twice the amount served. For example, <math>\frac{1}{4}</math> cup of dried fruit credits as <math>\frac{1}{2}</math> cup of the fruits component.</p> <p>Examples of dried fruits include raisins, apricots, dried cherries, dried cranberries, dried blueberries, mixed dried fruit, and dried coconut.</p> <p><b>Resources</b></p> <p><a href="#">Food Buying Guide Section 3: Overview of Crediting Requirements for the Fruits Component (USDA)</a></p> <p><a href="#">Food Buying Guide Section 3: Yield Table for Fruits (USDA)</a></p> <p><a href="#">Fruits Component</a> (CSDE Crediting Foods in School Nutrition Programs webpage)</p>	Same
<b>Required meal pattern serving</b>	$\frac{3}{4}$ cup	$\frac{1}{2}$ cup

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

Requirement	Grades K-12	Preschool (ages 1-5)
Coconut	<p><b>Fresh and frozen coconut:</b> Credit as the fruits component based on the served volume. For example, <math>\frac{1}{8}</math> cup of fresh or frozen coconut credits as <math>\frac{1}{8}</math> cup of the fruits component. The minimum serving is <math>\frac{1}{8}</math> cup.</p> <p><b>Dried coconut:</b> Credits the same as other dried fruits. Dried fruits credit as twice the volume served (refer to "<a href="#">Serving size</a>" in this chart).</p> <p><b>Coconut water:</b> 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 juice limit (refer to "<a href="#">Limit for fruit juices</a>" in this chart).</p> <p><b>Crediting considerations:</b> Menu planners should consider coconut's high caloric and saturated fat content, which may limit its frequency in school menus.</p> <p><b>Noncreditable coconut products:</b> Coconut flour, coconut oil, and coconut milk.</p> <p><b>Resources</b></p> <p><a href="#">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</a></p>	Same

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

Requirement	Grades K-12	Preschool (ages 1-5)
<b>Limit for fruit juices</b>	<p>Juice cannot exceed half of the fruits and vegetables offered during the week.</p> <p>Only one of the two required meal components at snack may be a creditable beverage. Juice cannot be served when milk is the only other snack component.</p> <p><b>Resources</b></p> <p><a href="#">Crediting Juices in the School Nutrition Programs</a> (CSDE)</p> <p><a href="#">Crediting Smoothies in the School Nutrition Programs</a> (CSDE)</p> <p><a href="#">USDA Memo SP 40-2019, CACFP 17-2019, and SFSP 17-2019: Crediting of Smoothies in Child Nutrition Programs</a></p>	<p>Juice credits as the fruits component or vegetables component at no more than one preschool meal or 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.</p> <p>Only one of the two required meal components at snack may be a creditable beverage. Juice cannot be served when milk is the only other snack component.</p> <p><b>Best practice:</b> The USDA's <a href="#">CACFP best practices</a> recommend serving a variety of fruits and choosing whole fruits (fresh, canned, dried, or frozen) more often than juice.</p> <p><b>Resources</b></p> <p><a href="#">Crediting Juices in the School Nutrition Programs</a> (CSDE)</p> <p><a href="#">Crediting Smoothies in the School Nutrition Programs</a> (CSDE)</p> <p><a href="#">USDA Memo SP 40-2019, CACFP 17-2019, and SFSP 17-2019: Crediting of Smoothies in Child Nutrition Programs</a></p> <p><a href="#">USDA Memo CACFP 15-2016: Optional Best Practices to Further Improve Nutrition in the CACFP</a></p>

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

**Chart 6: Grains Component**

Requirement	Grades K-12	Preschool (ages 1-5)
<b>Required meal pattern serving</b>	1 oz eq	$\frac{1}{2}$ oz eq
<b>Creditable grains</b>	<p>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><b>Resources</b></p> <p><a href="#">Crediting Enriched Grains in the School Nutrition Programs</a> (CSDE)</p> <p><a href="#">Crediting Whole Grains in the School Nutrition Programs</a> (CSDE)</p> <p><a href="#">Grains</a> (CSDE's Crediting Foods in School Nutrition Programs webpage)</p>	<p>Same</p> <p><b>Resources</b></p> <p><a href="#">Crediting Enriched Grains in the School Nutrition Programs</a> (CSDE)</p> <p><a href="#">Crediting Whole Grains in the School Nutrition Programs</a> (CSDE)</p> <p><a href="#">Grains</a> (CSDE's Crediting Foods in School Nutrition Programs webpage)</p> <p><a href="#">How to Identify Creditable Grains for the Preschool Meal Patterns of the School Nutrition Programs</a> (CSDE)</p>

