

Sample Afterschool Snack Program Preschool Menus for Ages 3-5

This document provides guidance and sample preschool snack menus for ages 3-5 in the U.S. Department of Agriculture’s (USDA) Afterschool Snack Program (ASP) of the National School Lunch Program (NSLP). These sample menus are based on the ASP preschool meal pattern requirements, including the updates required by the USDA final rules, [Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans](#), effective July 1, 2025, and [Expanding Fluid Milk Options in Child Nutrition Programs](#), effective June 8, 2026.

For information on the preschool meal patterns, visit the Connecticut State Department of Education’s (CSDE) [Meal Patterns for Preschoolers in School Nutrition Programs](#) webpage. For information on the crediting requirements, visit the CSDE’s [Crediting Foods in School Nutrition Programs](#) webpage and [Crediting Documentation for the Child Nutrition Programs](#) webpage.



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Overview of Snack Meal Pattern Requirements

The preschool snack meal pattern for ages 3-5 requires the minimum serving of any two of the five meal components, including ½ cup milk; ½ ounce equivalent (oz eq) of meats/meat alternates; ½ cup of vegetables; ½ cup of fruits; and ½ oz eq of grains. Only one of the two snack components may be a creditable beverage such as milk or juice.

Each meal component must provide at least the minimum meal pattern serving. Snack menus may include additional foods or larger servings beyond the minimum requirements. Serve nutrient-dense foods that are appropriate to children's nutrition needs.

Menu planners should consider the meal pattern requirements and recommendations below when planning snack menus. For guidance on crediting foods, refer to the CSDE's [Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs](#) and visit the CSDE's [Crediting Foods in the Child and Adult Care Food Program](#) webpage and [Crediting Foods in School Nutrition Programs](#) webpage.

Milk component

- Effective June 8, 2026, the USDA final rule, [Expanding Fluid Milk Options in Child Nutrition Programs](#), changes the allowable types of milk for ages 2 and older in the preschool meal patterns to include whole and reduced fat (2%) milk, in addition to the previously allowed low-fat (1%) and fat-free milk. Allowable types of milk also include lactose-free and lactose-reduced milk, acidified milk, cultured milk, cultured buttermilk, and Ultra High Temperature (UHT).
- Flavored milk is not allowed for ages 1-5.

For more information, visit the "[Milk](#)" section of the CSDE's Crediting Foods in School Nutrition Programs webpage.

Meats/meat alternates (MMA) component

- 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 (such as combination entrees, deli meats, hot dogs, and sausages) require a Child Nutrition (CN) label or product formulation statement (PFS) to document crediting information. For more information, refer to the CSDE's resources, [Crediting Commercial Meat/Meat Alternate Products in the School Nutrition Programs](#) and [Crediting Deli Meats in the School Nutrition Programs](#).

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- Nut and seed butters credit by volume (tablespoons) not weight. For more information, refer to the CSDE's resource, [Crediting Nuts and Seeds in the School Nutrition Programs](#).
- Yogurt and soy yogurt cannot exceed 12 grams of added sugars per 6 ounces (no more than 2 grams of added sugars per ounce). For more information, refer to the CSDE's resource, [Crediting Yogurt in the School Nutrition Programs](#).
- The USDA's [CACFP best practices](#) recommend serving only lean meats, nuts, and beans, peas, and lentils; limiting processed meats to one serving per week; and serving only low-fat or reduced-fat natural cheese.

For more information, visit the "[Meats and Meat Alternates](#)" section of the CSDE's Crediting Foods in School Nutrition Programs webpage.

Fruits component and vegetables component

- Dried fruits credit as twice the volume served. For example, $\frac{1}{4}$ cup of raisins credits as $\frac{1}{2}$ cup of the fruits component.
- Raw leafy greens such as lettuce or spinach credit as half the volume served. For example, $\frac{1}{2}$ cup of lettuce credits as $\frac{1}{4}$ cup of the vegetables component.
- Pasteurized full-strength juice credits as either the vegetables component or fruits component at only one meal or snack per day. The juice limit includes fruit and vegetable juice, frozen pops made from 100 percent juice, and pureed fruits and vegetables in smoothies. Before planning juice at snack, make sure that the other daily meals and snacks do not contain juice. For more information, refer to the CSDE's resources, [Crediting Juices in the School Nutrition Programs](#) and [Crediting Smoothies in the School Nutrition Programs](#).
- The USDA's [CACFP best practices](#) recommend serving whole fruits (fresh, frozen, canned, and dried) more often than juice.

