

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

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

This guidance applies to the Afterschool Snack Program (ASP) meal pattern for grades K-12. The ASP operates under the U.S. Department of Agriculture (USDA) National School Lunch Program (NSLP). For information on the ASP, visit the Connecticut State Department of Education's (CSDE) [Afterschool Snack Program \(ASP\)](#) webpage.



Contents

Meeting the Meal Component Requirements	2
Required Crediting Documentation	2
Meal Pattern Changes for School Year 2025-26	3
Chart 1 – Overview of Crediting Requirements for the Meal Components	4
Milk Component	5
Chart 2 – Crediting Foods in the Milk Component	6
Meats/Meat Alternates (MMA) Component	8
Chart 3 – Crediting Foods in the MMA Component	9
Vegetables/Fruits Component	16
Chart 4 – Crediting Foods in the Vegetables/Fruits Component	17
Grains/Breads Component	24
Chart 5 – Crediting Foods in the Grains/Breads Component	26
Resources	33

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

Meeting the Meal Component Requirements

School food authorities (SFAs) must be able to document the meal pattern contribution of foods and beverages served in the U.S. Department of Agriculture's (USDA [Afterschool Snack Program \(ASP\)](#) of the National School Lunch Program (NSLP). This document summarizes the crediting requirements and methods for the four meal components of the ASP meal pattern for grades K-12, 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).

Effective with school year 2024-25 (beginning July 1, 2024), July 1, 2024, the USDA final rule, [Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans](#), changes the previous terminology for "food component" to "meal component." A meal component is one of the food groups that comprise reimbursable meals and snacks in the USDA Child Nutrition Programs.

Chart 1 provides an overview of the crediting requirements for the five meal components (milk, meats/meat alternates, vegetables, fruits, and grains). Charts 2 through 6 summarize the specific crediting considerations for each meal component.

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

Required Crediting Documentation

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

- **Use the Food Buying Guide for Child Nutrition Programs (FBG):** The USDA's [FBG](#) determines food yields and crediting information, and indicates the specific contribution of foods toward the meal pattern requirements. The FBG indicates how many servings a specific quantity of food will provide, what quantity of raw product will provide the amount of ready-to-cook food in a recipe, and how much food to buy to provide a specific meal pattern contribution.
- **Obtain a Child Nutrition (CN) label or product formulation statement (PFS) for all commercial processed products:** SFAs must have a CN label or PFS to document the meal pattern contribution of all commercial processed foods with added ingredients, such as combination foods (e.g., pizza and chicken nuggets), deli meats, hot dogs, and breaded vegetables. Commercial processed foods without this documentation do not credit. For more information, refer to the Connecticut State Department of Education's (CSDE) resources, [Using Child Nutrition \(CN\) Labels in the School Nutrition Programs](#), [Using Product Formulation Statements in the School Nutrition Programs](#), and [Accepting Processed Product Documentation in the School Nutrition Programs](#), and the USDA's [Tips for Evaluating a Manufacturer's Product Formulation Statement](#). Additional resources are available in the "[Crediting Commercial Processed Products](#)" section of the CSDE's [Crediting Foods in School Nutrition Programs](#) webpage. Training on the

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

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](#).

- **Maintain standardized recipes for foods made from scratch:** SFAs must have standardized recipes that document the crediting information for all foods made from scratch. Determine the recipe’s meal pattern contribution per serving by: 1) using the FBG to determine the weight or volume of each creditable ingredient in the recipe; and 2) dividing the weight or volume of each creditable ingredient by the number of servings. The FBG’s [Recipe Analysis Workbook](#) (RAW) allows menu planners to search for creditable ingredients and calculate the recipe’s meal pattern contribution. For more information, visit the “[Crediting Foods Made from Scratch](#)” section of the CSDE’s [Crediting Foods in School Nutrition Programs](#) webpage.

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

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](#), aligns the ASP meal pattern for grades K-12 with the Child and Adult Care Food Program (CACFP) snack meal pattern requirements, except that the NSLP and SBP weekly juice limit and NSLP and SBP weekly whole grain-rich requirement apply. These changes are summarized below.

- The snack meal pattern will consist of five meal components instead of the current four meal components. Reimbursable snacks must include two of the five meal components.

- The vegetables/fruits component will change from one component to two separate components (fruits component and vegetable component).
- Juice cannot exceed half of the fruits and vegetables offered at snack during the week.
- The serving size of the meats/meat alternates component will change from ounces to ounce equivalent (oz eq).
- Yogurt cannot exceed 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce).
- 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.
- The grains/breads component changes to the grains component and grains/breads servings change to grain oz eq.
- At least 80 percent of the weekly grains offered at snack must be whole grain-rich, based on ounce equivalents of offered grains)
- Breakfast cereals cannot exceed 6 grams of added sugars per dry ounce.

For more information on the final rule, visit the “[Upcoming Meal Pattern Changes](#)” section of the CSDE’s [Meal Patterns for Grades K-12 in School Nutrition Programs](#) webpage.

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

Chart 1 – Overview of Crediting Requirements for the Meal Components

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

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

Milk Component

The milk component includes only fluid milk. Milk must be pasteurized, meet all state and local requirements, and contain vitamins A and D at levels specified by the Food and Drug Administration (FDA). For information on the ASP meal pattern requirements for the milk component, refer to the CSDE's chart, [Comparison of the Milk Component Requirements in the Meal Patterns for School Nutrition Programs](#), and section 2 of the CSDE's [Afterschool Snack Program Handbook](#), and visit the "Milk Component" section of the CSDE's ASP webpage.

Noncreditable foods: Examples of foods that do not credit as the milk component include flavored low-fat milk; reduced fat (2%) milk and whole milk; nondairy milk substitutes that do not meet the USDA's nutrition standards for fluid milk substitutes, e.g., rice milk, almond milk, and cashew milk; milk that is cooked or baked in prepared foods, such as cereals, puddings, and cream sauces; nutrition supplement beverages, e.g., Abbott's Pediasure; powdered milk beverages, e.g., Nestle's NIDO; and *for public schools only*, milk and nondairy milk substitutes that do not meet the state beverage requirements of Connecticut General Statute Section 10-221q. For additional guidance, refer to the CSDE's [Noncreditable Foods for the Afterschool Snack Program Meal Pattern for Grades K-12](#).



Changes for school year 2024-25: Effective July 1, 2024, the USDA final rule, [Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans](#), implements the changes below to the NSLP and SBP meal patterns for grades K-12.

- Continues to allow SFAs to offer fat-free and low-fat milk (flavored and unflavored) for grades K-12.
- 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.

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.

