

Sample Afterschool Snack Program (ASP) Menus for Grades K-12

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

This document provides menu planning guidance and sample snack menus for grades K-12 in the U.S. Department of Agriculture’s (USDA) Afterschool Snack Program (ASP) of the National School Lunch Program (NSLP). This guidance applies through June 30, 2025. Effective with school year 2025-26 (beginning July 1, 2025), the USDA final rule, [Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans](#), aligns the ASP meal pattern for grades K-12 with the Child and Adult Care Food Program (CACFP) snack meal pattern for children.

Contents

Overview of Meal Pattern Requirements	1
Overview of Requirements for the Meal Components	2
MMA	2
Fruits/vegetables	2
Grains/breads	2
Noncreditable foods	3
Water	3
Required Crediting Documentation	3
Sample Menus	3
Week 1	4
Week 2	5
Week 3	6
Week 4	7
Week 5	8
Week 6	9
Week 7	10
Week 8	11
Week 9	12
Week 10	13
Resources	14

Overview of Meal Pattern Requirements

Snack menus for grades K-12 must meet the requirements below.

- Reimbursable snacks must include any two of the four meal components: 1 cup of low-fat (1%) or fat-free milk, unflavored or flavored; 1 ounce of meats/meat alternates (MMA); ¾ cup of vegetables/fruits; and 1 serving of grains/breads. Each meal component must provide at least the minimum meal pattern serving.
- Only one of the two meal components may be a creditable beverage such as milk or juice.
- Snack menus may include additional foods or larger servings beyond the minimum requirements. Larger portions may be appropriate to meet older children’s nutritional needs. For example, a snack menu that contains 1 ounce of cheese (MMA) and 1 ounce of whole-grain crackers (grains/breads) meets the minimum servings for grades K-12. This snack may be nutritionally adequate for a 6-year-old, but an 18-year-old might need larger servings or an additional food item such as a fruit or vegetable.

Detailed guidance on the ASP meal pattern for grades K-12 is available in the Connecticut State Department of Education’s (CSDE) [Afterschool Snack Program Handbook](#) and the “[ASP Meal Patterns](#)” section of the CSDE’s [Afterschool Snack Program \(ASP\)](#) webpage. For a list of menu planning and crediting resources, refer to the CSDE’s [Resources for the School Meal Patterns for Grades K-12](#).

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Overview of Requirements for the Meal Components

Consider the meal pattern requirements and recommendations below when planning snack menus for grades K-12. For detailed guidance on crediting foods, refer to the CSDE's [Crediting Summary Charts for the ASP Meal Pattern for Grades K-12](#) and visit the "Crediting Foods for Grades K-12 in the ASP" section of the CSDE's ASP webpage.

MMA

The serving refers to the edible portion of cooked lean meat, poultry, or fish, e.g., cooked lean meat without bone, breading, binders, fillers, or other ingredients. Commercial processed products that contain added ingredients (such as combination entrees, deli meats, hot dogs, and sausages) require a Child Nutrition (CN) label or product formulation statement (PFS) to document crediting information (refer to "Required Crediting Documentation" in this document and the CSDE's [Crediting Commercial Meat/Meat Alternate Products in the School Nutrition Programs](#) and [Crediting Deli Meats in the School Nutrition Programs](#)). For more information on crediting MMA, visit the "Meats/Meat Alternates Component" section of the CSDE's ASP webpage.

Fruits/vegetables

Creditable vegetables include fresh, frozen, canned, and rehydrated dried vegetables, and pasteurized 100 percent full-strength vegetable juice. A serving of canned vegetables must be drained. Dried vegetables (such as potato flakes and dried soup mix) credit based on their rehydrated volume and require a PFS. For more information, visit the "Vegetables/Fruits Component" section of the CSDE's ASP webpage.

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.

Juice must be full-strength (100 percent) pasteurized juice and cannot be served when milk is the only other meal component. Pureed fruits and vegetables in smoothies credit as juice (refer to the CSDE's [Crediting Smoothies for Grades K-12 in the School Nutrition Programs](#)). For more nutritious snacks, limit juice and serve more fruits and vegetables. For more information on crediting fruits and vegetables, visit the "Vegetables/Fruits Component" section of the CSDE's ASP webpage.

Grains/breads

Grains products and recipes must be whole grain, enriched, or contain a blend of whole and enriched grains (refer to the CSDE's [Crediting Whole Grains in the School Nutrition Programs](#) and [Crediting Enriched Grains in the School Nutrition Programs](#)). Bran and germ credit the same as enriched grains. Foods that are 100 percent whole grain, such as whole-wheat bread and brown rice, should be served most often.