For more information, visit the "[Fruits](#)" section and the "[Vegetables](#)" section of the CSDE's Crediting Foods in School Nutrition Programs webpage.

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Grains component

- At least one serving of grains per day must be whole grain-rich (WGR). The USDA's [CACFP best practices](#) recommend at least two servings of WGR grains per day. To meet the WGR criteria, foods must contain at least 50 percent whole grains and the remaining grain ingredients must be enriched, bran, or germ. For more information, refer to the CSDE's [Guide to Meeting the Whole Grain-rich Requirement for the Meal Patterns for Grades K-12 in the School Nutrition Programs](#) and visit "[Whole Grain-rich Requirement](#)" in the "Grains" section of the CSDE's Crediting Foods in School Nutrition Programs webpage.
- To credit as the required oz eq, the serving of a commercial grain product or standardized recipe must provide either: 1) the required serving weight (groups A-E) or volume (groups H-I) in the USDA's Exhibit A chart (refer to the CSDE's resources, [Grain Ounce Equivalents Chart for the School Nutrition Programs](#) and [How to Use the Grain Ounce Equivalents Chart for the School Nutrition Programs](#)); or 2) the minimum creditable grains per serving (refer to the CSDE's resources, [Calculation Methods for Grain Ounce Equivalents for the Meal Patterns for School Nutrition Programs](#) and [When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs](#)). For more information, visit "[Serving Requirements](#)" in the "Grains" section of the CSDE's Crediting Foods in School Nutrition Programs webpage.
- Grain-based desserts do not credit. Examples include cookies, piecrusts in sweet pies, doughnuts, cereal bars, granola bars, sweet rolls, pastries, toaster pastries, cake, and brownies. Sweet crackers (such as graham crackers and animal crackers) are allowed but the CSDE recommends limiting them to no more than twice per week between all meals and snacks. For more information, visit the USDA's [Crediting Grain-based Desserts in the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12](#) webpage,
- Breakfast cereals must be WGR, enriched, or fortified and cannot exceed 6 grams of added sugars per dry ounce. For crediting guidance, refer to the CSDE's resource, [Crediting Breakfast Cereals in the School Nutrition Programs](#), [Worksheet for Crediting Cooked Breakfast Cereals in the CACFP](#), and [Worksheet for Crediting Ready-to-eat \(RTE\) Breakfast Cereals in the CACFP](#).

For more information, visit the "[Grains](#)" section of the Crediting Foods in School Nutrition Programs webpage.

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Noncreditable foods

Noncreditable foods are foods and beverages that do not count toward the meal components for reimbursable meals and afterschool snacks in the school nutrition programs. They include:

- foods and beverages served in amounts too small to credit, i.e., less than $\frac{1}{4}$ oz eq for the grains component and MMA component and less than $\frac{1}{8}$ cup for the fruits component and vegetables component; and
- foods and beverages that do not belong to any meal component, such as potato chips, pudding, ice cream, gelatin, cream cheese, bacon, condiments (e.g., syrup, jam, ketchup, mustard, mayonnaise, and butter), and water.

School food authorities (SFAs) may serve certain noncreditable foods in addition to the meal components to add variety, help improve acceptability of meals and snacks, and satisfy appetites. Examples include maple syrup on pancakes, salad dressing on tossed greens, and condiments such as ketchup or mustard on sandwiches and other entrees.

For more information, refer to the CSDE's resource, [Noncreditable Foods in the Meal Patterns for the School Nutrition Programs](#).

Offering water at snack

Water should be offered as a beverage when the snack menu does not include milk or juice. However, water does not credit toward the preschool meal patterns and cannot be offered in place of the required meal components.

Additional ASP requirements for Healthy Food Certification (HFC) schools

All foods served in ASP menus must comply with the [Connecticut Nutrition Standards \(CNS\)](#). SFAs must use the CSDE's [List of Acceptable Foods and Beverages](#) webpage to identify allowable commercial foods. Foods made from scratch require a standardized recipe with the nutrition information per serving and the applicable completed CSDE [CNS Worksheet](#) to document that the serving with its accompaniments (e.g., butter, syrup, and condiments) complies with the CNS.