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

Chart 2 – Crediting Foods in the Milk Component

Milk component food item	Crediting requirements	Crediting resources
Fluid milk	<ul style="list-style-type: none"> Allowable types of milk include low-fat (1%) and fat-free milk, either unflavored or flavored. This includes any of the following types of milk that meet the fat content restrictions: lactose-reduced milk, lactose-free milk, acidified milk, cultured milk, cultured buttermilk, and Ultra High Temperature (UHT) milk. Public schools only: Milk must also meet the state beverage requirements of Section 10-221q of the Connecticut General Statutes (C.G.S). The state beverage statute requires that milk cannot contain artificial sweeteners and cannot exceed 4 grams of sugars per fluid ounce. 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. 	<ul style="list-style-type: none"> CSDE handout: Comparison of Meal Pattern Requirements for the Milk Component in School Nutrition Programs CSDE handout (applies only to public schools): Allowable Beverages for Connecticut Public Schools
Beverage limit	<ul style="list-style-type: none"> Only one of the two components may be a creditable beverage. Milk cannot be served when juice is the only other snack component. 	
Milk in fruit/vegetable smoothies	<ul style="list-style-type: none"> The minimum creditable amount of milk in a smoothie is ¼ cup. If a smoothie contains less than the full serving of milk, the snack must include additional milk to provide the full serving. Note: This crediting applies only to milk in smoothies. The minimum creditable amount of the milk component is the full 1-cup serving. 	<ul style="list-style-type: none"> CSDE handout: Crediting Smoothies in the Meal Patterns for Grades K-12 in the School Nutrition Programs

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

Milk component food item	Crediting requirements	Crediting resources
<p>Milk substitutes for children without a disability</p>	<ul style="list-style-type: none"> • The USDA allows two types of milk substitutions: 1) nondairy milk substitutes that meet the USDA’s nutrition standards for fluid milk substitutes; and 2) lactose-free or lactose-reduced milk that meets the required fat content and flavor restrictions, i.e., low-fat (1%) milk and fat-free milk, either unflavored or flavored (refer to “Fluid milk” in this section). • Public schools only: Nondairy milk substitutes must also meet the state beverage requirements of C.G.S. Section 10-221q. The state beverage statute requires that nondairy milk substitutes cannot contain artificial sweeteners and cannot exceed 4 grams of sugars per fluid ounce, 35 percent of calories from fat, and 10 percent of calories from saturated fat. • Juice, water, and other beverages cannot substitute for milk in snacks for children without a disability. <p>Change for school year 2024-25: Effective 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>	<ul style="list-style-type: none"> • CSDE handout: Milk Substitutes for Children with Disabilities in School Nutrition Programs • CSDE handout: Determining if Nondairy Beverages Meet the USDA’s Nutrition Standards for Fluid Milk Substitutes in School Nutrition Programs • CSDE handout (applies only to public schools): Allowable Beverages for Connecticut Public Schools

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

Meats/Meat Alternates (MMA) Component

The MMA component includes fresh and frozen meats (e.g., lean beef, pork, poultry, fish, and shellfish), processed meats (e.g., chicken nuggets, deli meats, and fish sticks), canned meats (e.g., chicken, tuna, and salmon), and meat alternates such as eggs, cheese, yogurt, nuts and seeds and their butters, beans, peas, and lentils, tofu, and tempeh. For information on the ASP meal pattern requirements for the MMA component, refer to section 2 of the CSDE's [Afterschool Snack Program Handbook](#) and visit the "[Meats/Meat Alternates Component](#)" section of the CSDE's ASP webpage.

The manufacturer's serving weight is not the same as the MMA contribution, i.e., 1 ounce does not equal 1 oz eq of MMA, because processed foods (such as combination foods, deli meats, hot dogs, and sausages) contain non-MMA ingredients in addition to their MMA component. SFAs must obtain a CN label or PFS for all commercial processed products (refer to "[Crediting Documentation](#)" in this document).

Noncreditable foods: Examples of foods that do not credit as the MMA component include bacon, commercial canned soups (e.g., beef barley, beef noodle, turkey or chicken noodle, and turkey or chicken rice), cream cheese, drinkable yogurt, egg whites, frozen yogurt, imitation cheese, products made with tofu that are not easily recognized as meat substitutes or that contain less than 5 grams of protein in 2.2 ounces, and sour cream. For additional guidance, refer to the CSDE's [Noncreditable Foods for the Afterschool Snack Program Meal Pattern for Grades K-12](#).

Changes for school year 2024-25: Effective July 1, 2024, the USDA final rule, [Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans](#), implements the changes below to the ASP meal patterns for grades K-12.

- Changes the name of the previous "legumes (beans and peas)" vegetable subgroup to the "beans, peas, and lentils" vegetable subgroup.
- Allows beans, peas, and lentils offered as a meat alternate at lunch to also count toward the weekly beans, peas, and lentils vegetable subgroup requirement. As with the current requirement, menu planners determine whether beans, peas, and lentils count toward the vegetables meal component or the MMA meal component.

Upcoming changes for school year 2025-26: The USDA final rule, [Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans](#), implements the changes below to the ASP meal patterns for grades K-12.

- Aligns the ASP meal pattern for grades K-12 with the Child and Adult Care Food Program (CACFP) snack meal pattern. Reimbursable snacks must include two of the five meal components. The serving size for MMA will change from ounces to oz eq.
- Establishes a sugar limit for yogurt of no more than 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce).

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

Chart 3 – Crediting Foods in the MMA Component

MMA component food item	1 oz eq of MMA =	Additional crediting requirements and resources
<p>Alternate protein products (APPs), e.g., veggie burgers, meatless chicken nuggets, and soy hotdogs</p>	<ul style="list-style-type: none"> • 1 ounce of APP: Must have a CN label or PFS from the manufacturer with supporting documentation on company letterhead that the APP ingredient meets the USDA’s requirements (refer to “Crediting Documentation” on page 1 and “Commercial meat, poultry, or fish products with added ingredients” in this section). 	<ul style="list-style-type: none"> • CSDE handout: Requirements for Alternate Protein Products in the School Nutrition Programs • USDA handout: Questions and Answers on Alternate Protein Products
<p>Beans, peas, and lentils, e.g., kidney beans, black beans, and chickpeas</p>	<ul style="list-style-type: none"> • ¼ cup of cooked beans, peas, and lentils • 1 ounce of roasted beans, peas, and lentils, e.g., roasted chickpeas and roasted soybeans (soy nuts) 	<ul style="list-style-type: none"> • Effective July 1, 2024, the USDA final rule, <i>Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans</i>, changes the name of the previous “legumes (beans and peas)” vegetable subgroup to the “beans, peas, and lentils” vegetable subgroup. • The liquid served with beans, peas, and lentils does not credit, such as the sauce in baked beans. • Beans, peas, and lentils may credit as either the MMA component or vegetables component but one serving cannot credit as both components in the same snack. Refer to chart 4 for information on crediting beans, peas, and lentils as vegetables. • Roasted or dried beans, peas, and lentils (such as roasted soybeans or roasted chickpeas) credit the same as nuts and seeds. A 1-ounce serving of roasted or dried beans, peas, or lentils credits as 1 oz eq of the MMA component. • CSDE handout: Crediting Beans, Peas, and Lentils in the School Nutrition Programs
<p>Cheeses, e.g., cheddar, mozzarella, provolone, American, and cottage cheese</p>	<ul style="list-style-type: none"> • 1 ounce of natural cheese and pasteurized process cheese, e.g., American • ¼ cup of cottage or ricotta cheese • 2 ounces of cheese substitute, cheese food substitute, and cheese spread substitute 	<ul style="list-style-type: none"> • Cream cheese does not credit. • Foods that contain cheese (such as pizza and macaroni and cheese) require a CN label or PFS for commercial products and a standardized recipe for foods made from scratch (refer to “Crediting Documentation” on page 1). • Best practice: Choose low-fat or reduced-fat cheeses.