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

Requirement	Grades K-12	Preschool (ages 1-5)
<b>Limit for noncreditable grains</b>	<p>Creditable WRG and enriched commercial grain products and foods made from scratch must meet the applicable limit for noncreditable grains, as based on the grain groups in the USDA's <a href="#"><u>Exhibit A: Grain Requirements for Child Nutrition Programs</u></a> (Exhibit A chart). Examples of noncreditable grains include oat fiber, corn fiber, wheat starch, corn starch, and modified food starch (including potato, legume, and other vegetable flours).</p> <p>Grain foods in groups A-G cannot exceed 3.99 grams of noncreditable grains per portion. Grain foods in groups H-I cannot exceed 6.99 grams of noncreditable grains per portion.</p>	Not applicable

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

Requirement	Grades K-12	Preschool (ages 1-5)
<b>Crediting hominy, corn masa, and masa harina</b>	<p>Corn ingredients credit if they are whole grain, enriched, or treated with lime (nixtamalized). Nixtamalization is a process in which dried corn is soaked and cooked in an alkaline (slaked lime) solution. This process results in a product with similar nutrition to whole-grain corn. Ingredients labeled as hominy, corn masa, or masa harina are nixtamalized, and credit as whole grains.</p> <p>Cornmeal and corn flour do not credit as the grains component 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.</p> <p>Corn flour ingredients that are not are whole grain, enriched, or nixtamalized count toward the limit for noncreditable grains (refer to "<a href="#">Limit for noncreditable grains</a>" in this document).</p> <p><b>Resources</b></p> <p><a href="#">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</a></p>	Same

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

Requirement	Grades K-12	Preschool (ages 1-5)
<b>Required quantities</b>	<p>The required quantities for the grains component are in ounce equivalents (oz eq). Oz eq are a unit of measure that indicates the contribution of a given serving size toward the grains component. One oz eq equals 16 grams of credible grains.</p> <p>The amount of a grain food that provides 1 oz eq varies because different types of foods contain different amounts of creditable grains.</p> <p><b>Resources</b></p> <p><a href="#">Exhibit A: Grain Requirements for Child Nutrition Programs (USDA)</a></p> <p><a href="#">Grain Ounce Equivalents Chart for the School Nutrition Programs (CSDE)</a></p> <p><a href="#">How to Use the Grain Ounce Equivalents Chart for the School Nutrition Programs (CSDE)</a></p>	<p>Same</p> <p><b>Resources</b></p> <p><a href="#">Grain Ounce Equivalents Chart for the School Nutrition Programs (CSDE)</a></p> <p><a href="#">How to Use the Grain Ounce Equivalents Chart for the School Nutrition Programs (CSDE)</a></p>

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

Requirement	Grades K-12	Preschool (ages 1-5)
<b>Methods to determine oz eq</b>	<p>The USDA allows two methods for determining the oz eq of creditable grain products and recipes.</p> <ul style="list-style-type: none"><li>• 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.</li><li>• Method 2 is used for standardized recipes and may also be used for commercial grain products with a PFS stating the weight of creditable grains per serving (refer to "<a href="#">Required Crediting Documentation</a>" on page 4).</li></ul> <p>SFAs may use either method but must document how the crediting information was obtained.</p> <p><b>Resources</b></p> <p><a href="#">Calculation Methods for Grain Ounce Equivalents for the Meal Patterns for School Nutrition Programs</a> (CSDE)</p> <p><a href="#">Recipe Analysis Workbook</a> (USDA's Food Buying Guide for Child Nutrition Programs)</p> <p><a href="#">What's in a Meal Module 15: Grain Ounce Equivalents</a> (CSDE)</p> <p><a href="#">Standardized Recipes</a> (CSDE's Crediting Documentation for the Child Nutrition Programs webpage)</p>	Same

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

Requirement	Grades K-12	Preschool (ages 1-5)
<b>Method 1 Exhibit A chart</b>	<p>Method 1 uses the amount for the appropriate grain group in the USDA's chart, <a href="#"><u>Exhibit A: Grain Requirements for Child Nutrition Programs</u></a>. 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.</p> <p><b>Resources</b></p> <p><a href="#"><u>Exhibit A: Grain Requirements for Child Nutrition Programs (USDA)</u></a></p> <p><a href="#"><u>Grain Ounce Equivalents Chart for the School Nutrition Programs (CSDE)</u></a></p> <p><a href="#"><u>How to Use the Grain Ounce Equivalents Chart for the National School Lunch Program and School Breakfast Program (CSDE)</u></a></p>	<p>Same</p> <p><b>Resources</b></p> <p><a href="#"><u>Exhibit A: Grain Requirements for Child Nutrition Programs (USDA)</u></a></p> <p><a href="#"><u>Grain Ounce Equivalents Chart for the School Nutrition Programs (CSDE)</u></a></p> <p><a href="#"><u>How to Use the Grain Ounce Equivalents Chart for the National School Lunch Program and School Breakfast Program (CSDE)</u></a></p>

