Sample Afterschool Snack Program Menus for Grades K-12

This document provides guidance and sample preschool 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). These sample menus are based on the ASP 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 ASP meal pattern for grades K-12, visit the "Meal Patterns and Crediting" section of the Connecticut State Department of Education's (CSDE) ASP 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 snack meal pattern for grades K-12 requires the minimum serving of any two of the five meal components, including 1 cup milk; 1 ounce equivalent (oz eq) of meats/meat alternates; ¾ cup of vegetables; ¾ cup of fruits; and 1 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 cannot exceed 10 grams of added sugars per 8 fluid ounces

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. A 1-oz eq serving equals 2 tablespoons of nut/seed butter. 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*.

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.

- The total cups of all juices (fruit, vegetable, and combination) offered in the weekly snack menu cannot exceed half of the total cups of fruits and vegetables offered during the week. The juice limit includes all fruit and vegetable juices, frozen pops made from 100 percent juice, and pureed fruits and vegetables in smoothies. For crediting guidance, refer to the CSDE's resources, *Crediting Juices in the School Nutrition Programs* and *Crediting Smoothies in the School Nutrition Programs*.

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 80 percent of the weekly grains offered at snack must be whole grain-rich (WGR), based on the total oz eq of offered grains. Foods in groups A-E of the USDA's Exhibit A chart are WGR if: 1) the grain content is between 50 and 100 percent whole grain with any remaining grains being enriched; and 2) noncreditable grains do not exceed 3.99 grams per portion for groups A-E or 6.99 grams per portion for group H. RTE breakfast cereals (group I) are WGR if: 1) the first ingredient is a whole grain and the cereal is fortified, or the cereal is 100 percent whole grain; 2) noncreditable grains do not exceed 6.99 grams per portion; and 3) added sugars do not exceed 6 grams per dry ounce. RTE breakfast cereals that are not WGR must be enriched or fortified, cannot

exceed 6.99 grams of noncreditable grains per portion, and must meet the limit for added sugars. Fortification is not required for 100 whole-grain RTE cereals. Grains that are not WGR must be enriched. For guidance on the WGR criteria, 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*. For information on meeting the weekly WGR requirement, refer to the CSDE's resource, *Calculating the Weekly Percentage of Whole Grain-rich Menu Items in the School Nutrition Programs*.

- 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, refer to the CSDE's resource, *Crediting Grain-based Desserts in the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12*.

- 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.

Sample Afterschool Snack Program Menus for Grades K-12

Sample Snack Menus

This section contains ten sample snack menus. The servings in each menu meet at least the minimum requirements of the ASP 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 Menus for Grades K-12

Week 1	Meal Pattern Contribution
Day 1	
• Orange slices, ¾ cup	Fruits component, ¾ cup
• Whole-grain corn muffin **WGR**, 1.2 ounces	Grains component, 1 oz eq
• Water	None
Day 2	
• *Yogurt and fruit parfait:*	
Low-fat vanilla yogurt (no more than 2 grams of added sugars per ounce), ½ cup	MMA component, 1 oz eq
Strawberries and blueberries, ¾ cup	Fruits component, ¾ cup
• Whole-grain granola, 1 tablespoon	None (additional food)
• Water	None
Day 3	
• Cucumber slices, ¾ cup	Vegetables component, ¾ cup
• Whole-grain crackers **WGR**, 1 ounce	Grains component, 1 oz eq
• Low-fat dip, 1 tablespoon	None
• Water	None
Day 4	
• Vegetable soup, ¾ cup vegetables [1]	Vegetables component, ¾ cup
• Cantaloupe chunks, ¾ cup	Fruits component, ¾ cup
• Water	None
Day 5	
• *Ham and cheese roll-up:*	
Ham, ¾ ounce [2]	MMA component, ½ oz eq
Cheddar cheese, ½ ounce	MMA component, ½ oz eq
Whole-corn tortilla **WGR**, 1 ounce	Grains component, 1 oz eq
Mustard or low-fat mayonnaise, 2 teaspoons	None
• Water	None