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

MMA component food item	1 oz eq of MMA =	Additional crediting requirements and resources
Commercial combination foods , e.g., pizza and chicken nuggets	<ul style="list-style-type: none"> • Varies by commercial product: Must have a CN label or PFS to document the amount of MMA per serving (refer to “Crediting Documentation” on page 1 and “Commercial meat, poultry, or fish products with added ingredients” in this section). 	<ul style="list-style-type: none"> • CSDE handout: Crediting Commercial Meat/Meat Alternate Products in the School Nutrition Programs • CSDE webpage: Crediting Commercial Processed Products for Grades K-12 in School Nutrition Programs
Commercial meat, poultry, or fish products with added ingredients , e.g., hotdogs, deli meats, and sausages	<ul style="list-style-type: none"> • Varies by commercial product: Must have a CN label or PFS to document the amount of MMA per serving (refer to “Crediting Documentation” on page 1 and “Commercial meat, poultry, or fish products with added ingredients” in this section). 	<ul style="list-style-type: none"> • Regular bacon does not credit. credit. Some brands of turkey bacon might credit with the appropriate documentation from a CN label or PFS. • CSDE handout: Crediting Commercial Meat/Meat Alternate Products in the School Nutrition Programs • CSDE handout: Using Child Nutrition (CN) Labels in the School Nutrition Programs • CSDE handout: Using Product Formulation Statements in the School Nutrition Programs • CSDE webpage: Crediting Commercial Processed Products for Grades K-12 in School Nutrition Programs • USDA handout: Reviewer’s Checklist for Evaluating Manufacturer Product Formulation Statements (Product Analysis) for Meat/Meat Alternate (M/MA) Products • USDA handout: Tips for Evaluating a Manufacturer’s Product Formulation Statement
Cooked lean meat, poultry, or fish , i.e., without bone, skin, or added ingredients	<ul style="list-style-type: none"> • 1 ounce: Refer to the FBG for cooked yields of meat, poultry, and fish. 	

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

MMA component food item	1 oz eq of MMA =	Additional crediting requirements and resources
<p>Deli meats, e.g., turkey, ham, roast beef, salami, and bologna</p>	<ul style="list-style-type: none"> • Varies by commercial product: Must have a CN label or PFS to document the amount of meat per serving (refer to “Crediting Documentation” on page 1 and “Commercial meat, poultry, or fish products with added ingredients” in this section). • Many deli meats do not credit based on serving weight because they contain added binders, extenders, and liquids. Many deli meats require several ounces to credit as 1 oz eq of MMA. 	<ul style="list-style-type: none"> • CSDE handout: Crediting Deli Meats in the School Nutrition Programs • CSDE training module: What’s in a Meal Module 6: Meal Pattern Documentation
<p>Dried meat, poultry, and seafood products, e.g., jerky and summer sausage</p>	<ul style="list-style-type: none"> • Varies by commercial product: Must have a CN label or PFS to document the amount of meat per serving (refer to “Crediting Documentation” on page 1 and “Commercial meat, poultry, or fish products with added ingredients” in this section). 	<ul style="list-style-type: none"> • Must evaluate the product’s PFS to ensure it meets the following USDA crediting principles: 1) the creditable meat ingredient must match, or have a similar description to, the ingredient listed on the product’s label; 2) the creditable meat ingredient must have a similar description to a food item in the FBG; and 3) the creditable amount cannot exceed the finished weight of the product. For example, a 1-ounce serving of beef jerky cannot credit for more than 1 oz eq of MMA. • Ground pork and beef ingredients must include the percent fat because the fat content has a direct correlation to the cooking yield. To credit in the Child Nutrition Programs, the fat content of ground beef or ground pork in dried meat products cannot exceed 30 percent. • USDA Memo SP 21-2019, CACFP 08-2019 and SFSP 07-2019: Crediting Shelf-Stable, Dried and Semi-Dried Meat, Poultry, and Seafood Products in the Child Nutrition Programs • USDA’s webinar: Moving Forward: Update on Food Crediting in Child Nutrition Programs with Guidance for Dried Meat Products • Refer to “Commercial meat, poultry, or fish products with added ingredients” in this section.

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

MMA component food item	1 oz eq of MMA =	Additional crediting requirements and resources
Eggs	<ul style="list-style-type: none"> • ½ large 	<ul style="list-style-type: none"> • Only whole eggs credit. Liquid egg substitutes are not whole eggs and do not credit. Egg whites served alone do not credit. • Foods that contain eggs (such as quiche or frittata) require a CN label or PFS for commercial products and a standardized recipe for foods made from scratch (refer to “Crediting Documentation” on page 1).
Foods made from scratch , e.g., pizza and macaroni and cheese	<ul style="list-style-type: none"> • Varies by food: Must have a standardized recipe to document the amount of MMA per serving (refer to “Crediting Documentation” on page 1). 	<ul style="list-style-type: none"> • CSDE webpage: Crediting Foods Made from Scratch
Hummus or bean dip made with beans, peas, and lentils) and tahini (or other nut/seed butters)	<ul style="list-style-type: none"> • Varies by commercial product and recipe. The serving must contain at least ¼ ounce of MMA combined from the beans, peas, and lentils and tahini (sesame paste) or other nut/seed butters. • Commercial products require a CN label or PFS to document the amount of meat alternate per serving (refer to “Crediting Documentation” on page 1 and “Commercial meat, poultry, or fish products with added ingredients” in this section). • Hummus and bean dips made from scratch must have a standardized recipe to document the amount of meat alternate per serving (refer to “Crediting Documentation” on page 1). 	<ul style="list-style-type: none"> • Bean dip is a spread made from ground pulses (beans, peas, and/or lentils) with one or more of the following optional ingredients: ground nut/seed butter (such as tahini [ground sesame] or peanut butter; vegetable oil (such as olive oil, canola oil, soybean oil); seasoning (such as salt, citric acid); vegetables and juice for flavor (such as olives, roasted peppers, garlic, lemon juice); and for manufactured bean dip, ingredients necessary as preservatives and/or to maintain freshness. • A ¼-cup serving of beans, peas, and lentils credits as 1 oz eq of the MMA component. The minimum creditable amount is 1 tablespoon (¼ ounce). • Two tablespoons of tahini or other nut/seed butters credit as 1 oz eq of the MMA component. The minimum creditable amount is ½ tablespoon (¼ ounce). • The beans/peas/lentils in hummus or bean dips may credit as either the MMA component or vegetables component but one serving cannot credit as both components in the same snack or snack. Refer to chart 4 for information on crediting hummus as the vegetables/fruits component. • CSDE handout: Crediting Beans, Peas, and Lentils in the School Nutrition Programs