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

Requirement	Grades K-12	Preschool (ages 1-5)
<b>Method 2 creditable grains</b>	<p>Method 2 calculates the total weight (grams) of creditable grains (whole and enriched) per serving.</p> <ul style="list-style-type: none"> <li>• <b>To credit as 1 oz eq of an enriched grain</b>, foods in groups A-E must contain 16 grams of creditable grains and cannot exceed 3.99 grams of noncreditable grains per portion. Foods in group H must contain 28 grams of creditable grains and cannot exceed 6.99 grams of noncreditable grains per portion.</li> <li>• <b>To credit as 1 oz eq of a WGR food</b>, foods in groups A-E must contain 16 grams of creditable grains (including at least 8 grams of whole grains) and cannot exceed 3.99 grams of noncreditable grains per portion. Foods in group H must contain 28 grams of creditable grains (including at least 14 grams of whole grains) and cannot exceed 6.99 grams of noncreditable grains per portion.</li> </ul> <p>Commercial products require a PFS that states the weight of creditable grains per serving. Foods made from scratch require a standardized recipe that lists the weight of creditable grains per serving (refer to “<a href="#">Required Crediting Documentation</a>” on page 4).</p> <p><b>Resources</b></p> <p><a href="#">Calculation Methods for Grain Ounce Equivalents in the School Nutrition Programs</a> (CSDE)</p> <p><a href="#">When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs</a> (CSDE)</p>	<p>Same requirements except the limit for noncreditable grains does not apply to the preschool meal patterns.</p> <p><b>Resources</b></p> <p><a href="#">Calculation Methods for Grain Ounce Equivalents in the School Nutrition Programs</a> (CSDE)</p> <p><a href="#">When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs</a> (CSDE)</p>

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

Requirement	Grades K-12	Preschool (ages 1-5)
<b>When method 2 is required</b>	<p>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.</p> <p><b>Resources</b></p> <p><a href="#"><u>When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs (CSDE)</u></a></p>	Same

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

Requirement	Grades K-12	Preschool (ages 1-5)
<b>WGR requirement</b>	<p>At least 80 percent of the weekly grains offered at snack must be WGR. Grains that are not WGR must be enriched and cannot exceed 20 percent of all grains offered during the week.</p> <p><b>Resources</b></p> <p><a href="#">Calculating the Weekly Percentage of Whole Grain-rich Menu Items in the Meal Patterns for Grades K-12 (CSDE)</a></p> <p><a href="#">Crediting Whole Grains in the School Nutrition Programs (CSDE)</a></p> <p><a href="#">Guide to Meeting the Whole Grain-rich Requirement for the Meal Patterns for Grades K-12 in the School Nutrition Programs (CSDE)</a></p> <p><a href="#">Worksheet to Calculate the Weekly Percentage of Whole Grain-rich Menu Items in the School Nutrition Programs for Grades K-12 (CSDE)</a></p> <p><a href="#">Instructions for the Worksheet to Calculate the Weekly Percentage of Whole Grain-rich Menu Items in the School Nutrition Programs for Grades K-12 (CSDE)</a></p> <p><a href="#">Whole Grain Resource for the National School Lunch and School Breakfast Programs (USDA)</a></p> <p><a href="#">Whole Grain-rich Requirement (CSDE's Crediting Foods in School Nutrition Programs webpage)</a></p>	<p>At least one serving per day must be WGR, between all meals and snacks served to preschoolers. The USDA's <a href="#">CACFP best practices</a> recommend at least two servings of WGR grains per day.</p> <p><b>Resources</b></p> <p><a href="#">Crediting Whole Grains in the School Nutrition Programs (CSDE)</a></p> <p><a href="#">Guide to Meeting the Whole Grain-rich Requirement for the Child and Adult Care Food Program (CSDE)</a></p> <p><a href="#">Whole Grain-rich Requirement (CSDE's Crediting Foods in School Nutrition Programs webpage)</a></p>