Cooked and ready-to-eat (RTE) breakfast cereals must contain a creditable grain as the first ingredient or be fortified (refer to the CSDE's [Crediting Breakfast Cereals in the Meal Patterns for Grades K-12 in the School Nutrition Programs](#)). One serving of breakfast cereal must meet the requirement for either measure (cups) or weight (ounces), whichever is less.

Commercial grain products and foods made from scratch must provide the required serving weight (groups A-E) or volume (groups H-I) in the USDA's Exhibit A chart (refer to the CSDE's [Servings for Grains/Breads in the Afterschool Snack Program Meal Pattern for Grades K-12 and How to Use the Grains/Breads Servings Chart for the Afterschool Snack Program Meal Pattern for Grades K-12](#)) or the minimum creditable grains per serving (refer to the CSDE's [Calculation Methods for Grains/Breads Servings for the Afterschool Snack Program Meal Pattern for Grades K-12](#)). For more information, visit the "Serving Size for Grains/Breads" section of the CSDE's ASP webpage.

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The CSDE recommends limiting grain-based desserts (such as cookies, animal crackers, graham crackers, granola bars, toaster pastries, sweet rolls, and cake) to no more than twice per week. Grain-based desserts are identified in red in the CSDE's [Servings for Grains/Breads in the Afterschool Snack Program Meal Pattern for Grades K-12](#).

For more information on crediting foods in the grains/breads component, visit the "[Grains/Breads Component](#)" section of the CSDE's ASP 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 Afterschool Snack Program Meal Pattern for Grades K-12](#).

Water

The USDA recommends serving water when snacks do not include milk or juice. 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 "[Water Availability](#)" section of the CSDE's [Program Guidance for 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. Commercial processed foods not listed in the FBG require a CN label or PFS to document crediting information.

For information on crediting documentation, refer to the CSDE's [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](#), and visit the "Crediting Commercial Processed Products" section of the CSDE's [Crediting Foods in School Nutrition Programs](#) webpage. Training on the requirements for CN labels and PFS forms is available in Module 6: Meal Pattern Documentation of the CSDE's training program, [What's in a Meal: National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12](#).

Foods made from scratch must have a standardized recipe that documents the crediting information per serving. For more information, visit the "[Crediting Foods Made from Scratch](#)" section of the CSDE's [Crediting Foods in School Nutrition Programs](#) webpage.

Sample Menus

This document contains ten sample snack menus. The servings in each snack menu meet or exceed the [ASP Meal Pattern for Grades K-12](#) requirements and are indicated in parentheses after each menu item.

The CSDE's sample menus are intended for informational purposes and do not guarantee the SFA's compliance with the ASP meal pattern for grades K-12. 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 their menus meet the ASP meal pattern and must maintain appropriate crediting documentation on file (refer to "[Required Crediting Documentation](#)" in this document).

Sample Afterschool Snack Program (ASP) Menus for Grades K-12

Week 1

Meal Component	Day 1	Day 2	Day 3	Day 4	Day 5
Milk 1 cup					
MMA 1 ounce		Yogurt and fruit parfait: Low-fat vanilla yogurt (½ cup)	Cheese stick (1 ounce)		Ham (½ ounce) and cheese (½ ounce) roll-up
Vegetables/fruits ¾ cup	Orange slices (¾ cup)	Sliced strawberries (⅜ cup) Blueberries (⅜ cup)	Diced cucumbers (¾ cup)	Vegetable soup (½ cup vegetables) Diced peaches (¼ cup)	
Grains 1 serving	Enriched corn muffin (1½ ounces)			Whole-grain crackers (1 ounce) WGR	Whole-corn tortilla (1 ounce) WGR
Additional foods (credible but not full serving)		Whole-grain granola (2 tablespoon)			Shredded lettuce (⅓ cup)
Other foods (noncreditable)	Water	Water	Low-fat dip (1 tablespoon) Water	Water	Mustard (1 teaspoon) or low-fat mayonnaise (1 teaspoon) Water

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Week 2

Meal Component	Day 1	Day 2	Day 3	Day 4	Day 5
Milk 1 cup					
MMA 1 ounce	Diced turkey (1 ounce)		Sunflower butter (2 tablespoons)	Hummus (¼ cup chickpeas) pita with shredded carrots	
Vegetables/fruits ¾ cup	Tossed salad: Lettuce (½ cup) with tomatoes and cucumbers (¼ cup)	Sliced avocado (½ cup) Diced tomatoes (¼ cup)	Apple slices (¾ cup)		Cucumber slices (¾ cup) Carrot sticks (¾ cup)
Grains 1 serving		Whole-wheat toast (1 ounce) WGR		Whole-wheat pita (1 ounce) WGR	Enriched pretzels (1 ounce)
Additional foods (credible but not full serving)	Enriched croutons (¼ ounce)			Shredded carrots (⅛ cup)	
Other foods (noncreditable)	Low-fat dressing (1 tablespoon) Water	Water	Water	Water	Low-fat dip (1 tablespoon) Water