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

MMA component food item	1 oz eq of MMA =	Additional crediting requirements and resources
Nut/seed butters , e.g., peanut butter, almond butter, sunflower seed butter, and soy nut butter	<ul style="list-style-type: none"> ● 2 tablespoons 	<ul style="list-style-type: none"> ● The ASP meal pattern requires volume (tablespoons) not weight (ounces). Measuring 1 ounce by weight does not provide 1 oz eq of MMA. The FBG indicates that 1.1 ounces of nut/seed butter is required to credit as 1 oz eq of MMA. ● CSDE handout: Crediting Nuts and Seeds in the School Nutrition Programs
Nuts/seeds , e.g., almonds, peanuts, and sunflower seeds	<ul style="list-style-type: none"> ● 1 ounce 	<ul style="list-style-type: none"> ● Nuts and seeds may credit for the full MMA requirement. ● CSDE handout: Crediting Nuts and Seeds in the School Nutrition Programs
Pasta products made of 100 percent bean, pea, and lentil flour , e.g., chickpea flour pasta and lentil flour pasta	<ul style="list-style-type: none"> ● ¼ cup of cooked 100 percent bean, pea, and lentil flour pasta 	<ul style="list-style-type: none"> ● Pasta made of 100 percent beans, peas, or lentils may credit as either the MMA component or vegetables component but one serving cannot credit as both components in the same snack. Refer to chart 4 for information on crediting beans, peas, and lentils as vegetables.
Surimi	<ul style="list-style-type: none"> ● 3 ounces 	<ul style="list-style-type: none"> ● A PFS is required to credit a surimi product differently. Refer to “Commercial meat, poultry, or fish products with added ingredients” in this section.
Tempeh	<ul style="list-style-type: none"> ● 1 ounce 	<ul style="list-style-type: none"> ● A PFS is required if the product’s ingredients contain anything other than soybeans (or other beans, peas, and lentils), water, tempeh culture, vinegar, seasonings, and herbs. Refer to “Commercial meat, poultry, or fish products with added ingredients” in this section. ● USDA Memo SP 25-2019, CACFP 12-2019 and SFSP 11-2019: Crediting Tempeh in the Child Nutrition Programs ● USDA webinar: Additional Meat/Meat Alternate Options for CNPs: Crediting Tempeh and Surimi

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

MMA component food item	1 oz eq of MMA =	Additional crediting requirements and resources
Tofu (commercial)	<ul style="list-style-type: none"> • 1 ounce 	<ul style="list-style-type: none"> • Products must meet three crediting criteria: 1) must be commercially prepared; 2) must be easily recognized as meat substitutes, such as tofu burgers and tofu sausages; and 3) must contain 5 grams of protein in 2.2 ounces. • CSDE handout: Crediting Tofu and Tofu Products in the School Nutrition Programs • 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

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

MMA component food item	1 oz eq of MMA =	Additional crediting requirements and resources
<p>Yogurt and soy yogurt, plain or flavored; sweetened or unsweetened; and with or without added fruit, either blended or on the bottom or top</p>	<ul style="list-style-type: none"> ● ½ cup or 4 ounces weight 	<ul style="list-style-type: none"> ● Yogurt mixed in smoothies credits as the MMA component. Crediting requires a standardized recipe for foods made from scratch, and a PFS or CN label for commercial products. Refer to the CSDE’s Crediting Smoothies in the Meal Patterns for Grades K-12 in the School Nutrition Programs. ● Fruits in commercially prepared yogurt (either blended or on the bottom or top) do not credit toward the fruits component. Menu planners may credit fruits offered as a separate component, such as yogurt topped with fresh blueberries or sliced strawberries in a yogurt-fruit parfait (refer to chart 4). ● Homemade yogurt does not credit. ● Commercial yogurt products do not credit. Examples include drinkable or squeezable yogurt, frozen yogurt, yogurt bars, yogurt-covered fruits and nuts, and yogurt-flavored products. ● Best practice: Choose low-fat or reduced-fat yogurts. ● 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 sugar limit for yogurt of no more than 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce). ● CSDE handout: Crediting Yogurt in the Meal Patterns for Grades K-12 in the School Nutrition Programs ● 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

Vegetables/Fruits Component

The vegetables and fruits component includes fresh, frozen, and canned vegetables; rehydrated dried vegetables; fresh, frozen, and dried fruits; canned fruits in juice, water, or light syrup; and pasteurized 100 percent full-strength juices (vegetable, fruit, or combination). For more information on the ASP meal pattern requirements for the vegetables/fruits component, refer to section 2 of the CSDE's [Afterschool Snack Program Handbook](#) and visit the "[Vegetables/Fruits Component for the SFSP](#)" section of CSDE's SFSP webpage.

Noncreditable foods: Examples of foods that do not credit as vegetables toward the vegetables/fruits component include chili sauce; dehydrated vegetables used for seasoning; cream vegetable soups, e.g., cream of broccoli and cream of mushroom; home-canned products (for food safety reasons); ketchup; pickle relish; and snack-type foods made from vegetables, such as potato chips.

Examples of foods that do not credit as fruits toward the vegetables/fruits component include banana chips; dried coconut; fruit snacks (e.g., fruit roll-ups, fruit leathers, fruit wrinkles, fruit twists, yogurt-covered fruit snacks); home-canned products (for food safety reasons); jams, jellies, and preserves; and juice drinks that are not 100 percent juice such as grape juice drink, orange juice drink, pineapple-grapefruit drink, cranberry juice cocktail, and lemonade. For additional guidance, refer to the CSDE's [Noncreditable Foods for the Afterschool Snack Program Meal Pattern for Grades K-12](#).

Change for school year 2024-25: Effective 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.

Upcoming 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](#), implements the changes below to the ASP meal patterns for grades K-12.

- Aligns the ASP meal pattern for grades K-12 with the CACFP snack meal pattern for children. The vegetables/fruits component will change to two separate components (vegetables component and fruits component). Reimbursable snacks must include two of the five meal components.
- The NSLP weekly juice requirement will apply to ASP snacks. Juice cannot exceed half of the fruits and vegetables offered at snack during the week.