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

Requirement	Grades K-12	Preschool (ages 1-5)
<b>WGR documentation</b>	<p>SFAs must maintain documentation to indicate that 1) at least 80 percent of the weekly grains offered at snack are WGR; and 2) grain foods counted toward the WGR requirement meet the WGR criteria. This documentation must be maintained on file for the Administrative Review of the school nutrition programs in accordance with the records retention requirements for the school nutrition programs</p> <p>SFAs may calculate the weekly menu's WGR percentage using the CSDE's worksheet. SFAs that do not use this worksheet must maintain alternate documentation.</p> <p>Required documentation for the WGR criteria includes a PFS for commercial foods and a standardized recipe for foods made from scratch (refer to "<a href="#">Required Crediting Documentation</a>" on page 4).</p> <p><b>Resources</b></p> <p><a href="#">Calculating the Weekly Percentage of Whole Grain-rich Menu Items in the Meal Patterns for Grades K-12</a> (CSDE)</p> <p><a href="#">Crediting Documentation for the Child Nutrition Programs</a> (CSDE webpage)</p> <p><a href="#">Worksheet to Calculate the Weekly Percentage of Whole Grain-rich Menu Items in the Meal Patterns for Grades K-12</a> (CSDE)</p> <p><a href="#">Instructions for the Worksheet to Calculate the Weekly Percentage of Whole Grain-rich Menu Items in the Meal Patterns for Grades K-12</a> (CSDE)</p> <p><a href="#">Records Retention Requirements for the School Nutrition Programs</a> (CSDE)</p>	<p>SFAs must maintain documentation to indicate that at least one serving per day is WGR. Required documentation for the WGR criteria includes a PFS for commercial foods and a standardized recipe for foods made from scratch (refer to "<a href="#">Required Crediting Documentation</a>" on page 4).</p> <p><b>Resources</b></p> <p><a href="#">Crediting Documentation for the Child Nutrition Programs</a> (CSDE webpage)</p>

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

Requirement	Grades K-12	Preschool (ages 1-5)
<b>Crediting breakfast cereals: cold RTE in group I</b> , e.g., flaked cereals, round cereals, puffed cereals, and granola	<p><b>Three crediting criteria:</b> 1) must be WGR, enriched, or fortified; 2) cannot exceed 6.99 grams of noncreditable grains per portion; and 3) cannot exceed 6 grams of added sugars per dry ounce.</p> <p><b>Three WGR criteria:</b> 1) the first ingredient is a whole grain and the cereal is fortified, or the cereal is 100 percent whole grain; 2) cannot exceed 6.99 grams of noncreditable grains per portion; and 3) added sugars cannot exceed 6 grams per dry ounce.</p> <p><b>Resources</b></p> <p><a href="#">Crediting Breakfast Cereals in the School Nutrition Programs (CSDE)</a></p> <p><a href="#">Nutrition Standards for Added Sugars: Breakfast Cereals Fact Sheet (Institute of Child Nutrition)</a></p>	<p><b>Two crediting criteria:</b> 1) must be WGR, enriched, or fortified; and 2) cannot exceed 6 grams of added sugars per dry ounce.</p> <p><b>Two WGR criteria:</b> 1) the first ingredient is a whole grain and the cereal is fortified, or the cereal is 100 percent whole grain; and 2) cannot exceed 6 grams of added sugars per dry ounce.</p> <p><b>Resources</b></p> <p><a href="#">Crediting Breakfast Cereals in the School Nutrition Programs (CSDE)</a></p>
<b>Crediting breakfast cereals: cooked hot in group H</b> , e.g., oatmeal, cream of wheat, and farina	<p><b>Three crediting criteria:</b> 1) must be WGR, enriched, or fortified; 2) cannot exceed 6.99 grams of noncreditable grains per portion; and 3) cannot exceed 6 grams of added sugars per dry ounce.</p> <p><b>Three WGR criteria:</b> 1) the first ingredient is a whole grain and the cereal is fortified, or the cereal is 100 percent whole grain; 2) cannot exceed 6.99 grams of noncreditable grains per portion; and 3) added sugars cannot exceed 6 grams per dry ounce</p> <p><b>Resources</b></p> <p><a href="#">Crediting Breakfast Cereals in the School Nutrition Programs (CSDE)</a></p>	<p><b>Two crediting criteria:</b> 1) must be WGR, enriched, or fortified; and 2) cannot exceed 6 grams of added sugars per dry ounce.</p> <p><b>Two WGR criteria:</b> 1) the first ingredient is a whole grain and the cereal is fortified, or the cereal is 100 percent whole grain; and 2) added sugars cannot exceed 6 grams per dry ounce.</p> <p><b>Resources</b></p> <p><a href="#">Crediting Breakfast Cereals in the School Nutrition Programs (CSDE)</a></p>

