

Afterschool Snack Program (ASP) Meal Pattern for Grades K-12

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

Snack meal components: Serve any two of the four components (Must be two different components) ^{1,2}	Minimum quantities for grades K-12 ³
Milk, fluid 4 Low-fat (1%) or fat-free milk, unflavored or flavored	8 fluid ounces (1 cup)
Meats/meat alternates (MMA), ounces ⁵	1 ounce =
Lean meat, poultry, or fish; cheese; alternate protein products (APPs) ⁶ ; or tempeh ⁷	1 ounce
Surimi ⁸	3 ounces
Tofu ⁹	2.2 ounces (¼ cup)
Cottage cheese	2 ounces (¼ cup)
Egg, large	½
Beans, peas, and lentils ¹⁰	¼ cup
Peanut butter, soy nut butter, or other nut or seed butters	2 tablespoons
Peanuts, soy nuts, tree nuts, or seeds ¹¹	1 ounce
Yogurt or soy yogurt, plain or flavored, unsweetened or sweetened ¹²	4 ounces (½ cup)
Vegetables/fruits, cups ^{13, 14, 15, 16}	¾ cup
Grains/breads, servings ^{17, 18, 19, 20, 21} Refer to Servings for Grains/Breads in the Afterschool Snack Program Meal Pattern for Grades K-12 for the specific serving weights of different grain products.	1 serving =
Whole grain or enriched bread	1 slice ¹⁹
Whole grain or enriched bread products, e.g., cornbread, biscuits, rolls, muffins	1 serving ¹⁹
Whole grain, enriched, or fortified ready-to-eat (RTE) breakfast cereal (dry, cold) ²⁰	¾ cup or 1 ounce
Whole grain, enriched, or fortified cooked breakfast cereal, ²⁰ cereal grain ²¹ , or pasta	½ cup
Whole grain or enriched savory crackers and sweet crackers, e.g., animal crackers and graham crackers	1 serving ¹⁹

◀ Refer to pages 2-3 for important menu planning notes ▶

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Menu planning notes

- ¹ Snacks must include the minimum serving of two of the four components. Only one of the two components may be a creditable beverage. A snack that contains two servings from the same component is not reimbursable. For example, carrot sticks and apple juice are both from the vegetables/fruits component. Use the USDA's [Food Buying Guide for Child Nutrition Programs](#) (FBG) to determine how foods credit and the amount that provides the required meal pattern serving. Processed foods not listed in the FBG require a Child Nutrition (CN) label or product formulation statement (PFS) to document crediting information. For information on crediting documentation, 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](#). For more information on crediting documentation, visit the "Crediting Commercial Processed Products" section and "Crediting Foods Made from Scratch" section of the CSDE's [Crediting Foods in School Nutrition Programs](#) webpage.
- ² In addition to meeting the ASP meal pattern requirements, ASP snacks in public schools that choose to implement the healthy food option of Healthy Food Certification (HFC) under Section 10-215f of the Connecticut General Statutes must comply with the Connecticut Nutrition Standards (CNS). For more information, visit the CSDE's [HFC](#), [CNS](#), and [List of Acceptable Foods and Beverages](#) webpages.
- ³ Children may be served larger portions but not less than the minimum quantities. Larger portions may be appropriate to meet older children's nutritional needs.
- ⁴ Allowable types of milk include low-fat (1%) and fat-free milk, either unflavored or flavored. For more information, visit the "[Milk Component](#)" section of the CSDE's ASP webpage.
- ⁵ The serving size of MMA refers to the edible portion of cooked lean meat, poultry, or fish, e.g., cooked lean meat without bone, breading, binders, fillers, or other ingredients. Commercial processed products that contain added ingredients (such as combination entrees, deli meats, hot dogs, and sausages) require a CN label or PFS to document crediting information (refer to the CSDE's [Crediting Commercial Meat/Meat Alternate Products in the School Nutrition Programs](#) and [Crediting Deli Meats in the School Nutrition Programs](#)). For more information, visit the "[Meats/Meat Alternates Component](#)" section of the CSDE's ASP webpage.
- ⁶ APPs must meet the requirements in [appendix A of 7 CFR 210](#) (refer to the CSDE's [Requirements for Alternate Protein Products in the School Nutrition Programs](#)).
- ⁷ For a 1-ounce serving of tempeh to credit as 1 ounce of MMA, the product's ingredients must include only soybeans (or other beans, peas, and lentils), water, tempeh culture, and for some varieties, vinegar, seasonings, and herbs. Tempeh products that contain other ingredients require a CN label or PFS to document crediting information.
- ⁸ Surimi seafood is a pasteurized, ready-to-eat, restructured seafood product usually made from pollock (fish). A CN label or PFS is required for commercial products that indicate a different crediting amount.
- ⁹ Tofu must contain at least 5 grams of protein in 2.2 ounces (¼ cup) to credit as 1 ounce of MMA (refer to the CSDE's [Crediting Tofu and Tofu Products in the School Nutrition Programs](#)).
- ¹⁰ Beans, peas, and lentils credit as either the MMA component or the vegetables component but one serving cannot credit as both components in the same snack (refer to the CSDE's [Crediting Beans, Peas, and Lentils in the School Nutrition Programs](#)).
- ¹¹ Creditable nuts and seeds include almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, walnuts, pine nuts, pistachios, and soy nuts (refer to the CSDE's [Crediting Nuts and Seeds in the School Nutrition Programs](#)).

