

Sample Afterschool Snack Program Preschool Menus for Ages 3-5

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

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 rule, [Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans](#), effective July 1, 2025.

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.



Contents

Overview of Preschool Snack Meal Pattern Requirements	2
Required Crediting Documentation	4
Documentation for commercial processed products	4
Documentation for foods made from scratch	5
Sample Preschool Snack Menus.....	5
Week 1.....	6
Week 2.....	7
Week 3.....	8
Week 4.....	9
Week 5.....	10
Week 6.....	11
Week 7.....	12
Week 8.....	13
Week 9.....	14
Week 10.....	15
Resources.....	16

Sample Afterschool Snack Program

Preschool Menus for Ages 3-5

Overview of Preschool Snack Meal Pattern Requirements

Preschool snack menus must meet the meal pattern and crediting requirements below.

- **Meal pattern components:** Reimbursable snacks must include any two of the five meal components: ½ cup of unflavored low-fat (1%) or fat-free milk; ½ ounce equivalent (oz eq) of meats/meat alternates (MMA); ½ cup of vegetables; ½ cup of fruits; and ½ oz eq of grains. Each meal component must provide at least the minimum serving in the preschool meal pattern. Only one of the two meal components at snack may be a creditable beverage such as milk or juice. The USDA's [CACFP best practices](#) recommends serving a vegetable or fruit for at least one of the two required snack components.
- **Additional foods:** Snack menus may include additional foods or larger servings beyond the minimum requirements. Menu planners should offer nutrient-dense foods that are appropriate to the nutritional needs of each age group.
- **Juice limit:** Pasteurized 100 percent juice credits as either the vegetables component or fruits component at only one preschool meal or snack per day. The juice limit includes all fruit and vegetable juices, frozen pops made from 100 percent juice, and pureed fruits and vegetables in smoothies. The USDA's [CACFP best practices](#) recommend serving whole fruits (fresh, frozen, canned, and dried) more often than juice. For crediting guidance, refer to the CSDE's resources, [Crediting Juices in the School Nutrition Programs](#) and [Crediting Smoothies in the School Nutrition Programs](#).
- **Whole grain-rich (WGR) requirement:** At least one serving of grains per day must be whole grain-rich (WGR), between all meals and snacks served to preschoolers. The USDA's [CACFP best practices](#) recommend at least two servings of WGR grains per day.
- **Grain-based desserts are prohibited:** Grain-based desserts do not credit in the preschool meal patterns. 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 preschool meals and snacks. For more information, visit the USDA's webpage, [Grain-based Desserts in the CACFP](#).
- **Crediting breakfast cereals:** Cooked and ready-to-eat (RTE) breakfast cereals 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](#).

Sample Afterschool Snack Program

Preschool Menus for Ages 3-5

- **Oz eq of grains:** 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.
- **Crediting yogurt:** Yogurt and soy yogurt cannot exceed 12 grams of added sugars per 6 ounces (no more than 2 grams of added sugars per ounce). To increase nutrient variety, yogurt should not be served when milk is the only other meal component at snack. For crediting guidance, refer to the CSDE's resource, [Crediting Yogurt in the School Nutrition Programs](#).
- **Water availability:** SFAs must make plain potable water available to all students during the snack service. Water does not credit in the ASP meal pattern and cannot be offered in place of the required meal components. For more information, visit the CSDE's [Water Availability for School Nutrition Programs](#) webpage.
- **Noncreditable foods:** Noncreditable foods cannot be served in place of the required meal components. Examples of noncreditable foods include potato chips, pudding, ice cream, gelatin, cream cheese, bacon, condiments (e.g., syrup, jam, ketchup, mustard, mayonnaise, and butter), and water. For more information, refer to the CSDE's resource, [Noncreditable Foods in the Meal Patterns for the School Nutrition Programs](#).
- **Additional 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.
- **Choking prevention:** Children younger than 4 are at the highest risk of choking. Consider children's age and developmental readiness when deciding what foods to offer in CACFP menus. Modify menus as appropriate and use preparation techniques to