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Required Crediting Documentation

SFAs must be able to document that snack menus provide the minimum portion of each required meal component. Menu planners must use the USDA's [Food Buying Guide for Child Nutrition Programs](#) (FBG) to determine how foods credit and the amount that provides the required meal pattern serving.

Commercial processed foods not listed in the FBG require a Child Nutrition (CN) label or product formulation statement (PFS) to document crediting information. The USDA requires that SFAs must verify PFS forms for accuracy prior to purchasing, serving, and claiming the product in reimbursable meals and afterschool snacks. For information on crediting documentation for processed foods, refer to the CSDE's resources, [Using Child Nutrition \(CN\) Labels in the School Nutrition Programs](#), [Using Product Formulation Statements in the School Nutrition Programs](#), and [Accepting Processed Product Documentation in the School Nutrition Programs](#).

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

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

Documentation for foods made from scratch

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

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Sample Snack Menus

This section contains ten sample snack menus. The servings in each menu meet at least the minimum requirements of the preschool meal patterns and are indicated after each menu item. Servings may be adjusted as appropriate for other ages.

Notes for the numbers indicated after some menu items are located at the end of the sample menus (refer to "[Menu Planning Notes](#)" in this document).

In the "Meal Pattern Contribution" column, foods indicated as "None" are noncreditable foods (refer to "[Noncreditable foods](#)" in this document). Foods indicated as "None (additional food)" are creditable foods offered in smaller amounts than the minimum serving required to credit as the full meal component at snack.

The CSDE's sample menus are intended for informational purposes only and do not guarantee the SFA's compliance with the ASP meal pattern. Crediting information for local menus will vary depending on the types of foods purchased by the SFA, and the standardized recipes and preparation techniques used by food service staff. SFAs are responsible for ensuring that afterschool snack menus meet the ASP meal pattern and maintaining appropriate crediting documentation on file (refer to "[Required Crediting Documentation](#)" in this document).

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Preschool Menus for Ages 3-5

Week 1	Meal Pattern Contribution
Day 1	
<ul style="list-style-type: none"> • Orange slices, ½ cup • Enriched corn muffin, 1 ounce • Water 	<p>Fruits component, ½ cup</p> <p>Grains component, ½ oz eq</p> <p>None</p>
Day 2	
<ul style="list-style-type: none"> • <i>Yogurt and fruit parfait:</i> Low-fat vanilla yogurt (no more than 2 grams of added sugars per ounce), ¼ cup • Strawberries and blueberries, ½ cup • Whole-grain granola, 1 tablespoon • Water 	<p>MMA component, ½ oz eq</p> <p>Fruits component, ½ cup</p> <p>None (additional food)</p> <p>None</p>
Day 3	
<ul style="list-style-type: none"> • Cucumber slices, ½ cup • Whole-grain crackers WGR, ½ ounce • Low-fat dip, 1 tablespoon • Water 	<p>Vegetables component, ½ cup</p> <p>Grains component, ½ oz eq</p> <p>None</p> <p>None</p>
Day 4	
<ul style="list-style-type: none"> • Vegetable soup, ½ cup vegetables ¹ • Cantaloupe chunks, ½ cup • Water 	<p>Vegetables component, ½ cup</p> <p>Fruits component, ½ cup</p> <p>None</p>
Day 5	
<ul style="list-style-type: none"> • <i>Ham and cheese roll-up:</i> Ham, ¾ ounce ² • Cheddar cheese, ¼ ounce • Whole-corn tortilla WGR, ½ ounce • Mustard or low-fat mayonnaise, 1 teaspoon • Water 	<p>MMA component, ½ oz eq</p> <p>MMA component, ¼ oz eq</p> <p>Grains component, ½ oz eq</p> <p>None</p> <p>None</p>

Sample Afterschool Snack Program

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Week 2

Meal Pattern Contribution

Day 1

- *Tossed salad with turkey:*
 Diced turkey, $\frac{3}{4}$ ounce ²
 Lettuce, $\frac{1}{2}$ cup ³
 Tomatoes and cucumbers, $\frac{1}{4}$ cup
 Enriched croutons, $\frac{1}{4}$ ounce
 Italian dressing, 2 teaspoons
 - Water
- MMA component, $\frac{1}{2}$ oz eq
 Vegetables component, $\frac{1}{4}$ cup
 Vegetables component, $\frac{1}{4}$ cup
 None (additional food)
 None
 None

