

# Afterschool Snack Program Meal Pattern for Grades K-12

School Year 2023-24 (July 1, 2023, through June 30, 2024)	
Serve any two of the four components (must be two different components) <sup>1,2</sup>	Minimum quantities for grades K-12 <sup>3</sup>
<b>Milk, fluid</b> <sup>4</sup> Low-fat (1%) or fat-free milk, unflavored or flavored	8 fluid ounces (1 cup)
<b>Meat/meat alternates (MMA)</b> <sup>5</sup> Lean meat, poultry, or fish; cheese; alternate protein products (APPs) <sup>6</sup> ; or tempeh <sup>7</sup>	1 ounce
Surimi <sup>8</sup>	3 ounces
Tofu <sup>9</sup>	2.2 ounces (¼ cup)
Cottage cheese	2 ounces (¼ cup)
Egg, large	½
Cooked dry beans or peas <sup>10</sup>	¼ cup
Peanut butter, soy nut butter, or other nut or seed butters	2 tablespoons
Peanuts, soy nuts, tree nuts, or seeds <sup>11</sup>	1 ounce
Yogurt or soy yogurt, plain or flavored, unsweetened or sweetened <sup>12</sup>	4 ounces (½ cup)
<b>Vegetables/fruits</b> <sup>13,14,15,16</sup> Vegetables, fruits, and full-strength fruit or vegetable juice	¾ cup
<b>Grains/breads</b> <sup>17,18,19,20,21</sup> Whole grain or enriched bread	1 slice <sup>19</sup>
Whole grain or enriched bread products, e.g., cornbread, biscuits, rolls, muffins	1 serving <sup>19</sup>
Whole grain, enriched, or fortified ready-to-eat (RTE) breakfast cereal (dry, cold) <sup>20</sup>	¾ cup or 1 ounce
Whole grain, enriched, or fortified cooked breakfast cereal, <sup>20</sup> cereal grain <sup>21</sup> , or pasta	½ cup
Whole grain or enriched savory crackers and sweet crackers, e.g., animal crackers and graham crackers	1 serving <sup>19</sup>
<b>Note:</b> Refer to <i>Servings for Grains/Breads for Grades K-12 in the Afterschool Snack Program</i> for the specific serving weights of different grain products.	
◀ See page 2 for important menu planning notes ▶	

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## Menu planning notes

- <sup>1</sup> 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, e.g., 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, *Child Nutrition (CN) Labeling Program*, *Using Product Formulation Statements in the School Nutrition Programs*, *Accepting Processed Product Documentation in the NSLP and SBP*, and *Crediting Commercial Meat/Meat Alternate Products in the NSLP and SBP*, and visit the "Crediting Commercial Processed Products" section of the CSDE's Crediting Foods in School Nutrition Programs webpage. Foods made from scratch must have a standardized recipe that documents crediting information. For more information, visit the "Crediting Foods Made from Scratch" section of the CSDE's Crediting Foods in School Nutrition Programs webpage.
- <sup>2</sup> 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.
- <sup>3</sup> Children may be served larger portions but not less than the minimum quantities. Larger portions may be appropriate to meet older children's nutrition needs.
- <sup>4</sup> Allowable types of milk include low-fat (1%) and fat-free milk, either unflavored or flavored. Whole milk and reduced-fat (2%) milk cannot be served. For more information, visit the "[Milk Component for Grades K-12 in the ASP](#)" section of the CSDE's ASP webpage.
- <sup>5</sup> The serving size of MMA refers to the edible portion of cooked lean meat, poultry, or fish as served, e.g., cooked lean meat without bone, breading, binders, extenders, or other ingredients. Commercial processed products that contain added ingredients (such as combination foods, 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 NSLP and SBP* and *Crediting Deli Meats in the NSLP and SBP*). For more information, visit the "[Meat/Meat Alternates Component for Grades K-12 in the ASP](#)" section of the CSDE's ASP webpage.
- <sup>6</sup> APPs must meet the requirements in [appendix A](#) of the NSLP regulations 7 CFR 210 (refer to the CSDE's *Requirements for Alternate Protein Products in the NSLP and SBP*).
- <sup>7</sup> For a 1-ounce serving of tempeh to credit as 1 ounce of MMA, the product's ingredients must include only soybeans (or other legumes), 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.
- <sup>8</sup> 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.
- <sup>9</sup> 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 NSLP and SBP*).
- <sup>10</sup> Cooked dry beans and peas (legumes) credit as either the MMA component or the vegetables component but one serving cannot credit as both components in the same meal (refer to the CSDE's *Crediting Legumes in the NSLP and SBP*).

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## Menu planning notes, *continued*

- 11 Creditable nuts and seeds include almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, walnuts, pine nuts, pistachios, and soy nuts (refer to [Crediting Nuts and Seeds in the NSLP and SBP](#)).
- 12 To increase nutrient variety, yogurt should not be served when milk is the only other snack component. For guidance on yogurt, refer to the CSDE's [Crediting Yogurt for Grades K-12 in the NSLP and SBP](#).
- 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 for Grades K-12 in the ASP](#)" 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 for Grades K-12 in the ASP](#)" 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. For more nutritious snacks, limit juice and serve more fruits and vegetables. For more information, refer to the CSDE's [Crediting Smoothies for Grades K-12 in the NSLP and SBP](#).
- 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 NSLP and SBP](#) and [Crediting Enriched Grains in the NSLP and SBP](#)). 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 for Grades K-12 in the ASP](#)" 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 designated by the footnote 1 in the CSDE's resource, [Servings for Grains/Breads for Grades K-12 in the ASP](#).
- 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 for Grades K-12 in the ASP](#) and [How to Use the Grains/Breads Servings Chart for Grades K-12 in the ASP](#)) or the minimum creditable grains per serving (refer to the CSDE's [Calculation Methods for Grains/Breads Servings for Grades K-12 in the ASP](#)). 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 for Grades K-12 in the NSLP and SBP](#)). 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* and *Crediting Summary Charts for the ASP Meal Pattern 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](https://portal.ct.gov/-/media/SDE/Nutrition/ASP/Meal_Pattern_ASP_grades_K-12.pdf).

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