Sample Afterschool Snack Program

Preschool Menus for Ages 3-5

reduce the risk of choking. For additional guidance, visit the [“Choking Prevention”](#) section of the CSDE’s [Food Safety for Child Nutrition Programs](#) webpage

Detailed guidance on the ASP preschool meal pattern is available in the CSDE’s [Menu Planning Guide for the Preschool Meal Patterns of the School Nutrition Programs](#). For additional resources, refer to the CSDE’s [Meal Pattern and Crediting Resources for the School Nutrition Programs](#) and visit the CSDE’s [Meal Patterns for Preschoolers in School Nutrition Programs](#) webpage. For information on crediting foods in preschool menus, 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 School Nutrition Programs](#) webpage.

Required Crediting Documentation

School food authorities (SFAs) must be able to document that snack menus provide the required meal components and quantities. 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.

Documentation for commercial processed products

SFAs must have a Child Nutrition (CN) label or product formulation statement (PFS) on file for all commercial processed products that are not listed in the FBG. For guidance on CN labels and PFS forms, 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](#). 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*.

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](#).

For more information on crediting documentation, refer to the CSDE’s resource, [Accepting Processed Product Documentation in the School Nutrition Programs](#), and [USDA Memo SP 05-2025, CACFP 04-2025, SFSP 02-2025: Guidance for Accepting Processed Product Documentation for Meal Pattern Requirements](#). Additional guidance is available on the CSDE’s [Crediting Documentation for the Child Nutrition Programs](#) webpage.

Sample Afterschool Snack Program

Preschool Menus for Ages 3-5

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.

Sample Preschool Snack Menus

This document contains ten sample preschool snack menus. The servings in each snack menu provide at least the minimum requirements indicated in the [Afterschool Snack Program \(ASP\) Preschool Meal Pattern](#).

Servings may be adjusted as appropriate for ages 1-2.

The CSDE's sample menus are intended for informational purposes only and do not guarantee the SFA's compliance with the ASP preschool 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).

Sample Afterschool Snack Program

Preschool Menus for Ages 3-5

Week 1

Day 1

Orange slices, ½ cup

Fruits component

Enriched corn muffin, 1 ounce

Grains component

Water

Day 2

Yogurt and fruit parfait:

- Low-fat vanilla yogurt, ¼ cup
(no more than 2 grams of added sugars per ounce)
- Strawberries and blueberries, ½ cup
- Whole-grain granola, 1 tablespoon

MMA component

Fruits component

Additional food

Water

Day 3

Cucumber slices, ½ cup

Vegetables component

Whole-grain crackers, ½ ounce **WGR**

Grains component

Low-fat dip, 1 tablespoon

Water

Day 4

Vegetable soup with ½ cup vegetables

Vegetables component

Cantaloupe chunks, ½ cup

Fruits component

Water

Day 5

Ham and cheese roll-up:

- Ham and cheese, ¾ ounce
- Whole-corn tortilla, ½ ounce **WGR**
- Mustard, 1 teaspoon or
- Low-fat mayonnaise, 1 teaspoon

MMA component

Grains component

Water

Sample Afterschool Snack Program

Preschool Menus for Ages 3-5

Week 2

Day 1

Tossed salad with turkey:

- Diced turkey, $\frac{3}{4}$ ounce
- Lettuce, $\frac{1}{2}$ cup (credits as $\frac{1}{4}$ cup)
- Tomatoes and cucumbers, $\frac{1}{4}$ cup
- Enriched croutons, $\frac{1}{4}$ ounce
- Low-fat dressing, 1 tablespoon

MMA component
Vegetables component
Vegetables component
Additional food

Water

Day 2

Sliced avocado, $\frac{1}{2}$ cup

Whole-wheat toast, $\frac{1}{2}$ ounce **WGR**

Water

Vegetables component
Grains component

Day 3

Sunflower butter, 1 tablespoon

Apple slices, $\frac{1}{2}$ cup

Water

MMA component
Fruits component

Day 4

Hummus pita pocket:

- Chickpeas, $\frac{1}{8}$ cup
- Whole-wheat pita half, $\frac{1}{2}$ ounce **WGR**
- Shredded carrots, $\frac{1}{8}$ cup