Day 2

- Sliced avocado, $\frac{1}{2}$ cup
 - Whole-wheat toast **WGR**, $\frac{1}{2}$ ounce
 - Water
- Vegetables component, $\frac{1}{2}$ cup
 Grains component, $\frac{1}{2}$ oz eq
 None

Day 3

- Sunflower butter, 1 tablespoon
 - Apple slices, $\frac{1}{2}$ cup
 - Water
- MMA component, $\frac{1}{2}$ oz eq
 Fruits component, $\frac{1}{2}$ cup
 None

Day 4

- *Hummus pita pocket:*
 Hummus made with $\frac{1}{8}$ cup chickpeas ¹
 Shredded carrots, $\frac{1}{8}$ cup
 Whole-wheat pita half **WGR**, $\frac{1}{2}$ ounce
 - Water
- MMA component, $\frac{1}{2}$ oz eq
 None (additional food)
 Grains component, $\frac{1}{2}$ oz eq
 None

Day 5

- Cucumber slices, $\frac{1}{4}$ cup
 - Carrot sticks, thinly sliced, $\frac{1}{4}$ cup
 - Low-fat dip, 1 tablespoon
 - Enriched pretzels, $\frac{1}{2}$ ounce
 - Water
- Vegetables component, $\frac{1}{4}$ cup
 Vegetables component, $\frac{1}{4}$ cup
 None
 Grains component, $\frac{1}{2}$ oz eq
 None

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Week 3

Meal Pattern Contribution

Day 1

- | | |
|---|---|
| <ul style="list-style-type: none"> • Mixed berries, ½ cup • Soft whole-grain pretzel WGR, ½ ounce • Water | <p>Fruits component, ½ cup</p> <p>Grains component, ½ oz eq</p> <p>None</p> |
|---|---|

Day 2

- | | |
|---|--|
| <ul style="list-style-type: none"> • Low-fat cottage cheese, ⅛ cup • Canned apricots in juice, ½ cup • Water | <p>MMA component, ½ oz eq</p> <p>Fruits component, ½ cup</p> <p>None</p> |
|---|--|

Day 3

- | | |
|---|--|
| <ul style="list-style-type: none"> • <i>Tortilla wrap:</i>
 Refried beans, ⅛ cup
 Whole-grain tortilla WGR, ½ ounce
 Diced tomato, 2 teaspoons
 Shredded cheese, 2 teaspoons • Water | <p>MMA component, ½ oz eq</p> <p>Grains component, ½ oz eq</p> <p>None (additional food)</p> <p>None (additional food)</p> <p>None</p> |
|---|--|

Day 4

- | | |
|--|---|
| <ul style="list-style-type: none"> • <i>Carrot-pineapple-raisin salad</i> ¹:
 Shredded carrots, ½ cup
 Crushed pineapple, 1 tablespoon
 Raisins, 1 teaspoon • Low-fat milk, unflavored, ½ cup | <p>Vegetables component, ½ cup</p> <p>None (additional food)</p> <p>None (additional food)</p> <p>Milk component, ½ cup</p> |
|--|---|

Day 5

- | | |
|---|---|
| <ul style="list-style-type: none"> • Roasted cauliflower bites, ½ cup • Low-fat dip, 1 tablespoon • Honeydew melon, ½ cup • Water | <p>Vegetables component, ½ cup</p> <p>None</p> <p>Fruits component, ½ cup</p> <p>None</p> |
|---|---|

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Week 4

Meal Pattern Contribution

Day 1

- | | |
|---|--|
| <ul style="list-style-type: none"> • Part-skim Mozzarella cheese stick, 1 ounce • Sliced red grapes, ½ cup • Water | <p>MMA component, 1 oz eq</p> <p>Fruits component, ½ cup</p> <p>None</p> |
|---|--|

Day 2

- | | |
|--|--|
| <ul style="list-style-type: none"> • <i>Ants on a log:</i>
Peanut butter, 1 tablespoon • Celery sticks, thinly sliced, ½ cup • Raisins, 1 tablespoon • Water | <p>MMA component, ½ oz eq</p> <p>Vegetables component, ½ cup</p> <p>None (additional food)</p> <p>None</p> |
|--|--|