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

Requirement	Grades K-12	Preschool (ages 1-5)
<b>Serving size for breakfast cereals</b>	<p><b>Amount for cooked breakfast cereals (group H):</b> <math>\frac{1}{2}</math> oz eq = <math>\frac{1}{4}</math> cup cooked or 14 grams dry.</p> <p><b>Amount for RTE breakfast cereals (group I):</b> <math>\frac{1}{2}</math> oz eq = <math>\frac{1}{2}</math> cup of flaked or round cereal, <math>\frac{3}{4}</math> cup of puffed cereal, and <math>\frac{1}{8}</math> cup of granola.</p> <p><b>Resources</b></p> <p><a href="#"><u>Grain Ounce Equivalents Chart for the School Nutrition Programs</u></a> (CSDE)</p>	<p><b>Amount for cooked breakfast cereals (group H):</b> <math>\frac{1}{2}</math> oz eq = <math>\frac{1}{4}</math> cup cooked or 14 grams dry.</p> <p><b>Amount for RTE breakfast cereals (group I):</b> <math>\frac{1}{2}</math> oz eq = <math>\frac{1}{2}</math> cup of flaked or round cereal, <math>\frac{3}{4}</math> cup of puffed cereal, and <math>\frac{1}{8}</math> cup of granola.</p> <p><b>Resources</b></p> <p><a href="#"><u>Grain Ounce Equivalents Chart for the School Nutrition Programs</u></a> (CSDE)</p>

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

Requirement	Grades K-12	Preschool (ages 1-5)
<p><b>Crediting cereal grains in group H,</b> e.g., pasta, and other cereal grains, e.g., amaranth, barley, buckwheat, cornmeal, corn grits, farina, kasha, millet, oats, quinoa, wheat berries, and rolled wheat</p>	<p><b>Two crediting criteria:</b> 1) must be WGR or enriched; and 2) cannot exceed 6.99 grams of noncreditable grains per portion.</p> <p><b>Two WGR criteria:</b> 1) whole grains are the primary ingredient by weight; 2) any remaining grains are enriched; and 3) cannot exceed 6.99 grams of noncreditable grains per portion.</p> <p><b>Resources</b></p> <p><a href="#">Crediting Enriched Grains in the School Nutrition Programs</a> (CSDE)</p> <p><a href="#">Crediting Whole Grains in the School Nutrition Programs</a> (CSDE)</p> <p><a href="#">Guide to Meeting the Whole Grain-rich Requirement for the Meal Patterns for Grades K-12 in the School Nutrition Programs</a> (CSDE)</p> <p><a href="#">Guide to Meeting the Whole Grain-rich Requirement for the Child and Adult Care Food Program</a> (CSDE)</p> <p><a href="#">When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs</a> (CSDE)</p>	<p><b>Crediting criteria for the preschool meal patterns:</b> must be WGR or enriched.</p> <p><b>WGR criteria for the preschool meal patterns:</b> 1) whole grains are the primary ingredient by weight; and 2) any remaining grains are enriched.</p>

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

Requirement	Grades K-12	Preschool (ages 1-5)
<p><b>WGR criteria for commercial products: grain foods in groups A-G, e.g., crackers, breads, rolls, taco shells, muffins, waffles, pancakes, and grain-based desserts (e.g., cookies, cake, sweet crackers like animal crackers and graham crackers, granola bars, cereal bars, and pastries)</b></p>	<p><b>Two WGR criteria:</b> 1) whole grains are the primary ingredient by weight; 2) any remaining grains are enriched; and 3) cannot exceed 3.99 grams of noncreditable grains per portion.</p> <p><b>Resources</b></p> <p><a href="#">Crediting Whole Grains in the School Nutrition Programs</a> (CSDE)</p> <p><a href="#">Guide to Meeting the Whole Grain-rich Requirement for the Meal Patterns for Grades K-12 in the School Nutrition Programs</a> (CSDE)</p> <p><a href="#">Whole Grain Resource for the National School Lunch and School Breakfast Programs</a> (USDA)</p> <p><a href="#">Whole Grain-rich Requirement for Grades K-12</a> (CSDE webpage)</p>	<p>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. Grain-based desserts do not credit (refer to “<a href="#">Grain-based desserts</a>” in this chart).</p> <p><b>Resources</b></p> <p><a href="#">Crediting Whole Grains in the School Nutrition Programs</a> (CSDE)</p> <p><a href="#">Guide to Meeting the Whole Grain-rich Requirement for the CACFP</a> (CSDE)</p> <p><a href="#">How to Spot Whole Grain-Rich Foods for the CACFP</a> (USDA)</p> <p><a href="#">Identifying Whole Grain-rich Foods for the CACFP</a> (USDA)</p> <p><a href="#">Whole Grain-rich Requirement</a> (CSDE’s Crediting Foods in School Nutrition Programs webpage)</p>

