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 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*.

- 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, ¼ cup of raisins credits as ½ cup of the fruits component.

- Raw leafy greens such as lettuce or spinach credit as half the volume served. For example, ½ cup of lettuce credits as ¼ 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.

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 Grain-Based Desserts in the CACFP 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.

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 ¼ oz eq for the grains component and MMA component and less than ⅛ 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).

Sample Afterschool Snack Program
Preschool Menus for Ages 3-5

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

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Week 2	Meal Pattern Contribution
Day 1	
• *Tossed salad with turkey:*	
Diced turkey, ¾ ounce [2]	MMA component, ½ oz eq
Lettuce, ½ cup [3]	Vegetables component, ¼ cup
Tomatoes and cucumbers, ¼ cup	Vegetables component, ¼ cup
Enriched croutons, ¼ ounce	None (additional food)
Italian dressing, 2 teaspoons	None
• Water	None
Day 2	
• Sliced avocado, ½ cup	Vegetables component, ½ cup
• Whole-wheat toast **WGR**, ½ ounce	Grains component, ½ oz eq
• Water	None
Day 3	
• Sunflower butter, 1 tablespoon	MMA component, ½ oz eq
• Apple slices, ½ cup	Fruits component, ½ cup
• Water	None
Day 4	
• *Hummus pita pocket:*	
Hummus made with ⅛ cup chickpeas [1]	MMA component, ½ oz eq
Shredded carrots, ⅛ cup	None (additional food)
Whole-wheat pita half **WGR**, ½ ounce	Grains component, ½ oz eq
• Water	None
Day 5	
• Cucumber slices, ¼ cup	Vegetables component, ¼ cup
• Carrot sticks, thinly sliced, ¼ cup	Vegetables component, ¼ cup
• Low-fat dip, 1 tablespoon	None
• Enriched pretzels, ½ ounce	Grains component, ½ oz eq
• Water	None

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Week 3	Meal Pattern Contribution
Day 1	
• Mixed berries, ½ cup	Fruits component, ½ cup
• Soft whole-grain pretzel **WGR**, ½ ounce	Grains component, ½ oz eq
• Water	None
Day 2	
• Low-fat cottage cheese, ⅛ cup	MMA component, ½ oz eq
• Canned apricots in juice, ½ cup	Fruits component, ½ cup
• Water	None
Day 3	
• *Tortilla wrap:*	
Refried beans, ⅛ cup	MMA component, ½ oz eq
Whole-grain tortilla **WGR**, ½ ounce	Grains component, ½ oz eq
Diced tomato, 2 teaspoons	None (additional food)
Shredded cheese, 2 teaspoons	None (additional food)
• Water	None
Day 4	
• *Carrot-pineapple-raisin salad* [1]:	
Shredded carrots, ½ cup	Vegetables component, ½ cup
Crushed pineapple, 1 tablespoon	None (additional food)
Raisins, 1 teaspoon	None (additional food)
• Low-fat milk, unflavored, ½ cup	Milk component, ½ cup
Day 5	
• Roasted cauliflower bites, ½ cup	Vegetables component, ½ cup
• Low-fat dip, 1 tablespoon	None
• Honeydew melon, ½ cup	Fruits component, ½ cup
• Water	None

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Week 4	Meal Pattern Contribution
Day 1	
• Part-skim Mozzarella cheese stick, 1 ounce	MMA component, 1 oz eq
• Sliced red grapes, ½ cup	Fruits component, ½ cup
• Water	None
Day 2	
• *Ants on a log:*	
Peanut butter, 1 tablespoon	MMA component, ½ oz eq
Celery sticks, thinly sliced, ½ cup	Vegetables component, ½ cup
Raisins, 1 tablespoon	None (additional food)
• Water	None
Day 3	
• Corn and black bean salad, ½ cup [1]	Vegetables component, ½ cup
• Whole-grain pita chips **WGR**, ½ ounce	Grains component, ½ oz eq
• Water	None
Day 4	
• *Pasta veggie salad* [1]:	
Diced ham, ¾ ounce [2]	MMA component, ½ oz eq
Enriched rotini pasta, ¼ cup cooked	Grains component, ½ oz eq
Diced carrots, broccoli, and tomatoes, ¼ cup	None (additional food)
• Water	None
Day 5	
• Sliced kiwi, ½ cup	Fruits component, ½ cup
• Whole-grain cornbread **WGR**, ½ ounce [1]	Grains component, ½ oz eq
• Water	None

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Week 5	Meal Pattern Contribution
Day 1	
• Hummus made with ⅜ cup chickpeas [1]	MMA component, ½ oz eq
• Zucchini sticks, thinly sliced, ¼ cup	Vegetables component, ¼ cup
• Pepper strips, thinly sliced, ¼ cup	Vegetables component, ¼ cup
• Water	None
Day 2	
• Peanut butter, 1 tablespoon	MMA component, ½ oz eq
• Apple slices, ½ cup	Fruits component, ½ cup
• Water	None
Day 3	
• Diced papaya, ½ cup	Fruits component, ½ cup
• *Trail mix:*	
Whole-grain cereal rounds (no more than 6 grams of added sugars per dry ounce) **WGR**, ½ cup	Grains component, ½ oz eq
Enriched mini pretzels, ¼ ounce	Grains component, ¼ oz eq
Dried fruit, ½ tablespoon	None (additional food)
• Water	None
Day 4	
• *Fruit and yogurt smoothie* [1]*:*	
• Yogurt (no more than 2 grams of added sugars per ounce), ¼ cup	MMA component, ½ oz eq
• Pureed strawberries, ½ cup	Fruits component, ½ cup
Day 5	
• Sliced green grapes, ½ cup	Fruits component, ½ cup
• Enriched crackers, ½ ounce	Grains component, ½ oz eq
• Water	None