Weekly percentage of WGR grains: 3 oz eq WGR and 0 oz eq enriched = 100% WGR

Weekly percentage of juice: 0 cups juice and 3 cups fruits/vegetables = 0% juice

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Week 2	Meal Pattern Contribution
Day 1	
• *Tossed salad with turkey:*	
Diced turkey, 1¼ ounces [2]	MMA component, 1 oz eq
Lettuce, 1 cup [3]	Vegetables component, ½ cup
Tomatoes and cucumbers, ¼ cup	Vegetables component, ¼ cup
Enriched croutons, ⅛ ounce	None (additional food)
Italian dressing, 1 tablespoon	None
• Water	None
Day 2	
• Sliced avocado, ¾ cup	Vegetables component, ¾ cup
• Whole-wheat toast **WGR**, 1 ounce	Grains component, 1 oz eq
• Water	None
Day 3	
• Sunflower butter, 2 tablespoons	MMA component, 1 oz eq
• Apple slices, ¾ cup	Fruits component, ¾ cup
• Water	None
Day 4	
• *Hummus pita pocket:*	
Hummus made with ¼ cup chickpeas [1]	MMA component, 1 oz eq
Shredded carrots, ⅛ cup	None (additional food)
Whole-wheat pita half **WGR**, 1 ounce	Grains component, 1 oz eq
• Water	None
Day 5	
• Cucumber slices, ¼ cup	Vegetables component, ¼ cup
• Carrot sticks, ½ cup	Vegetables component, ½ cup
• Low-fat dip, 1 tablespoon	None
• Whole-grain pretzels **WGR**, 1 ounce	Grains component, 1 oz eq
• Water	None

Weekly percentage of WGR grains: 3 oz eq WGR and 0 oz eq enriched = 100% WGR

Weekly percentage of juice: 0 cups juice and 2¼ cups fruits/vegetables = 0% juice

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Week 3	Meal Pattern Contribution
Day 1	
• Mixed berries, ¾ cup	Fruits component, ¾ cup
• Soft whole-grain pretzel **WGR**, 1 ounce	Grains component, 1 oz eq
• Water	None
Day 2	
• Low-fat cottage cheese, ¼ cup	MMA component, 1 oz eq
• Canned apricots in juice, ¾ cup	Fruits component, ¾ cup
• Water	None
Day 3	
• *Tortilla wrap:*	
Refried beans, ¼ cup	MMA component, 1 oz eq
Whole-grain tortilla **WGR**, 1 ounce	Grains component, 1 oz eq
Diced tomato, 1 tablespoon	None (additional food)
Shredded cheese, 1 tablespoon	None (additional food)
• Water	None
Day 4	
• *Carrot-pineapple-raisin salad* [1]:	
Shredded carrots, ¾ cup	Vegetables component, ¾ cup
Crushed pineapple, 2 tablespoons	None (additional food)
Raisins, 2 teaspoons	None (additional food)
• Low-fat milk, unflavored, 1 cup	Milk component, 1 cup
Day 5	
• Roasted cauliflower bites, ¾ cup	Vegetables component, ¾ cup
• Low-fat dip, 1 tablespoon	None
• Honeydew melon, ¾ cup	Fruits component, ¾ cup
• Water	None

Weekly percentage of WGR grains: 2 oz eq WGR and 0 oz eq enriched = 100% WGR

Weekly percentage of juice: 0 cups juice and 3 cups fruits/vegetables = 0% juice

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Week 4	Meal Pattern Contribution
Day 1	
• Part-skim Mozzarella cheese stick, 1 ounce	MMA component, 1 oz eq
• Red grapes, ¾ cup	Fruits component, ¾ cup
• Water	None
Day 2	
• *Ants on a log:*	
Peanut butter, 2 tablespoons	MMA component, 1 oz eq
Celery sticks, ¾ cup	Vegetables component, ¾ cup
Raisins, 1 tablespoon	None (additional food)
• Water	None
Day 3	
• Corn and black bean salad, ¾ cup [1]	Vegetables component, ¾ cup
• Whole-grain pita chips **WGR**, 2 ounces	Grains component, 2 oz eq
• Water	None
Day 4	
• *Pasta veggie salad* [1]:	
Diced ham, 1¼ ounces [2]	MMA component, 1 oz eq
Enriched rotini pasta, ½ cup cooked	Grains component, 1 oz eq
Diced carrots, broccoli, and tomatoes, ¼ cup	None (additional food)
• Water	None
Day 5	
• Sliced kiwi, ¾ cup	Fruits component, ¾ cup
• Whole-grain muffin **WGR**, 4 ounces [1]	Grains component, 2 oz eq
• Water	None