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

Requirement	Grades K-12	Preschool (ages 1-5)
<b>Crediting enriched grain products</b> , e.g., enriched white bread, enriched crackers, enriched white rice, enriched cream of wheat cereal, and enriched corn grits	<p>Enriched grain products may credit for up to 20 percent of all grains offered at snack (refer to <a href="#">“WGR Requirement”</a> in this chart). Enriched grains must comply with the limit for noncreditable grains. They cannot exceed 3.99 grams per portion for groups A-G or 6.99 grams per portion for groups H-I.</p> <p><b>Resources</b></p> <p><a href="#">Crediting Enriched Grains in the School Nutrition Programs</a> (CSDE)</p>	<p>Enriched grain products credit as the grains component but at least one grain menu item per day must be WGR (refer to <a href="#">“R9: WGR Requirement”</a>).</p> <p><b>Resources</b></p> <p><a href="#">Crediting Enriched Grains in the School Nutrition Programs</a> (CSDE)</p> <p><a href="#">USDA Memo CACFP 05-2025: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers</a></p>
<b>Crediting commercial products: combination foods that contain a grain portion from groups A-I</b> , e.g., pizza, breaded chicken nuggets, and macaroni and cheese	<p><b>Two crediting criteria:</b> 1) the grain portion must be WGR or enriched; and 2) cannot exceed 3.99 grams of noncreditable grains per portion for groups A-G or 6.99 grams per portion for group H-I.</p> <p><b>Two WGR criteria:</b> 1) whole grains are the primary ingredient by weight in the grain portion; 2) any remaining grains in the grain portion are enriched; and 3) noncreditable grains in the grain portion cannot exceed 6.99 grams per portion.</p> <p><b>Resources</b></p> <p><a href="#">Crediting Enriched Grains in the School Nutrition Programs</a> (CSDE)</p> <p><a href="#">Crediting Whole Grains in the School Nutrition Programs</a> (CSDE)</p> <p><a href="#">When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs</a> (CSDE)</p>	<p><b>Two crediting criteria:</b> must be WGR or enriched.</p> <p><b>Two WGR criteria:</b> 1) whole grains are the primary ingredient by weight in the grain portion; and 2) any remaining grains in the grain portion are enriched.</p>

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

Requirement	Grades K-12	Preschool (ages 1-5)
<p><b>Crediting foods made from scratch: grain foods in groups A-G, e.g., breads, rolls, muffins, waffles, pancakes, and grain-based desserts (e.g., cookies, cake, granola bars, and pastries)</b></p>	<p>SFAs must have a standardized recipe to document the grams of creditable grains per serving (refer to “<a href="#">Required Crediting Documentation</a>” on page 1).</p> <p><b>Two crediting criteria:</b> 1) must be WGR or enriched; and 2) cannot exceed 3.99 grams of noncreditable grains per portion.</p> <p><b>Two WGR criteria:</b> 1) the combined amount (weight or volume) of all whole grains in the standardized recipe is equal to or more than the weight or volume of all other creditable grains; and 2) cannot exceed 3.99 grams of noncreditable grains per portion.</p> <p><b>Resources</b></p> <p><a href="#">Crediting Enriched Grains in the School Nutrition Programs</a> (CSDE)</p> <p><a href="#">Crediting Whole Grains in the School Nutrition Programs</a> (CSDE)</p> <p><a href="#">Guide to Meeting the Whole Grain-rich Requirement for the Meal Patterns for Grades K-12 in the School Nutrition Programs</a> (CSDE)</p> <p><a href="#">Standardized Recipes</a> (CSDE’s Crediting Documentation for the Child Nutrition Programs webpage)</p>	<p>SFAs must have a standardized recipe to document the grams of creditable grains per serving (refer to “<a href="#">Required Crediting Documentation</a>” on page 1).</p> <p><b>Crediting criteria:</b> must be WGR or enriched.</p> <p><b>WGR criteria:</b> the weight or volume of all whole grains in the standardized recipe is equal to or more than the weight or volume of all other creditable grains.</p> <p><b>Resources</b></p> <p><a href="#">Crediting Enriched Grains in the School Nutrition Programs</a> (CSDE)</p> <p><a href="#">Crediting Whole Grains in the School Nutrition Programs</a> (CSDE)</p> <p><a href="#">Guide to Meeting the Whole Grain-rich Requirement for the Child and Adult Care Food Program</a> (CSDE)</p> <p><a href="#">Standardized Recipes</a> (CSDE’s Crediting Documentation for the Child Nutrition Programs webpage)</p>