Day 3

- | | |
|--|---|
| <ul style="list-style-type: none"> • Corn and black bean salad, ½ cup ¹ • Whole-grain pita chips WGR, ½ ounce • Water | <p>Vegetables component, ½ cup</p> <p>Grains component, ½ oz eq</p> <p>None</p> |
|--|---|

Day 4

- | | |
|---|--|
| <ul style="list-style-type: none"> • <i>Pasta veggie salad</i> ¹:
Diced ham, ¾ ounce ² • Enriched rotini pasta, ¼ cup cooked • Diced carrots, broccoli, and tomatoes, ¼ cup • Water | <p>MMA component, ½ oz eq</p> <p>Grains component, ½ oz eq</p> <p>None (additional food)</p> <p>None</p> |
|---|--|

Day 5

- | | |
|---|---|
| <ul style="list-style-type: none"> • Sliced kiwi, ½ cup • Whole-grain cornbread WGR, ½ ounce ¹ • Water | <p>Fruits component, ½ cup</p> <p>Grains component, ½ oz eq</p> <p>None</p> |
|---|---|

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Week 5

Meal Pattern Contribution

Day 1

- | | |
|---|--|
| <ul style="list-style-type: none"> • Hummus made with $\frac{3}{8}$ cup chickpeas ¹ • Zucchini sticks, thinly sliced, $\frac{1}{4}$ cup • Pepper strips, thinly sliced, $\frac{1}{4}$ cup • Water | <p>MMA component, $\frac{1}{2}$ oz eq
 Vegetables component, $\frac{1}{4}$ cup
 Vegetables component, $\frac{1}{4}$ cup
 None</p> |
|---|--|

Day 2

- | | |
|--|--|
| <ul style="list-style-type: none"> • Peanut butter, 1 tablespoon • Apple slices, $\frac{1}{2}$ cup • Water | <p>MMA component, $\frac{1}{2}$ oz eq
 Fruits component, $\frac{1}{2}$ cup
 None</p> |
|--|--|

Day 3

- | | |
|---|--|
| <ul style="list-style-type: none"> • Diced papaya, $\frac{1}{2}$ cup • <i>Trail mix:</i>
 Whole-grain cereal rounds (no more than 6 grams of added sugars per dry ounce) WGR, $\frac{1}{2}$ cup
 Enriched mini pretzels, $\frac{1}{4}$ ounce
 Dried fruit, $\frac{1}{2}$ tablespoon • Water | <p>Fruits component, $\frac{1}{2}$ cup

 Grains component, $\frac{1}{2}$ oz eq
 Grains component, $\frac{1}{4}$ oz eq
 None (additional food)
 None</p> |
|---|--|

Day 4

- | | |
|--|---|
| <ul style="list-style-type: none"> • <i>Fruit and yogurt smoothie</i> ¹: • Yogurt (no more than 2 grams of added sugars per ounce), $\frac{1}{4}$ cup • Pureed strawberries, $\frac{1}{2}$ cup | <p>MMA component, $\frac{1}{2}$ oz eq

 Fruits component, $\frac{1}{2}$ cup</p> |
|--|---|

Day 5

- | | |
|---|---|
| <ul style="list-style-type: none"> • Sliced green grapes, $\frac{1}{2}$ cup • Enriched crackers, $\frac{1}{2}$ ounce • Water | <p>Fruits component, $\frac{1}{2}$ cup
 Grains component, $\frac{1}{2}$ oz eq
 None</p> |
|---|---|

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Week 6

Meal Pattern Contribution

Day 1

- | | |
|---|--|
| <ul style="list-style-type: none"> • Jicama sticks, thinly sliced, ¼ cup • Zucchini sticks, thinly sliced, ¼ cup • Enriched bread sticks, ½ ounce • Low-fat Ranch dressing, 1 tablespoon • Water | <p>Vegetables component, ¼ cup</p> <p>Vegetables component, ¼ cup</p> <p>Grains component, ½ oz eq</p> <p>None</p> <p>None</p> |
|---|--|