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Week 3

Meal Component	Day 1	Day 2	Day 3	Day 4	Day 5
Milk 1 cup				Unflavored low-fat milk (1 cup)	
MMA 1 ounce		Low-fat cottage cheese (¼ cup)	Tortilla wrap: Refried beans (¼ cup) and shredded cheese (⅛ ounce)		
Vegetables/fruits ¾ cup	Mixed berries (¾ cup)	Canned apricots in juice (¾ cup)		Carrot-pineapple-raisin salad: Shredded carrots (½ cup), crushed pineapple (⅛ cup), and raisins (⅛ cup)	Roasted cauliflower bites (⅔ cup) Cantaloupe chunks (⅔ cup)
Grains 1 serving	Soft whole-grain pretzel (1 ounce)		Whole-grain tortilla (1 ounce) WGR		Whole-grain crackers (0.9 ounce) WGR
Additional foods (credible but not full serving)			Diced tomato (⅛ cup)		
Other foods (noncreditable)	Water	Water	Water		Low-fat dip (1 ounce) Water

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Week 4

Meal Component	Day 1	Day 2	Day 3	Day 4	Day 5
Milk 1 cup					
MMA 1 ounce	Part-skim Mozzarella cheese stick (1 ounce)	Ants on a log: Peanut butter (2 tablespoons)		Pasta veggie salad: Ham (1 ounce)	
Vegetables/fruits ¾ cup	Red grapes (¾ cup)	Carrot sticks (½ cup) Celery sticks (¼ cup)	Corn and black bean salad (½ cup) Diced tomatoes (¼ cup)		Sliced kiwi (¾ cup)
Grains 1 serving			Whole-grain pita chips (1 ounce) WGR	Enriched rotini pasta (½ cup)	Whole-grain cornbread (1.1 ounces) WGR
Additional foods (credible but not full serving)		Raisins (1 tablespoon)		Diced vegetables: carrots, broccoli, and tomatoes (¼ cup)	
Other foods (noncreditable)	Water	Water	Water		Water

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Week 5

Meal Component	Day 1	Day 2	Day 3	Day 4	Day 5
Milk 1 cup					
MMA 1 ounce	Low-fat cottage cheese (¼ cup)	Peanut butter (2 tablespoons)		Fruit and yogurt smoothie: Yogurt (½ cup)	
Vegetables/fruits ¾ cup		Carrot sticks (¾ cup)	Diced papaya (¾ cup)	Pureed strawberries (½ cup) Pureed bananas (¼ cup)	Green grapes (¾ cup)
Grains 1 serving	Whole-grain puffed cereal (¾ cup) WGR		Trail mix: Whole-grain cereal rounds (½ cup), enriched pretzels (1 ounce), and dried fruit WGR		Enriched pretzel sticks (1 ounce)
Additional foods (credible but not full serving)	Crushed pineapple in juice (1 tablespoon)		Peanuts (½ tablespoon) Dried fruit (½ tablespoon)		
Other foods (noncreditable)	Water	Water	Water		Water

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Week 6

Meal Component	Day 1	Day 2	Day 3	Day 4	Day 5
Milk 1 cup				Unflavored low-fat milk (1 cup)	
MMA 1 ounce		Swiss cheese cubes (1 ounce)	Low-fat Greek yogurt (½ cup)	Almond butter (2 tablespoons)	Tuna salad (1 ounce tuna)
Vegetables/fruits ¾ cup	Jicama sticks (¾ cup) Zucchini sticks (¾ cup)	Marinated broccoli florets (½ cup) Nectarine slices (¼ cup)	Fruit salad: Oranges, bananas, sliced grapes, pineapple (¾ cup)		
Grains 1 serving	Enriched bread sticks (1 ounce)			Whole-wheat bagel (1 ounce) WGR	Whole-grain crackers (1 ounce) WGR
Additional foods (credible but not full serving)					
Other foods (noncreditable)	Low-fat Ranch dip (2 tablespoons) Water	Water	Water		Water

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Week 7

Meal Component	Day 1	Day 2	Day 3	Day 4	Day 5
Milk 1 cup			Unflavored low-fat milk (1 cup)		
MMA 1 ounce	Pumpkin seeds (1 ounce)	Hummus (¼ cup chickpeas)		Shredded low-fat cheese (1 ounce)	Berry-peach yogurt parfait: Low-fat yogurt (½ cup)
Vegetables/fruits ¾ cup	Watermelon chunks (¾ cup)	Zucchini sticks (¾ cup) Pepper strips (¾ cup)		Garden salad: Lettuce (½ cup), tomatoes, cucumbers, and carrots (¼ cup)	Seasonal berries (¼ cup) Diced peaches (¼ cup)
Grains 1 serving			Enriched pumpkin cranberry muffin (1 ounce)		
Additional foods (credible but not full serving)					
Other foods (noncreditable)	Water	Water		Low-fat Italian dressing (1 tablespoon) Water	Crumbled graham crackers (1 tablespoon) Water