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

Requirement	Grades K-12	Preschool (ages 1-5)
<p><b>Crediting foods made from scratch: combination foods that contain a grain portion from groups A-I, e.g., pizza, breaded chicken nuggets, and macaroni and cheese</b></p>	<p>SFAs must have a standardized recipe to document the grams of creditable grains per serving (refer to “<a href="#">Required Crediting Documentation</a>” on page 1).</p> <p><b>Two crediting criteria:</b> 1) the grain portion must be WGR or enriched; and 2) noncreditable grains do not exceed 3.99 grams per portion for groups A-G or 6.99 grams per portion for group H-I.</p> <p><b>Two WGR criteria:</b> 1) the weight or volume of all whole grains in the grain portion is equal to or more than the weight or volume of all other creditable grains in the grain portion; and 2) noncreditable grains in the grain portion do not exceed 3.99 grams per portion for groups A-G or 6.99 grams per portion for group H-I.</p> <p><b>Resources</b></p> <p><a href="#">Crediting Enriched Grains in the School Nutrition Programs</a> (CSDE)</p> <p><a href="#">Crediting Whole Grains in the School Nutrition Programs</a> (CSDE)</p> <p><a href="#">Guide to Meeting the Whole Grain-rich Requirement for the Meal Patterns for Grades K-12 in the School Nutrition Programs</a> (CSDE)</p> <p><a href="#">Standardized Recipes</a> (CSDE’s Crediting Documentation for the Child Nutrition Programs webpage)</p>	<p>SFAs must have a standardized recipe to document the grams of creditable grains per serving (refer to “<a href="#">Required Crediting Documentation</a>” on page 1).</p> <p><b>Crediting criteria:</b> the grain portion must be WGR or enriched.</p> <p><b>WGR criteria:</b> the weight or volume of all whole grains in the grain portion is equal to or more than the weight or volume of all other creditable grains in the grain portion.</p> <p><b>Resources</b></p> <p><a href="#">Crediting Enriched Grains in the School Nutrition Programs</a> (CSDE)</p> <p><a href="#">Crediting Whole Grains in the School Nutrition Programs</a> (CSDE)</p> <p><a href="#">Guide to Meeting the Whole Grain-rich Requirement for the Child and Adult Care Food Program</a> (CSDE)</p> <p><a href="#">Standardized Recipes</a> (CSDE’s Crediting Documentation for the Child Nutrition Programs webpage)</p>

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

Requirement	Grades K-12	Preschool (ages 1-5)
<p><b>Crediting grain-based desserts in groups C-G,</b> e.g., plain brownies, cookies, sweet crackers (such as animal crackers, and graham crackers), cakes, cinnamon rolls, doughnuts, cereal bars, granola bars, breakfast bars, sweet rolls, pastries, and toaster pastries</p>	<p>Grain-based desserts do not credit in the ASP meal pattern for grades K-12 except for sweet crackers (graham crackers and animal crackers).</p> <p>The CSDE recommends limiting sweet crackers to no more than twice per week at snack.</p> <p><b>Resources</b></p> <p><a href="#">Crediting Grain-based Desserts in the Meal Patterns for Grades K-12 in the School Nutrition Programs (CSDE)</a></p> <p><a href="#">Grain Ounce Equivalents Chart for the School Nutrition Programs (CSDE)</a></p>	<p>Grain-based desserts do not credit in the preschool meal patterns except for sweet crackers (graham crackers and animal crackers).</p> <p>The CSDE recommends limiting sweet crackers to no more than twice per week between all meals and snacks served to preschoolers.</p> <p><b>Resources</b></p> <p><a href="#">Grain-based Desserts in the CACFP (USDA)</a></p> <p><a href="#">Grain Ounce Equivalents Chart for the School Nutrition Programs (CSDE)</a></p> <p><a href="#">USDA Memo CACFP 16-2017: Grain-based Desserts in the Child and Adult Care Food Program</a></p>