Day 2

- | | |
|--|---|
| <ul style="list-style-type: none"> • Marinated broccoli florets, ½ cup • Plums, ½ cup • Water | <p>Vegetables component, ½ cup</p> <p>Fruits component, ½ cup</p> <p>None</p> |
|--|---|

Day 3

- | | |
|--|--|
| <ul style="list-style-type: none"> • Greek Yogurt (no more than 2 grams of added sugars per ounce), ¼ cup • Fresh fruit salad: oranges, bananas, grapes, and pineapple, ½ cup • Water | <p>MMA component, ½ oz eq</p> <p>Fruits component, ½ cup</p> <p>None</p> |
|--|--|

Day 4

- | | |
|---|---|
| <ul style="list-style-type: none"> • Low-fat milk, unflavored, ½ cup • Whole-wheat bagel WGR, ½ ounce • Almond butter, 2 teaspoons • Water | <p>Milk component, ½ cup</p> <p>Grains component, ½ oz eq</p> <p>None (additional food)</p> <p>None</p> |
|---|---|

Day 5

- | | |
|--|--|
| <ul style="list-style-type: none"> • Tuna salad, ½ ounce tuna fish • Whole-grain crackers WGR, ½ ounce • Water | <p>MMA component, ½ oz eq</p> <p>Grains component, ½ oz eq</p> <p>None</p> |
|--|--|

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Week 7	Meal Pattern Contribution
Day 1	
<ul style="list-style-type: none"> • Watermelon chunks, ½ cup • Enriched soft pretzel, ½ ounce • Water 	<p>Fruits component, ½ cup</p> <p>Grains component, ½ oz eq</p> <p>None</p>
Day 2	
<ul style="list-style-type: none"> • Cottage cheese, ⅛ cup • Whole-grain puffed cereal (no more than 6 grams of added sugars per ounce) WGR, ¾ cup • Water 	<p>MMA component, ½ oz eq</p> <p>Grains component, ½ oz eq</p> <p>None</p>
Day 3	
<ul style="list-style-type: none"> • Low-fat milk, unflavored, ½ cup • Enriched pumpkin cranberry muffin, 1 ounce 	<p>Milk component, ½ cup</p> <p>Grains component, ½ oz eq</p>
Day 4	
<ul style="list-style-type: none"> • <i>Garden salad</i>¹: Lettuce, ½ cup³ Tomatoes, cucumbers, and carrots, ⅛ cup Shredded cheese, ½ ounce Low-fat Italian dressing, 1 tablespoon • Water 	<p>Vegetables component, ¼ cup</p> <p>Vegetables component, ⅛ cup</p> <p>MMA component, ½ oz eq</p> <p>None</p> <p>None</p>
Day 5	
<ul style="list-style-type: none"> • <i>Berry-peach yogurt parfait</i>¹: Vanilla yogurt (no more than 2 grams of added sugars per ounce), ¼ cup Seasonal berries, ¼ cup Diced peaches, ¼ cup Crumbled graham crackers, 1 tablespoon • Water 	<p>MMA component, ½ oz eq</p> <p>Fruits component, ¼ cup</p> <p>Fruits component, ¼ cup</p> <p>None (additional food)</p> <p>None</p>

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Week 8

Meal Pattern Contribution

Day 1

- Pita bread triangles, ½ ounce
- Monterey Jack cheese, ½ ounce
- Vegetable salsa, ⅛ cup
- Water

Grains component, ½ oz eq
 MMA component, ½ oz eq
 None (additional food)
 None

Day 2

- Lentil soup with ⅛ cup lentils ¹
- Pineapple chunks, ½ cup
- Water

MMA component, ½ oz eq
 Fruits component, ½ cup
 None

Day 3

- Marinated diced cucumber-tomato salad, ½ cup
- Whole-grain roll **WGR**, ½ ounce
- Water

Vegetables component, ½ cup
 Grains component, ½ oz eq
 None

Day 4

- Sliced strawberries, ½ cup
- Enriched biscuit, ½ ounce
- Water

Fruits component, ½ cup
 Grains component, ½ oz eq

Day 5

- Chicken salad, 1 ounce cooked chicken ¹
- Whole-grain crackers **WGR**, ½ ounce
- Water