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Week 8

Meal Component	Day 1	Day 2	Day 3	Day 4	Day 5
Milk 1 cup		Unflavored low-fat milk (1 cup)			
MMA 1 ounce	Pita bread triangles: Low-fat cheese (1 ounce)				Chicken salad (1 ounce cooked chicken)
Vegetables/fruits $\frac{3}{4}$ cup		Roasted chickpeas ($\frac{3}{4}$ cup)	Marinated diced cucumber-tomato salad ($\frac{3}{4}$ cup)	Strawberry shortcake: Sliced strawberries ($\frac{3}{4}$ cup)	
Grains 1 serving	Whole-wheat pita bread (1 ounce) WGR		Whole-grain roll (1 ounce) WGR	Enriched biscuit (1 ounce)	Whole-grain crackers (1 ounce) WGR
Additional foods (credible but not full serving)	Vegetable salsa ($\frac{1}{8}$ cup)				
Other foods (noncreditable)	Water	Water	Water	Whipped cream (2 tablespoons) Water	Water

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Week 9

Meal Component	Day 1	Day 2	Day 3	Day 4	Day 5
Milk 1 cup					
MMA 1 ounce				Almond butter (2 tablespoons)	Herbed cottage cheese (¼ cup)
Vegetables/fruits ¾ cup	Pineapple slices (¾ cup)	Marinated chickpea salad (¾ cup)	Sliced kiwi (¾ cup)	Frozen banana (¾ cup)	Celery sticks and cucumber slices (¾ cup)
Grains 1 serving	Whole-grain bagel (1 ounce) WGR	Enriched pretzels (1 ounce)	Whole-grain cereal (¾ cup) WGR		
Additional foods (credible but not full serving)					Whole-grain crackers (½ ounce)
Other foods (noncreditable)	Light cream cheese (½ tablespoon) Water	Water	Water	Water	Water

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Week 10

Meal Component	Day 1	Day 2	Day 3	Day 4	Day 5
Milk 1 cup				Unflavored low-fat milk (1 cup)	
MMA 1 ounce	Hard-boiled egg (½ large)	Roasted soybeans (1 ounce)			Peanut butter (2 tablespoons)
Vegetables/fruits ¾ cup		Orange juice (¾ cup)	Refried beans (½ cup) Salsa (¼ cup)	Roasted green beans (¾ cup)	
Grains 1 serving	Whole-grain roll (1 ounce) WGR		Whole-corn tortilla chips (1 ounce) WGR		Whole-wheat bagel (1 ounce) WGR
Additional foods (credible but not full serving)					
Other foods (noncreditable)	Water	Water	Water	Water	Water

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Resources

Afterschool Snack Program (CSDE webpage):

<https://portal.ct.gov/sde/nutrition/afterschool-snack-program>

Afterschool Snack Program Handbook (CSDE):

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

Afterschool Snack Program Meal Pattern for Grades K-12 (CSDE webpage):

https://portal.ct.gov/-/media/sde/nutrition/asp/meal_pattern_asp_grades_k-12.pdf

Crediting Summary Charts for the ASP Meal Pattern for Grades K-12 (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/asp/crediting_summary_charts_asp_grades_k-12.pdf

Forms for the ASP (“Documents/Forms” section of the CSDE’s ASP webpage):

<https://portal.ct.gov/sde/nutrition/afterschool-snack-program/documents#FormsASP>

Menu Planning for the ASP (“Documents/Forms” section of the CSDE’s ASP webpage):

<https://portal.ct.gov/sde/nutrition/afterschool-snack-program/#MenuPlanningGuidanceASP>

Resource List for Menu Planning and Food Production for Child Nutrition Programs (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/resources/resources_menu_planning.pdf

Resources for the School Meal Patterns for Grades K-12 (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/nslp/mealpattern/resources_school_meal_patterns_grades_k-12.pdf

Snack Inspiration (Wisconsin Department of Public Instruction):

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

What’s in a Meal Module 6: Meal Pattern Documentation (CSDE training program,

What’s in a Meal: National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12):

<https://portal.ct.gov/SDE/Nutrition/Meal-Pattern-Training-Materials>

What’s in a Meal Module 6: Meal Pattern Documentation (CSDE training program, What’s in a Meal: National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12):

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

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For more information, visit the CSDE's [Afterschool Snack Program](#) 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_grades_k-12.pdf.

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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

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