MMA component
Grains component
Additional food

Water

Day 5

Cucumber slices, $\frac{1}{4}$ cup

Carrot sticks, thinly sliced, $\frac{1}{4}$ cup

Enriched pretzels, $\frac{1}{2}$ ounce

Low-fat dip, 1 tablespoon

Water

Vegetables component
Vegetables component
Grains component

Sample Afterschool Snack Program

Preschool Menus for Ages 3-5

Week 3

Day 1

Mixed berries, ½ cup

Soft whole-grain pretzel, ½ ounce **WGR**

Water

Fruits component

Grains component

Day 2

Low-fat cottage cheese, ⅛ cup

Canned apricots in juice, ½ cup

Water

MMA component

Fruits component

Day 3

Tortilla wrap:

- Refried beans, ⅛ cup
- Whole-grain tortilla, ½ ounce **WGR**
- Diced tomato, ⅛ cup
- Shredded cheese, 2 teaspoons

Water

MMA component

Grains component

Additional food

Additional food

Day 4

Carrot-pineapple-raisin salad:

- Shredded carrots, ½ cup
- Crushed pineapple, ⅛ cup
- Raisins, 1 teaspoon

Low-fat milk, unflavored, ½ cup

Vegetables component

Additional food

Additional food

Milk component

Day 5

Roasted cauliflower bites, ½ cup

Low-fat dip, 1 tablespoon

Honeydew melon, ½ cup

Water

Vegetables component

Fruits component

Sample Afterschool Snack Program

Preschool Menus for Ages 3-5

Week 4

Day 1

Part-skim Mozzarella cheese stick, 1 ounce
Sliced red grapes, ½ cup
Water

MMA component
Fruits component

Day 2

Ants on a log:

- Peanut butter, 1 tablespoon
- Carrot sticks, thinly sliced, ¼ cup
- Celery sticks, thinly sliced, ¼ cup
- Raisins, 1 tablespoon

Water

MMA component
Vegetables component
Vegetables component
Additional food

Day 3

Corn and black bean salad, ½ cup
Whole-grain pita chips, ½ ounce **WGR**
Water

Vegetables component
Grains component

Day 4

Pasta veggie salad:

- Diced ham, ¾ ounce
- Enriched rotini pasta, ¼ cup cooked
- Diced vegetables, ¼ cup
(carrots, broccoli, and tomatoes)

Water

MMA component
Grains component
Additional food

Day 5

Sliced kiwi, ½ cup
Whole-grain cornbread, 1 ounce **WGR**
Water

Fruits component
Grains component

Sample Afterschool Snack Program

Preschool Menus for Ages 3-5

Week 5

Day 1

Hummus

- Chickpeas, $\frac{1}{8}$ cup

Zucchini sticks, thinly sliced, $\frac{1}{4}$ cup

Pepper strips, thinly sliced, $\frac{1}{4}$ cup

Water

MMA component

Vegetables component

Vegetables component

Day 2

Peanut butter, 1 tablespoon

Carrot sticks, thinly sliced, $\frac{1}{2}$ cup

Water

MMA component

Vegetables component

Day 3

Diced papaya, $\frac{1}{2}$ cup

Trail mix:

- Whole-grain cereal rounds (no more than 6 grams of added sugars per dry ounce), $\frac{1}{4}$ cup **WGR**
- Enriched mini pretzels, $\frac{1}{4}$ ounce
- Dried fruit, $\frac{1}{2}$ tablespoon

Water

Fruits component

Grains component

Grains component

Additional food

Day 4

Fruit and yogurt smoothie:

- Yogurt, $\frac{1}{4}$ cup
(no more than 2 grams of added sugars per ounce)
- Pureed strawberries, $\frac{1}{2}$ cup

Water

MMA component

Fruits component

Day 5

Sliced green grapes, $\frac{1}{2}$ cup

Enriched crackers, $\frac{1}{2}$ ounce

Water

Fruits component

Grains component

Sample Afterschool Snack Program

Preschool Menus for Ages 3-5

Week 6

Day 1

Jicama sticks, thinly sliced, ¼ cup
Zucchini sticks, thinly sliced, ¼ cup
Enriched bread sticks, ½ ounce
Low-fat Ranch dressing, 1 tablespoon
Water