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- ¹² To increase nutrient variety, yogurt should not be served when milk is the only other snack component. For guidance on crediting yogurt, refer to the CSDE's [Crediting Yogurt in the Meal Patterns for Grades K-12 in the School Nutrition Programs](#).
- ¹³ Creditable vegetables include fresh, frozen, canned, and rehydrated dried vegetables, and pasteurized 100 percent full-strength vegetable juice. A serving of canned vegetables must be drained. Dried vegetables (such as potato flakes and dried soup mix) credit based on their rehydrated volume and require a PFS. For more information, visit the "[Vegetables/Fruits Component](#)" section of the CSDE's ASP webpage.
- ¹⁴ Creditable fruits include fresh, frozen, and dried fruits, canned fruit in juice, water, or light syrup, and pasteurized 100 percent full-strength fruit juice. A serving of canned fruit may include the 100 percent juice in which the fruit is packed but cannot include water or syrup. For more information, visit the "[Vegetables/Fruits Component](#)" section of the CSDE's ASP webpage.
- ¹⁵ Check the FBG to ensure the proper crediting of fresh fruits. Depending on the size, one piece of fresh fruit might not provide the required $\frac{3}{4}$ -cup serving. For example, one 60-count plum and one 88-count peach each credit as $\frac{3}{8}$ cup of fruit; one 100-120-count banana and one 138-count orange each credit as $\frac{1}{2}$ cup of fruit; and one 113-count or 125-count orange credits as $\frac{5}{8}$ cup of fruit.
- ¹⁶ Juice must be full-strength (100 percent) pasteurized juice. Juice cannot be served when milk is the only other snack component. Pureed fruits and vegetables in smoothies credit as juice (refer to the CSDE's [Crediting Smoothies for Grades K-12 in the School Nutrition Programs](#)). For more nutritious snacks, limit juice and serve more fruits and vegetables.
- ¹⁷ Grain products and recipes must be whole grain, enriched, or contain a blend of whole and enriched grains (refer to the CSDE's [Crediting Whole Grains in the School Nutrition Programs](#) and [Crediting Enriched Grains in the School Nutrition Programs](#)). Bran and germ credit the same as enriched grains. Foods that are 100 percent whole grain, such as whole-wheat bread and brown rice, should be served most often. For more information on the grains/breads component, visit the "[Grains/Breads Component](#)" section of the CSDE's ASP webpage.
- ¹⁸ The CSDE recommends limiting grain-based desserts (such as cookies, animal crackers, graham crackers, granola bars, toaster pastries, sweet rolls, and cake) to no more than twice per week. Grain-based desserts are identified in red in red in the CSDE's [Servings for Grains/Breads in the Afterschool Snack Program Meal Pattern for Grades K-12](#).
- ¹⁹ Grain products and recipes must provide the required serving weight (groups A-E) or volume (groups H-I) in the USDA's Exhibit A chart (refer to the CSDE's [Servings for Grains/Breads in the Afterschool Snack Program Meal Pattern for Grades K-12](#) and [How to Use the Grains/Breads Servings Chart for the Afterschool Snack Program Meal Pattern for Grades K-12](#)) or the minimum 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](#)). For more information, visit the "[Serving Size for Grains/Breads](#)" section of the CSDE's ASP webpage.
- ²⁰ RTE and cooked breakfast cereals must contain a creditable grain as the first ingredient or be fortified (refer to the CSDE's [Crediting Breakfast Cereals in the Meal Patterns for Grades K-12 in the School Nutrition Programs](#)). One serving of breakfast cereal must meet the requirement for either measure (cups) or weight (ounces), whichever is less.
- ²¹ Examples of cereal grains include amaranth, barley, brown rice, buckwheat, cornmeal, corn grits, kasha, millet, oats, quinoa, wheat berries, and rolled wheat.

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For more information, refer to the CSDE's *Afterschool Snack Program Handbook, Crediting Summary Charts for the ASP Meal Pattern for Grades K-12*, and *Resources for the School Meal Patterns for Grades K-12*, and visit the CSDE's 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/meal_pattern_asp_grades_k-12.pdf.

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