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

Chart 4 – Crediting Foods in the Vegetables/Fruits Component

Vegetables component food item	Credit based on	Additional crediting requirements and resources
<p>Beans, peas, and lentils, e.g., kidney beans, black beans, and chickpeas</p>	<ul style="list-style-type: none"> ● Served volume: Includes cooked beans, peas, and lentils and roasted beans, peas, and lentils (e.g., roasted chickpeas and soy nuts) 	<ul style="list-style-type: none"> ● Effective 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. ● Refer to the FBG for yields. ● The liquid served with beans, peas, and lentils does not credit, such as the sauce in baked beans. ● Beans, peas, and lentils may credit as either vegetables or MMA but one serving cannot credit as both components in the same snack. Refer to chart 3 for information on crediting beans, peas, and lentils as MMA. ● CSDE handout: Crediting Beans, Peas, and Lentils in the School Nutrition Programs
<p>Canned fruits in juice, water, or syrup, e.g., canned peaches and pineapple tidbits</p>	<ul style="list-style-type: none"> ● Served volume, e.g., ½ cup = ½ cup of the vegetables/fruits component 	<ul style="list-style-type: none"> ● The serving of canned fruit may include the 100 percent juice in which the fruit is packed but cannot include water or syrup. ● Refer to the FBG for yields.
<p>Canned vegetables, e.g., corn, peas, and kidney beans</p>	<ul style="list-style-type: none"> ● Served volume, e.g., ½ cup = ½ cup of the vegetables/fruits component 	<ul style="list-style-type: none"> ● Must be drained. The packing liquid does not credit, e.g., water in canned corn or sauce in baked beans. ● Refer to the FBG for yields.
<p>Coconut</p>	<ul style="list-style-type: none"> ● Fresh, frozen, and dried coconut: Served volume, e.g., ½ cup = ½ cup of the vegetables/fruits component ● Coconut water labeled as 100 percent juice (credits as juice): Served volume, e.g., ½ cup = ½ cup of the vegetables/fruits component 	<ul style="list-style-type: none"> ● Coconut flour, coconut oil, and coconut milk do not credit. ● USDA Memo SP 22-2019, CACFP 15-2019, and SFSP 15-2019: Crediting Coconut, Hominy, Corn Masa, and Corn Flour in the Child Nutrition Programs

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

Vegetables component food item	Credit based on	Additional crediting requirements and resources
<p>Commercial products containing vegetables/fruits, e.g., hummus, vegetable pizza, vegetable egg rolls, breaded onion rings, and fruit/vegetable smoothies</p>	<ul style="list-style-type: none"> ● Varies by commercial product: Must have a CN label or PFS to document the amount of vegetables per serving (refer to “Crediting Documentation” on page 1). Note: CN labels are available only for main dish commercial products that contribute to the MMA component, but they typically also indicate the contribution of other meal components (such as vegetables, fruits, and grains) that are part of these products. 	<ul style="list-style-type: none"> ● CSDE handout: Using Child Nutrition (CN) Labels in the School Nutrition Programs ● CSDE handout: Using Product Formulation Statements in the School Nutrition Programs ● CSDE webpage: Crediting Commercial Processed Products for Grades K-12 in School Nutrition Programs ● USDA handout: Tips for Evaluating a Manufacturer’s Product Formulation Statement
<p>Commercial vegetable soups, e.g., vegetable soups (such as minestrone and tomato) and soups made with beans, peas, and lentils (such as split pea, lentil, and black bean)</p>	<ul style="list-style-type: none"> ● Yields in FBG: <ul style="list-style-type: none"> ○ Vegetable soup: 1 cup = ¼ cup of the vegetables/fruits component ● Bean, pea, and lentil soup: 1 cup = ½ cup of the vegetables/fruits component 	<ul style="list-style-type: none"> ● Only certain types of vegetable soups credit. Refer to the FBG. Cream vegetable soups (such as cream of broccoli and cream of mushroom) do not credit. ● Must have a PFS to credit a commercial soup differently. Refer to “Commercial products containing vegetables/fruits” in this section. ● CSDE handout: Crediting Soups in the School Nutrition Programs
<p>Dried fruits, e.g., raisins, apricots, and cherries</p>	<ul style="list-style-type: none"> ● Served volume, e.g., ½ cup = ½ cup of the vegetables component 	<ul style="list-style-type: none"> ● Dried coconut, banana chips, and fruit snacks (e.g., fruit roll-ups and yogurt-covered fruit snacks) do not credit.
<p>Dried vegetables, e.g., potato flakes and dried soup mix</p>	<ul style="list-style-type: none"> ● Varies by commercial product: Must have a PFS to document the rehydrated volume of vegetables per serving (refer to “Crediting Documentation” on page 1). 	<ul style="list-style-type: none"> ● Credits based on the rehydrated volume (cups). ● Dehydrated vegetables used for seasoning (such as dried parsley and onion flakes) do not credit.

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

Vegetables component food item	Credit based on	Additional crediting requirements and resources
Fresh fruits , e.g., apples, bananas, and pears	<ul style="list-style-type: none"> Served volume, e.g., ½ cup = ½ cup of the vegetables/fruits component 	<ul style="list-style-type: none"> Refer to the FBG for yields. Depending on the size, one piece of fresh fruit might not provide the full serving of the vegetables/fruits component. For example, one 60-count plum and one 88-count peach each credit as ¾ cup of fruit; one 100-120-count banana and one 138-count orange each credit as ½ cup of fruit; and one 113-count or 125-count orange credits as ⅝ cup of fruit. Check the FBG to ensure proper crediting.
Fresh vegetables , e.g., broccoli, carrots, and spinach	<ul style="list-style-type: none"> Served volume, e.g., ½ cup = ½ cup of the vegetables/fruits component 	<ul style="list-style-type: none"> Refer to the FBG for yields.
Frozen vegetables and fruits , e.g., corn, peas, green beans, frozen berries, and melon	<ul style="list-style-type: none"> Served volume, e.g., ½ cup = ½ cup of the vegetables/fruits component 	<ul style="list-style-type: none"> Refer to the FBG for yields.
Hominy, drained canned or cooked whole hominy from dried hominy	<ul style="list-style-type: none"> Served volume, e.g., ½ cup = ½ cup of the vegetables/fruits component 	<ul style="list-style-type: none"> Hominy grits credit as the grains/breads component. Refer to chart 5 for information on crediting hominy as the grains/breads component. USDA Memo SP 22-2019, CACFP 15-2019, and SFSP 15-2019: Crediting Coconut, Hominy, Corn Masa, and Corn Flour in the Child Nutrition Programs

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

Vegetables component food item	Credit based on	Additional crediting requirements and resources
<p>Hummus or bean dip made with beans, peas, and lentils and tahini (or other nut/seed butters)</p>	<ul style="list-style-type: none"> Varies by commercial product and recipe. The serving must contain at least 1/8 cup of beans/peas/lentils to credit toward the vegetables component. Commercial products require a CN label or PFS to document the amount of beans, peas, and lentils per serving (refer to “Crediting Documentation” on page 1). Hummus and bean dips made from scratch must have a standardized recipe to document the amount of beans, peas, and lentils per serving (refer to “Crediting Documentation” on page 1). 	<ul style="list-style-type: none"> Bean dip is a spread made from ground pulses (beans, peas, and/or lentils) with one or more of the following optional ingredients: ground nut/seed butter (such as tahini [ground sesame] or peanut butter; vegetable oil (such as olive oil, canola oil, soybean oil); seasoning (such as salt, citric acid); vegetables and juice for flavor (such as olives, roasted peppers, garlic, lemon juice); and for manufactured bean dip, ingredients necessary as preservatives and/or to maintain freshness. Hummus and bean dips credit as the vegetables/fruits component based on the amount of beans, peas, and lentils per serving. For example, hummus that contains 1/4 cup of chickpeas per serving credits as 1/4 cup of the vegetables/fruits component. The minimum creditable amount of beans, peas, and lentils is 1/8 cup. The beans/peas/lentils in hummus and bean dips may credit as either the MMA component or vegetables component but one serving cannot credit as both components in the same snack or snack. Refer to chart 3 for information on crediting hummus and bean dips as the MMA component. CSDE handout: Crediting Beans, Peas, and Lentils in the School Nutrition Programs