MMA component, ½ oz eq
 Grains component, ½ oz eq
 None

Sample Afterschool Snack Program

Preschool Menus for Ages 3-5

Week 9

Meal Pattern Contribution

Day 1

- | | |
|---|---|
| <ul style="list-style-type: none"> • Pineapple slices, ½ cup • Whole-grain bagel WGR, ½ ounce • Light cream cheese, ½ tablespoon • Water | <p>Fruits component, ½ cup</p> <p>Grains component, ½ oz eq</p> <p>None</p> <p>None</p> |
|---|---|

Day 2

- | | |
|--|---|
| <ul style="list-style-type: none"> • Marinated chickpea salad, ½ cup chickpeas • Enriched pretzels, ½ ounce • Water | <p>Vegetables component, ½ cup</p> <p>Grains component, ½ oz eq</p> <p>None</p> |
|--|---|

Day 3

- | | |
|---|--|
| <ul style="list-style-type: none"> • Sliced kiwi, ½ cup • Whole-grain flaked cereal (no more than 6 grams of added sugars per ounce) WGR, ½ cup • Water | <p>Fruits component, ½ cup</p>
<p>Grains component, ½ oz eq</p> <p>None</p> |
|---|--|

Day 4

- | | |
|--|--|
| <ul style="list-style-type: none"> • Almond butter, 1 tablespoon • Frozen banana, ½ cup • Water | <p>MMA component, ½ oz eq</p> <p>Fruits component, ½ cup</p> <p>None</p> |
|--|--|

Day 5

- | | |
|--|---|
| <ul style="list-style-type: none"> • Herbed cottage cheese, ⅛ cup • Celery sticks, thinly sliced, ¼ cup • Cucumber slices, ¼ cup • Water | <p>MMA component, ½ oz eq</p> <p>Vegetables component, ¼ cup</p> <p>Vegetables component, ¼ cup</p> <p>None</p> |
|--|---|

Sample Afterschool Snack Program

Preschool Menus for Ages 3-5

Week 10

Meal Pattern Contribution

Day 1

- Hard-boiled egg, ½ large
- Whole-grain roll **WGR**, ½ ounce
- Water

MMA component, ½ oz eq
 Grains component, ½ oz eq
 None

Day 2

- Sliced cherry tomatoes, ½ cup
- Diced pears, ½ cup
- Water

Vegetables component, ½ cup
 Fruits component, ½ cup
 None

Day 3

- Refried beans, ⅔ cup
- Vegetable salsa, ⅛ cup
- Whole-corn tortilla chips **WGR**, ½ ounce
- Water

Vegetables component, ⅔ cup
 Vegetables component, ⅛ cup
 Grains component, ½ oz eq
 None

Day 4

- Low-fat milk, unflavored, ½ cup
- Broccoli florets, ¼ cup
- Red pepper strips, thinly sliced, ¼ cup
- Ranch dip, 1 tablespoon

Milk component, ½ cup
 Vegetables component, ¼ cup
 Vegetables component, ¼ cup
 None

Day 5

- Peanut butter, 1 tablespoon
- Whole-wheat bagel **WGR**, ½ ounce
- Water

MMA component, ½ oz eq
 Grains component, ½ oz eq
 None

Sample Afterschool Snack Program

Preschool Menus for Ages 3-5

Menu Planning Notes

- ¹ The meal pattern contribution per serving must be documented with a Child Nutrition (CN) label or PFS for commercial products and a recipe for foods made from scratch. For more information, refer to the CSDE's resources, [Using Child Nutrition \(CN\) Labels in the School Nutrition Programs](#) and [Using Product Formulation Statements in the School Nutrition Programs](#), and visit the "[Standardized Recipes](#)" section of the CSDE's Crediting Documentation for the Child Nutrition Programs webpage.
- ² The oz eq of MMA per serving is different for each type of deli meat or other meat product with binders, fillers, or extenders. SFAs must determine the product's oz eq of MMA per serving based on the USDA's [Food Buying Guide for Child Nutrition Programs](#) (if the deli meat is listed) or the manufacturer's specific crediting documentation for each product. Deli meats with added liquids, binders, or extenders require a PFS to credit toward the MMA component. For more information, refer to the CSDE's resource, [Crediting Deli Meats in the School Nutrition Programs](#).
- ³ Raw leafy greens credit as half the volume served.