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Week 6	Meal Pattern Contribution
Day 1	
• Jicama sticks, thinly sliced, ¼ cup	Vegetables component, ¼ cup
• Zucchini sticks, thinly sliced, ¼ cup	Vegetables component, ¼ cup
• Enriched bread sticks, ½ ounce	Grains component, ½ oz eq
• Low-fat Ranch dressing, 1 tablespoon	None
• Water	None
Day 2	
• Marinated broccoli florets, ½ cup	Vegetables component, ½ cup
• Plums, ½ cup	Fruits component, ½ cup
• Water	None
Day 3	
• Greek Yogurt (no more than 2 grams of added sugars per ounce), ¼ cup	MMA component, ½ oz eq
• Fresh fruit salad: oranges, bananas, grapes, and pineapple, ½ cup	Fruits component, ½ cup
• Water	None
Day 4	
• Low-fat milk, unflavored, ½ cup	Milk component, ½ cup
• Whole-wheat bagel **WGR**, ½ ounce	Grains component, ½ oz eq
• Almond butter, 2 teaspoons	None (additional food)
• Water	None
Day 5	
• Tuna salad, ½ ounce tuna fish	MMA component, ½ oz eq
• Whole-grain crackers **WGR**, ½ ounce	Grains component, ½ oz eq
• Water	None

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

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Week 8	Meal Pattern Contribution
Day 1	
• Pita bread triangles, ½ ounce	Grains component, ½ oz eq
• Monterey Jack cheese, ½ ounce	MMA component, ½ oz eq
• Vegetable salsa, ⅛ cup	None (additional food)
• Water	None
Day 2	
• Lentil soup with ⅛ cup lentils [1]	MMA component, ½ oz eq
• Pineapple chunks, ½ cup	Fruits component, ½ cup
• Water	None
Day 3	
• Marinated diced cucumber-tomato salad, ½ cup	Vegetables component, ½ cup
• Whole-grain roll **WGR**, ½ ounce	Grains component, ½ oz eq
• Water	None
Day 4	
• Sliced strawberries, ½ cup	Fruits component, ½ cup
• Enriched biscuit, ½ ounce	Grains component, ½ oz eq
• Water	
Day 5	
• Chicken salad, 1 ounce cooked chicken [1]	MMA component, ½ oz eq
• Whole-grain crackers **WGR**, ½ ounce	Grains component, ½ oz eq
• Water	None

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Week 9	Meal Pattern Contribution
Day 1	
• Pineapple slices, ½ cup	Fruits component, ½ cup
• Whole-grain bagel **WGR**, ½ ounce	Grains component, ½ oz eq
• Light cream cheese, ½ tablespoon	None
• Water	None
Day 2	
• Marinated chickpea salad, ½ cup chickpeas	Vegetables component, ½ cup
• Enriched pretzels, ½ ounce	Grains component, ½ oz eq
• Water	None
Day 3	
• Sliced kiwi, ½ cup	Fruits component, ½ cup
• Whole-grain flaked cereal (no more than 6 grams of added sugars per ounce) **WGR**, ½ cup	Grains component, ½ oz eq
• Water	None
Day 4	
• Almond butter, 1 tablespoon	MMA component, ½ oz eq
• Frozen banana, ½ cup	Fruits component, ½ cup
• Water	None
Day 5	
• Herbed cottage cheese, ⅛ cup	MMA component, ½ oz eq
• Celery sticks, thinly sliced, ¼ cup	Vegetables component, ¼ cup
• Cucumber slices, ¼ cup	Vegetables component, ¼ cup
• Water	None

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Week 10	Meal Pattern Contribution
Day 1	
• Hard-boiled egg, ½ large	MMA component, ½ oz eq
• Whole-grain roll **WGR**, ½ ounce	Grains component, ½ oz eq
• Water	None
Day 2	
• Sliced cherry tomatoes, ½ cup	Vegetables component, ½ cup
• Diced pears, ½ cup	Fruits component, ½ cup
• Water	None
Day 3	
• Refried beans, ⅜ cup	Vegetables component, ⅜ cup
• Vegetable salsa, ⅛ cup	Vegetables component, ⅛ cup
• Whole-corn tortilla chips **WGR**, ½ ounce	Grains component, ½ oz eq
• Water	None
Day 4	
• Low-fat milk, unflavored, ½ cup	Milk component, ½ cup
• Broccoli florets, ¼ cup	Vegetables component, ¼ cup
• Red pepper strips, thinly sliced, ¼ cup	Vegetables component, ¼ cup
• Ranch dip, 1 tablespoon	None
Day 5	
• Peanut butter, 1 tablespoon	MMA component, ½ oz eq
• Whole-wheat bagel **WGR**, ½ ounce	Grains component, ½ oz eq
• Water	None

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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, filers, 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.

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Resources

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

CACFP Best Practices (USDA webpage):
https://www.fna.usda.gov/cacfp/program-operator/best-practices

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 (CSDE webpage):
https://portal.ct.gov/sde/nutrition/crediting-foods-in-school-nutrition-programs

Crediting Guide for the School Nutrition Programs (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 (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/crediting_summary_charts_snp.pdf

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

Food Buying Guide for Child Nutrition Programs (USDA):
https://www.fna.usda.gov/tn/fbg

Meal Pattern and Crediting Resources for the School Nutrition Programs (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 (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 (Institute of Child Nutrition):
https://theicn.org/icn-resources-a-z/menu-planning-basics-cacfp

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

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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.fna.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

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Preschool Menus for Ages 3-5

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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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.