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

Vegetables component food item	Credit based on	Additional crediting requirements and resources
<p>Juice, pasteurized full-strength (100 percent) fruit, vegetable, or combination, e.g., apple juice, orange juice, grape juice, tomato juice, and mixed fruit and vegetable juices</p>	<ul style="list-style-type: none"> Served volume, e.g., ½ cup = ½ cup of the vegetables/fruits component 	<ul style="list-style-type: none"> Juice cannot be served when milk is the only other snack component. In addition, juice and a vegetable or fruit (such as fruit juice and carrot sticks) cannot be the only two snack components because both food items are from the vegetables/fruits component. Snack must include two different components. 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, and applies the NSLP weekly juice requirement to ASP snacks: juice cannot exceed half of the fruits and vegetables offer CSDE handout: Crediting Juice in the Meal Patterns for Grades K-12 in the School Nutrition Programs
<p>Mixed fruits, e.g., fruit salad, fruit cocktail, mixed berries</p>	<ul style="list-style-type: none"> Served volume, e.g., ½ cup = ½ cup of the vegetables/fruits component 	<ul style="list-style-type: none"> Refer to the FBG for yields. Lunch and supper: Must contain at least two different servings of vegetables and/or fruits. Mixed fruits count as only one of the two required servings.
<p>Mixed vegetables, e.g., peas and carrots; and a California mix of broccoli, cauliflower, and carrots</p>	<ul style="list-style-type: none"> Served volume, e.g., ½ cup = ½ cup of the vegetables/fruits component 	<ul style="list-style-type: none"> Refer to the FBG for yields. Lunch and supper: Must contain at least two different servings of vegetables and/or fruits. Mixed vegetables count as only one of the two required servings.
<p>Mixtures of vegetables and fruits, e.g., carrot-raisin salad and Waldorf salad</p>	<ul style="list-style-type: none"> Served volume, e.g., ½ cup = ½ cup of the vegetables/fruits component 	<ul style="list-style-type: none"> Refer to the FBG for yields. Lunch and supper: Must contain at least two different servings of vegetables and/or fruits. Mixtures of vegetables and fruits count as only one of the two required servings.

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

Vegetables component food item	Credit based on	Additional crediting requirements and resources
<p>Pasta products made of 100 percent vegetable flours, e.g., chickpea flour pasta and lentil flour pasta.</p>	<ul style="list-style-type: none"> ● Served volume: ½ cup of pasta made of 100 percent vegetable flour credits as ½ cup of the vegetables component. 	<ul style="list-style-type: none"> ● Pasta products made of 100 percent vegetable flour may credit as either the vegetables component or MMA component but one serving cannot credit as both components in the same snack. Refer to chart 3 for information on crediting 100 percent bean, pea, and lentil flour pasta products as MMA. ● Pasta products made of vegetable flour with other non-vegetable ingredients require a PFS detailing the volume of vegetable flour per serving. Refer to “Commercial products containing vegetables/fruits” in this section.
<p>Pureed fruits, e.g., applesauce</p>	<ul style="list-style-type: none"> ● Served volume, e.g., ½ cup = ½ cup of the vegetables/fruits component 	<ul style="list-style-type: none"> ● Must be recognizable (visible), e.g., applesauce. ● Pureed fruits do not credit as the vegetables/fruits component when they are not recognizable, e.g., using applesauce or prune puree to replace the oil in muffins. ● Pureed fruits and vegetables in smoothies credit only as juice (refer to “Smoothies made of fruits/vegetables/juice” in this chart).
<p>Pureed vegetables, e.g., sweet potatoes, tomato sauce, and butternut squash</p>	<ul style="list-style-type: none"> ● Served volume, e.g., ½ cup = ½ cup of the vegetables/fruits component 	<ul style="list-style-type: none"> ● Must be recognizable (visible), e.g., tomato sauce, split pea soup, mashed potatoes, mashed sweet potatoes, and pureed butternut squash. ● Pureed vegetables do not credit as the vegetables/fruits component when they are not recognizable unless the food also provides at least ⅛ cup of a visible creditable vegetable. For example, a serving of macaroni and cheese that contains ⅛ cup of diced butternut squash (visible) and ⅛ cup of pureed carrots (not visible) credits as ¼ cup of the red/orange vegetables subgroup. ● Pureed vegetables in smoothies credit only as juice (refer to “Smoothies made of fruits/vegetables/juice” in this chart).

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

Vegetables component food item	Credit based on	Additional crediting requirements and resources
Smoothies made of fruits/vegetables/juice	<ul style="list-style-type: none"> • Pureed fruits and vegetables in smoothies credit only as juice and must meet the same requirements as juice (refer to “Juice, pasteurized full-strength (fruit, vegetable, or combination)” in this chart). • Crediting is based on the volume (cups) of pureed fruits and vegetables per serving. • Commercial smoothies require a PFS (or CN label, if available) to credit (refer to “Crediting Documentation” on page 1). Commercial smoothies cannot contain dietary or herbal supplements. 	<ul style="list-style-type: none"> • Commercial smoothies require a PFS (or CN label, if available) to credit. Commercial smoothies cannot contain dietary or herbal supplements. Refer to “Commercial products containing vegetables/fruits” in this section. • CSDE handout: Crediting Smoothies in the Meal Patterns for Grades K-12 in the School Nutrition Programs • CSDE training module: What’s in a Meal Module 6: Meal Pattern Documentation

Grains/Breads Component

The grains/breads component includes breads and bread products (e.g., biscuits, bagels, rolls, tortillas, and muffins), snack products (e.g., crackers, animal crackers, graham crackers, hard pretzels, tortilla chips, and popcorn); cereal grains (e.g., buckwheat, brown rice, bulgur, and quinoa); ready-to-eat (RTE) breakfast cereals; cooked breakfast cereals (e.g., oatmeal); bread products used as an ingredient in another menu item such as combination foods (e.g., breading on fish or poultry and pizza crust in pizza); pasta; and grain-based desserts (e.g., cookies, graham crackers, plain brownies, cakes, and granola bars).

For information on the ASP meal pattern requirements for the grains/breads component, refer to the CSDE's chart, [Comparison of the Grains Component Requirements in the Meal Patterns for School Nutrition Programs](#), and section 2 of the CSDE's [Afterschool Snack Program Handbook](#), and visit the "Grains/Breads Component" section of the CSDE's ASP webpage.