Vegetables component
Vegetables component
Grains component

Day 2

Marinated broccoli florets, ½ cup
Plums, ½ cup
Water

Vegetables component
Fruits component

Day 3

Greek Yogurt
(no more than 2 grams of added sugars per ounce)
Fresh fruit salad: oranges, bananas, grapes, and pineapple
Water

MMA component
Fruits component

Day 4

Low-fat milk, unflavored, ½ cup
Whole-wheat bagel, ½ ounce **WGR**
Almond butter, 2 teaspoons
Water

Milk component
Grains component
Additional food

Day 5

Tuna salad:

- Tuna, ½ ounce

Whole-grain crackers, ½ ounce **WGR**
Water

MMA component
Grains component

Sample Afterschool Snack Program

Preschool Menus for Ages 3-5

Week 7

Day 1

Watermelon chunks, ½ cup
Enriched soft pretzel, ½ ounce
Water

Fruits component
Grains component

Day 2

Cottage cheese, ½ cup
Whole-grain puffed cereal, ¾ cup **WGR**
(no more than 6 grams of added sugars per ounce)
Water

MMA component
Grains component

Day 3

Low-fat milk, unflavored, ½ cup
Enriched pumpkin cranberry muffin, 1 ounce

Milk component
Grains component

Day 4

Garden salad:

- Lettuce, ½ cup (credits as ¼ cup)
- Tomatoes, cucumbers, and carrots, ¼ cup
- Shredded cheese, ½ ounce

Low-fat Italian dressing, 1 tablespoon
Water

Milk component
Vegetables component
Vegetables component
MMA component

Day 5

Berry-peach yogurt parfait:

- Vanilla yogurt, ¼ cup
(no more than 2 grams of added sugars per ounce)
- Seasonal berries, ¼ cup
- Diced peaches, ¼ cup
- Crumbled graham crackers, 1 tablespoon

Water

MMA component

Fruits component
Fruits component
Additional food

Sample Afterschool Snack Program

Preschool Menus for Ages 3-5

Week 8

Day 1

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

Grains component
MMA component
Additional food

Day 2

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

MMA component
Fruits component

Day 3

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

Vegetables component
Grains component

Day 4

Sliced strawberries, ½ cup
Enriched biscuit, ½ ounce
Water

Fruits component
Grains component

Day 5

Chicken salad:

- Cooked chicken, 1 ounce

Whole-grain crackers, ½ ounce **WGR**
Water

MMA component
Grains component

Sample Afterschool Snack Program

Preschool Menus for Ages 3-5

Week 9

Day 1

Pineapple slices, ½ cup
Whole-grain bagel, ½ ounce **WGR**
Light cream cheese, ½ tablespoon
Water

Fruits component
Grains component

Day 2

Marinated chickpea salad, ½ cup
Enriched pretzels, ½ ounce
Water

Vegetables component
Grains component

Day 3

Sliced kiwi, ½ cup
Whole-grain flaked cereal, ¾ cup **WGR**
(no more than 6 grams of added sugars per ounce)
Water

Fruits component
Grains component

Day 4

Almond butter, 1 tablespoon
Frozen banana, ½ cup

MMA component
Fruits component

Day 5

Herbed cottage cheese, ⅓ cup
Celery sticks, thinly sliced, ¼ cup
Cucumber slices, ¼ cup
Water

MMA component
Vegetables component
Vegetables component

Sample Afterschool Snack Program

Preschool Menus for Ages 3-5

Week 10

Day 1

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

MMA component
Grains component

Day 2

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

Vegetables component
Fruits component

Day 3

Refried beans, ⅔ cup
Salsa (100 percent vegetables), ⅔ cup
Whole-corn tortilla chips, ½ ounce **WGR**
Water

Vegetables component
Vegetables component
Grains component

Day 4

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

Milk component
Vegetables component
Vegetables component

Day 5

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

MMA component
Grains component

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_ages_3-5.pdf.



Sample Afterschool Snack Program

Preschool Menus for Ages 3-5

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, audiotope, 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.