Weekly percentage of WGR grains:6 oz eq WGR and 1 oz eq enriched = 85.7% WGR

Weekly percentage of juice: 0 cups juice and 3 cups fruits/vegetables = 0% juice

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Week 5	Meal Pattern Contribution
Day 1	
• Hummus made with ¼ cup chickpeas [1]	MMA component, 1 oz eq
• Zucchini sticks, ⅜ cup	Vegetables component, ⅜ cup
• Pepper strips, ⅜ cup	Vegetables component, ⅜ cup
• Water	None
Day 2	
• Peanut butter, 2 tablespoons	MMA component, 1 oz eq
• Apple slices, ¾ cup	Fruits component, ¾ cup
• Water	None
Day 3	
• Diced papaya, ¾ cup	Fruits component, ¾ cup
• *Trail mix:*	
Whole-grain cereal rounds (no more than 6 grams of added sugars per dry ounce) **WGR**, ¾ cup	Grains component, ¾ oz eq
Enriched mini pretzels, ¼ ounce	Grains component, ¼ oz eq
Dried fruit, 1 tablespoon	None (additional food)
• Water	None
Day 4	
• *Fruit and yogurt smoothie* [1]*:*	
• Yogurt (no more than 2 grams of added sugars per ounce), ½ cup	MMA component, 1 oz eq
• Pureed strawberries, ¾ cup	Fruits component, ¾ cup
Day 5	
• Green grapes, ¾ cup	Fruits component, ¾ cup
• Whole-grain crackers **WGR**, 1 ounce	Grains component, 1 oz eq
• Water	None

Weekly percentage of WGR grains: 1.75 oz eq WGR and 0.25 oz eq enriched = 100% WGR

Weekly percentage of juice: 0 cups juice and 3¾ cups fruits/vegetables = 0% juice

Sample Afterschool Snack Program
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Week 6	Meal Pattern Contribution
Day 1	
• Jicama sticks, ⅜ cup	Vegetables component, ⅜ cup
• Zucchini sticks, ⅜ cup	Vegetables component, ⅜ cup
• Enriched bread sticks, 1 ounce	Grains component, 1 oz eq
• Low-fat Ranch dressing, 1 tablespoon	None
• Water	None
Day 2	
• Marinated broccoli florets, ¾ cup	Vegetables component, ¾ cup
• Plums, ¾ cup	Fruits component, ¾ cup
• Water	None
Day 3	
• Greek Yogurt (no more than 2 grams of added sugars per ounce), ½ cup	MMA component, 1 oz eq
• Fresh fruit salad: oranges, bananas, grapes, and pineapple, ¾ cup	Fruits component, ¾ cup
• Water	None
Day 4	
• Low-fat milk, unflavored, 1 cup	Milk component, 1 cup
• Whole-wheat bagel **WGR**, 2 ounces	Grains component, 2 oz eq
• Almond butter, 1 tablespoon	None (additional food)
• Water	None
Day 5	
• Tuna salad, 1 ounce tuna fish	MMA component, 1 oz eq
• Whole-grain crackers **WGR**, 2 ounces	Grains component, 2 oz eq
• Water	None

Weekly percentage of WGR grains: 4 oz eq WGR and 1 oz eq enriched = 80% WGR

Weekly percentage of juice: 0 cups juice and 3 cups fruits/vegetables = 0% juice

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Week 7	Meal Pattern Contribution
Day 1	
• Watermelon chunks, ¾ cup	Fruits component, ¾ cup
• Whole-grain soft pretzel **WGR**, 2 ounces	Grains component, 2 oz eq
• Water	None
Day 2	
• Cottage cheese, ¼ cup	MMA component, 1 oz eq
• Whole-grain puffed cereal (no more than 6 grams of added sugars per ounce) **WGR**, 1¼ cups	Grains component, 1 oz eq
• Water	None
Day 3	
• Low-fat milk, unflavored, 1 cup	Milk component, 1 cup
• Enriched pumpkin cranberry muffin, 2 ounces	Grains component, 1 oz eq
Day 4	
• *Garden salad* [1]:	
Lettuce, 1 cup [3]	Vegetables component, ½ cup
Tomatoes, cucumbers, and carrots, ¼ cup	Vegetables component, ¼ cup
Shredded cheese, 1 ounce	MMA component, 1 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), ½ cup	MMA component, 1 oz eq
Seasonal berries, ⅜ cup	Fruits component, ⅜ cup
Diced peaches, ⅜ cup	Fruits component, ⅜ cup
Crumbled graham crackers **WGR**, 1 ounce	Grains component, 1 oz eq
• Water	None