Commercial grain products and standardized recipes must meet the crediting, whole grain-rich (WGR), and oz eq requirements indicated below.

- **Crediting requirements:** To credit as the grains component, commercial grain products and standardized recipes must contain creditable grains (whole grains, enriched grains, bran, and germ). For guidance on identifying whole and enriched grains, refer to the CSDE's resources, [Crediting Whole Grains in the School Nutrition Programs](#), [Crediting Enriched Grains in the School Nutrition Programs](#), and [Crediting Breakfast Cereals for Grades K-12 in the School Nutrition Programs](#).

- **Servings:** The servings of creditable commercial grain products and standardized recipes must be determined using one of the two allowable methods: 1) the required weight (groups A-E) or volume (groups H-I) in the USDA's [Exhibit A: Grain Requirements for Child Nutrition Programs](#) (refer to the CSDE's resources, [Servings for Grains/Breads in the Afterschool Snack Program Meal Pattern for Grades K-12](#) and [How to Use the How to Use the Grains/Breads Servings Chart for Grades K-12 in the Afterschool Snack Program](#)); or 2) the creditable grains per serving (refer to the CSDE's [Calculation Methods for Grains/Breads Servings for the Afterschool Snack Program Meal Pattern for Grades K-12](#) and [When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs](#)).

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

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

Change for school year 2024-25: Effective July 1, 2024, the USDA final rule, *Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans*, adds the following definition for “whole grain-rich” in NSLP, SBP, and CACFP regulations: Whole grain-rich is the term designated by FNS to indicate that the grain content of a product is between 50 and 100 percent whole grain with any remaining grains being enriched. This definition does not change the meaning of whole grain-rich, and program operators can continue to identify whole grain-rich products as described in current guidance.

Upcoming 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*, implements the changes below to the ASP meal patterns for grades K-12.

- Aligns the ASP meal pattern for grades K-12 with the CACFP snack meal pattern for children. The grains/breads component will change to the grains component. Reimbursable snacks must include two of the five meal components.
- The required quantities of grains will change from servings to oz eq.
- The NSLP and SBP weekly WGR 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.
- Establishes a sugar limit for breakfast cereals of no more than 6 grams of added sugars per dry ounce.
- Consistent with the CACFP meal patterns for children, grain-based desserts cannot credit in ASP snacks.



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

Chart 5 – Crediting Foods in the Grains/Breads Component

Grains/breads food item	Crediting requirements	1 serving =
<p>Breakfast cereals: cold RTE in group I, e.g., flaked cereals, round cereals, puffed cereals, and granola</p>	<ul style="list-style-type: none"> ● The first ingredient must be a creditable grain or the cereal must be fortified. ● 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. ● CSDE handout: Crediting Breakfast Cereals for Grades K-12 in the National School Lunch Program and School Breakfast Program ● CSDE handout: When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs 	<ul style="list-style-type: none"> ● ½ cup cooked or 1 ounce (28 grams) dry, whichever is less ● 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>, the required quantities of grains will change from servings to oz eq. ● CSDE handout: Servings for Grains/Breads in the Afterschool Snack Program Meal Pattern for Grades K-12 ● CSDE handout: When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs
<p>Breakfast cereals: cooked hot in group H, e.g., oatmeal, cream of wheat, and farina</p>	<ul style="list-style-type: none"> ● The first ingredient must be a creditable grain or the cereal must be fortified. ● 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. ● CSDE handout: Crediting Breakfast Cereals for Grades K-12 in the School Nutrition Programs ● CSDE handout: When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs 	<ul style="list-style-type: none"> ● ½ cup cooked or 25 grams dry ● 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>, the required quantities of grains will change from servings to oz eq. ● CSDE handout: Servings for Grains/Breads in the Afterschool Snack Program Meal Pattern for Grades K-12 ● CSDE handout: When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs

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

Grains/breads food item	Crediting requirements	1 serving =
<p>Cereal grains in group H, e.g., pasta, cooked breakfast cereals, and other cereal grains, e.g., amaranth, barley, buckwheat, cornmeal, corn grits, farina, kasha, millet, oats, quinoa, wheat berries, and rolled wheat</p>	<ul style="list-style-type: none"> ● The first ingredient (excluding water) must be a creditable grain. ● CSDE handout: Crediting Enriched Grains in the School Nutrition Programs ● CSDE handout: Crediting Whole Grains in the School Nutrition Programs ● CSDE handout: When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs 	<ul style="list-style-type: none"> ● ½ cup cooked or 25 grams dry ● CSDE handout: Servings for Grains/Breads in the Afterschool Snack Program Meal Pattern for Grades K-12 ● CSDE handout: When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs

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

Grains/breads food item	Crediting requirements	1 serving =
<p>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)</p>	<ul style="list-style-type: none"> ● The first ingredient (excluding water) must be a creditable grain. ● CSDE handout: Crediting Enriched Grains in the School Nutrition Programs ● CSDE handout: Crediting Whole Grains in the School Nutrition Programs ● CSDE handout: When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs 	<ul style="list-style-type: none"> ● Varies by commercial product. Use method 1, USDA’s Exhibit A chart (refer to the grains/breads servings in the CSDE’s Servings for Grains/Breads in the Afterschool Snack Program Meal Pattern for Grades K-12), and follow the instructions in the CSDE’s How to Use the Grains/Breads Servings Chart for Grades K-12 in the Afterschool Snack Program. ● Use method 2 (creditable grains per serving) and obtain a PFS if any of the following apply: 1) the first ingredient is not a creditable grain, but the product contains more than one creditable grain; 2) a combination food that contains a grain portion is not CN labeled; 3) the manufacturer claims that a commercial grain product can provide the required creditable grains using a serving that is less than the amount in the USDA’s Exhibit A chart; or 4) the product is not listed the USDA’s Exhibit A chart. For more information, refer to the CSDE’s When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs and Calculation Methods for Grains/Breads Servings for the Afterschool Snack Program Meal Pattern for Grades K-12. ● 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, the required quantities of grains will change from servings to oz eq.