Sample Afterschool Snack Program Preschool Menus for Ages 3-5

Resources

[Afterschool Snack Program \(ASP\) Preschool Meal Pattern](https://portal.ct.gov/-/media/sde/nutrition/asp/meal_pattern_asp_preschool.pdf) (CSDE):

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

[CACFP Best Practices](https://www.fns.usda.gov/cacfp/optional-best-practices-further-improve-nutrition-cacfp) (USDA webpage):

<https://www.fns.usda.gov/cacfp/optional-best-practices-further-improve-nutrition-cacfp>

[Crediting Documentation for the Child Nutrition Programs](https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs) (CSDE webpage):

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

[Crediting Foods in School Nutrition Programs](https://portal.ct.gov/sde/nutrition/crediting-foods-in-school-nutrition-programs) (CSDE webpage):

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

[Crediting Guide for the School Nutrition Programs](https://portal.ct.gov/-/media/sde/nutrition/mpg/guide_crediting_snp.pdf) (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/mpg/guide_crediting_snp.pdf

[Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/crediting_summary_charts_snp.pdf)

(CSDE):

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

[Cycle Menus for Child Care: Preschoolers](https://theicn.org/resources/1575/cycle-menus-for-child-care-preschoolers/118740/cycle-menus-for-child-care-preschoolers.pdf) (Institute of Child Nutrition):

<https://theicn.org/resources/1575/cycle-menus-for-child-care-preschoolers/118740/cycle-menus-for-child-care-preschoolers.pdf>

[Meal Pattern and Crediting Resources for the School Nutrition Programs](https://portal.ct.gov/-/media/sde/nutrition/nslp/meal_pattern/resources_school_meal_patterns_snp.pdf) (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/nslp/meal_pattern/resources_school_meal_patterns_snp.pdf

[Meal Patterns for Preschoolers in School Nutrition Programs](https://portal.ct.gov/sde/nutrition/meal-patterns-preschoolers-in-school-nutrition-programs) (CSDE webpage):

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

[Menu Planning Basics: A Guide for CACFP Operators in Child Care](https://theicn.org/icn-resources-a-z/menu-planning-basics-cacfp) (Institute of Child Nutrition):

<https://theicn.org/icn-resources-a-z/menu-planning-basics-cacfp>

[Menu Planning for Preschoolers](https://portal.ct.gov/sde/nutrition/meal-patterns-preschoolers-in-school-nutrition-programs#menuplanningpreschoolers) (CSDE webpage):

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

Sample Afterschool Snack Program Preschool Menus for Ages 3-5

[Menu Planning Guide for the Preschool Meal Patterns of the School Nutrition Programs](#)

(CSDE):

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

[Preschool Meal Pattern Training for the School Nutrition Programs](#) (CSDE):

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

[Recipes for Child Nutrition Programs](#) (CSDE's Meal Patterns for CACFP Child Care Programs webpage):

<https://portal.ct.gov/sde/nutrition/menu-planning#Recipes>

[Serving Snacks in the Child and Adult Care Food Program](#) (USDA):

<https://www.fns.usda.gov/tn/serving-snacks-cacfp>

[Snack Inspiration](#) (Wisconsin Department of Public Instruction):

https://dpi.wi.gov/sites/default/files/imce/community-nutrition/pdf/snack_inspiration.pdf

[Water Availability for School Nutrition Programs](#) (CSDE webpage):

<https://portal.ct.gov/sde/nutrition/water-availability-for-school-nutrition-programs>

[What's in a Meal Module 8: Meal Pattern Documentation for Crediting Commercial Processed Products](#) (CSDE's Training Program, What's in a Meal: Meal Patterns for Grades K-12 in the School Nutrition Programs):

<https://portal.ct.gov/sde/nutrition/meal-pattern-training-materials#module8>

For more information, visit the CSDE's [Meal Patterns for Preschoolers in School Nutrition Programs](#) webpage or contact the [school nutrition programs staff](#) at the Connecticut State Department of Education, Bureau of Child Nutrition Programs, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841. This document is available at https://portal.ct.gov/-/media/sde/nutrition/asp/forms/sample_menu_asp_ages_3-5.pdf.



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Sample Afterschool Snack Program Preschool Menus for Ages 3-5

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1. mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
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Washington, D.C. 20250-9410; or
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3. email: program.intake@usda.gov

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