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

Requirement	Grades K-12	Preschool (ages 1-5)
<b>Identifying grain-based desserts</b>	<p>The CSDE's oz eq chart, <a href="#">Grain Ounce Equivalents Chart for the School Nutrition Programs</a>, indicates grain-based in blue (allowed only at breakfast and lunch) or red (allowed only at lunch).</p> <p>Examples of grain-based desserts include cookies, cakes, cereal bars and granola bars, cinnamon rolls, doughnuts, sweet rolls, and toaster pastries, piecrusts in sweet pies like apple and blueberry, and sweet crackers (graham crackers and animal crackers).</p> <p><b>Resources</b></p> <p><a href="#">Crediting Grain-based Desserts in the Meal Patterns for Grades K-12 in the School Nutrition Programs</a> (CSDE)</p>	Not applicable

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

**Chart 7: Other Requirements**

Requirement	Grades K-12	Preschool (ages 1-5)
<b>Noncreditable foods</b>	<p>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 meal 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><b>Resources</b></p> <p><a href="#"><u>Noncreditable Foods in the Meal Patterns for the School Nutrition Programs (CSDE)</u></a></p>	Same
<b>Water</b>	<p>Schools must make plain potable drinking water available to children at no charge where afterschool snacks are served during the snack service. Water does not credit as a meal component and cannot be offered in place of the two required meal components for snack. Snack menus cannot offer a choice between water and milk or juice.</p> <p><b>Resources</b></p> <p><a href="#"><u>USDA Memo SP 19-2018: Clarification on the Milk and Water Requirements in the School Meal Programs</u></a></p> <p><a href="#"><u>USDA Memo SP 49-2016 and CACFP 18-2016: Resources for Making Potable Water Available in Schools and Child Care Facilities</u></a></p> <p><a href="#"><u>Water Availability for School Nutrition Programs (CSDE webpage)</u></a></p> <p><a href="#"><u>What's in a Meal Module 16: Water Availability During Meal Service (CSDE)</u></a></p>	Same
<b>Offer versus serve (OVS)</b>	Not allowed	Same

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

## Resources

[Afterschool Snack Program \(ASP\)](#) (CSDE webpage):

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

[Crediting Documentation for the Child Nutrition Programs](#) (CSDE webpage):

<https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs>

[Crediting Foods in School Nutrition Programs](#) (CSDE webpage):

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

[Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs](#) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/crediting\\_summary\\_charts\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/crediting_summary_charts_snp.pdf)

[Food Buying Guide for Child Nutrition Programs](#) (USDA):

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

[Meal Pattern and Crediting Resources for the School Nutrition Programs](#) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/meal\\_pattern/resources\\_school\\_meal\\_patterns\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/meal_pattern/resources_school_meal_patterns_snp.pdf)

[Meal Patterns and Crediting](#) (CSDE's Afterschool Snack Program webpage):

<https://portal.ct.gov/sde/nutrition/afterschool-snack-program/meal-patterns-and-crediting>

[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 Guidance for School Meals for Grades K-12](#) (CSDE):

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

[Menu Planning Guidance Series for the Preschool Meal Patterns of the School Nutrition Programs](#) (CSDE):

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

[Noncreditable Foods in the Meal Patterns for the School Nutrition Programs](#) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/noncreditable\\_foods\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/noncreditable_foods_snp.pdf)

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

[Preschool Meal Pattern Training for the School Nutrition Programs \(CSDE's Meal Patterns for](#)

Preschoolers in School Nutrition Programs webpage):

<https://portal.ct.gov/sde/nutrition/meal-patterns-preschoolers-in-school-nutrition-programs/preschool-meal-pattern-training>

[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>

[What's in a Meal: Meal Patterns for Grades K-12 in the School Nutrition Programs \(CSDE's Meal](#)

Pattern Training for School Nutrition Programs webpage):

<https://portal.ct.gov/sde/nutrition/meal-pattern-training-materials>

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

For more information, visit the CSDE's [Afterschool Snack Program \(ASP\)](#) 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\\_grades\\_k-12\\_preschool\\_asp.pdf](https://portal.ct.gov/-/media/sde/nutrition/asp/comparison_grades_k-12_preschool_asp.pdf).



# Comparison of Afterschool Snack Program (ASP)

## Meal Pattern Requirements for Preschool and Grades K-12

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1. mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or
2. fax: (833) 256-1665 or (202) 690-7442; or
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