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

Grains/breads food item	Crediting requirements	1 serving =
<p>Commercial products: combination foods that contain a grain portion from groups A-I, e.g., pizza, breaded chicken nuggets, and macaroni and cheese</p>	<ul style="list-style-type: none"> ● Ingredients listed together: The first grain ingredient must be a creditable grain. ● Grain portion listed separately: The first ingredient in the grain portion must be a creditable grain. ● CSDE handout: Crediting Enriched Grains in the School Nutrition Programs ● CSDE handout: Crediting Whole Grains in the School Nutrition Programs ● CSDE handout: When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs 	<ul style="list-style-type: none"> ● Varies by commercial product: Must have a CN label or PFS to document the creditable grains per serving (refer to “Crediting Documentation” on page 1). Note: CN labels are available only for main dish commercial products that contribute to the MMA component, but they typically also indicate the contribution of other meal components (such as vegetables, fruits, and grains) that are part of these products. ● 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>, the required quantities of grains will change from servings to oz eq. ● CSDE handout: Using Child Nutrition (CN) Labels in the School Nutrition Programs ● CSDE handout: Using Product Formulation Statements in the School Nutrition Programs ● CSDE handout: When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs ● CSDE webpage: Crediting Commercial Processed Products for Grades K-12 in School Nutrition Programs ● USDA handout: Tips for Evaluating a Manufacturer’s Product Formulation Statement ● CSDE training module: What’s in a Meal Module 6: Meal Pattern Documentation

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

Grains/breads food item	Crediting requirements	1 serving =
<p>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)</p>	<ul style="list-style-type: none"> ● Must be made with creditable grains. SFAs must have a standardized recipe to document the amount of creditable grains per serving (refer to “Crediting Documentation” on page 1). ● CSDE handout: Crediting Enriched Grains in the School Nutrition Programs ● CSDE handout: Crediting Whole Grains in the School Nutrition Programs 	<ul style="list-style-type: none"> ● Varies by standardized recipe. ● If serving weight is known: Use method 1, USDA’s Exhibit A chart (refer to the grains/breads servings in the CSDE’s Servings for Grains/Breads in the Afterschool Snack Program Meal Pattern for Grades K-12), and follow the instructions in the CSDE’s How to Use the Grains/Breads Servings Chart for Grades K-12 in the Afterschool Snack Program. Note: To use the grains/breads servings chart for foods made from scratch, SFAs must know the serving weight. If the standardized recipe does not provide this information, SFAs must either determine the average serving weight by weighing several portions (refer to the CSDE’s Yield Study Data Form for Child Nutrition Programs) or use method 2 (creditable grains). ● If serving weight is not known: Use method 2 (creditable grains per serving). Refer to the CSDE’s Calculation Methods for Grains/Breads Servings for the Afterschool Snack Program Meal Pattern for Grades K-12. ● 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, the required quantities of grains will change from servings to oz eq. ● CSDE webpage: “Standardized Recipes” section of CSDE’s Crediting Foods in School Nutrition Programs webpage

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

Grains/breads food item	Crediting requirements	1 serving =
<p>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</p>	<ul style="list-style-type: none"> ● SFAs must have a standardized recipe to document the amount of creditable grains per serving (refer to “Crediting Documentation” on page 1). The grain portion of the standardized recipe must be made with creditable grains. ● CSDE handout: Crediting Enriched Grains in the School Nutrition Programs ● CSDE handout: Crediting Whole Grains in the School Nutrition Programs 	<ul style="list-style-type: none"> ● Varies by standardized recipe. ● If serving weight (groups A-G) or volume (group H-I) of grain portion is known: Use method 1 (USDA’s Exhibit A chart, CSDE handout: Servings for Grains/Breads in the Afterschool Snack Program Meal Pattern for Grades K-12), following the instructions in the CSDE’s How to Use the Grains/Breads Servings Chart for Grades K-12 in the Afterschool Snack Program. ● If serving weight (groups A-G) or volume (group H-I) of grain portion is not known: Use method 2 (creditable grains per serving). Refer to the CSDE’s Calculation Methods for Grains/Breads Servings for the Afterschool Snack Program Meal Pattern for Grades K-12. ● 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, the required quantities of grains will change from servings to oz eq. ● CSDE webpage: “Standardized Recipes” section of CSDE’s Crediting Foods in School Nutrition Programs webpage

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

Grains/breads food item	Crediting requirements	1 serving =
<p>Grain-based desserts in groups C-G, 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>	<ul style="list-style-type: none"> ● Must be made with creditable grains. Allowable grain-based desserts are in groups C-G and are indicated in red in the CSDE’s Servings for Grains/Breads in the Afterschool Snack Program Meal Pattern for Grades K-12. ● The CSDE recommends limiting grain-based desserts to no more than twice per week. ● CSDE handout: Crediting Enriched Grains in the School Nutrition Programs ● CSDE handout: Crediting Grain-based Desserts in the Meal Patterns for Grades K-12 in the School Nutrition Programs ● CSDE handout: Crediting Whole Grains in the School Nutrition Programs 	<ul style="list-style-type: none"> ● Varies by commercial product or standardized recipe. ● For commercial products, refer to “Commercial products: grain foods in groups A-G)” in this chart. ● For foods made from scratch, refer to “Foods made from scratch: grain foods in groups A-G” in this chart ● 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 required quantities of grains from servings to oz eq. Consistent with the CACFP meal patterns for children, grain-based desserts cannot credit in ASP snacks.
<p>Hominy grits</p>	<ul style="list-style-type: none"> ● Dried hominy credits as a whole grain. ● USDA Memo SP 22-2019, CACFP 15-2019, and SFSP 15-2019: Crediting Coconut, Hominy, Corn Masa, and Corn Flour in the Child Nutrition Programs ● Refer to chart 4 for information on crediting canned or cooked whole hominy as the vegetables/fruits component. 	<ul style="list-style-type: none"> ● ½ cup cooked or 1 ounce (25 grams) dry ● 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, the required quantities of grains will change from servings to oz eq.

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

Resources

Afterschool Snack Program Handbook (CSDE):

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

Afterschool Snack Program Meal Pattern for Grades K-12

(CSDE webpage):

https://portal.ct.gov/-/media/sde/nutrition/asp/meal_pattern_asp_grades_k-12.pdf

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

<https://portal.ct.gov/sde/nutrition/afterschool-snack-program/documents#CreditingFoodsGradesK12>

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

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

Food Buying Guide for Child Nutrition Programs (USDA):

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

Noncreditable Foods for the Afterschool Snack Program Meal Pattern for Grades K-12 (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/asp/noncreditable_foods_asp_grades_k-12.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

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

Updates to the School Nutrition Standards (USDA webpage):

<https://www.fns.usda.gov/cn/school-nutrition-standards-updates>

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>

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

For more information, visit the CSDE's [Afterschool Snack Program](#) 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/crediting_summary_charts_asp_grades_k-12.pdf.

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

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

This institution is an equal opportunity provider.

The Connecticut State Department of Education is committed to a policy of equal opportunity/affirmative action for all qualified persons. The Connecticut Department of Education does not discriminate in any employment practice, education program, or educational activity on the basis of race; color; religious creed; age; sex; pregnancy; sexual orientation; workplace hazards to reproductive systems, gender identity or expression; marital status; national origin; ancestry; retaliation for previously opposed discrimination or coercion, intellectual disability; genetic information; learning disability; physical disability (including, but not limited to, blindness); mental disability (past/present history thereof); military or veteran status; status as a victim of domestic violence; or criminal record in state employment, unless there is a bona fide occupational qualification excluding persons in any of the aforementioned protected classes. Inquiries regarding the Connecticut State Department of Education's nondiscrimination policies should be directed to: Attorney Louis Todisco, Connecticut State Department of Education, by mail 450 Columbus Boulevard, Hartford, CT 06103-1841; or by telephone 860-713-6594; or by email louis.todisco@ct.gov.