Weekly percentage of WGR grains: 4 oz eq WGR and 1 oz eq enriched = 80% WGR

Weekly percentage of juice: 0 cups juice and 2¼ cups fruits/vegetables = 0% juice

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Week 8	Meal Pattern Contribution
Day 1	
• Whole-wheat pita bread triangles **WGR**, 2 ounces	Grains component, 2 oz eq
• Monterey Jack cheese, 1 ounce	MMA component, 1 oz eq
• Vegetable salsa, ¼ cup	None (additional food)
• Water	None
Day 2	
• Lentil soup with ¼ cup lentils [1]	MMA component, 1 oz eq
• Pineapple chunks, ¾ cup	Fruits component, ¾ cup
• Water	None
Day 3	
• Marinated diced cucumber-tomato salad, ¾ cup	Vegetables component, ¾ cup
• Whole-grain roll **WGR**, 1½ ounces	Grains component, 1½ oz eq
• Water	None
Day 4	
• Sliced strawberries, ¾ cup	Fruits component, ¾ cup
• Enriched biscuit, 1 ounce	Grains component, 1 oz eq
• Water	
Day 5	
• Chicken salad, 1 ounce cooked chicken [1]	MMA component, 1 oz eq
• Whole-grain crackers **WGR**, 1½ ounces	Grains component, 1½ oz eq
• Water	None

Weekly percentage of WGR grains: 5 oz eq WGR and 1 oz eq enriched = 83% WGR

Weekly percentage of juice: 0 cups juice and 2¼ cups fruits/vegetables = 0% juice

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Week 9	Meal Pattern Contribution
Day 1	
• Pineapple slices, ¾ cup	Fruits component, ¾ cup
• Whole-grain bagel **WGR**, 2 ounces	Grains component, 2 oz eq
• Light cream cheese, 1 tablespoon	None
• Water	None
Day 2	
• Marinated chickpea salad, ¾ cup chickpeas	Vegetables component, ¾ cup
• WGR pretzels **WGR**, 1 ounce	Grains component, 1 oz eq
• Water	None
Day 3	
• Sliced kiwi, ¾ cup	Fruits component, ¾ cup
• Whole-grain flaked cereal (no more than 6 grams of added sugars per ounce) **WGR**, 1 cup	Grains component, 1 oz eq
• Water	None
Day 4	
• Almond butter, 2 tablespoons	MMA component, 1 oz eq
• Frozen banana, ¾ cup	Fruits component, ¾ cup
• Water	None
Day 5	
• Herbed cottage cheese, ¼ cup	MMA component, 1 oz eq
• Celery sticks, ⅜ cup	Vegetables component, ⅜ cup
• Cucumber slices, ⅜ cup	Vegetables component, ⅜ cup
• Water	None

Weekly percentage of WGR grains: 3 oz eq WGR and 0 oz eq enriched = 100% WGR

Weekly percentage of juice: 0 cups juice and 3¾ cups fruits/vegetables = 0% juice

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Week 10	Meal Pattern Contribution
Day 1	
• Hard-boiled egg, ½ large	MMA component, 1 oz eq
• Whole-grain roll **WGR**, 1 ounce	Grains component, 1 oz eq
• Water	None
Day 2	
• Sliced cherry tomatoes, ¾ cup	Vegetables component, ¾ cup
• Diced pears, ¾ cup	Fruits component, ¾ cup
• Water	None
Day 3	
• Refried beans, ⅜ cup	Vegetables component, ⅜ cup
• Vegetable salsa, ⅜ cup	Vegetables component, ⅜ cup
• Whole-corn tortilla chips **WGR**, 1 ounce	Grains component, 1 oz eq
• Water	None
Day 4	
• Low-fat milk, unflavored, 1 cup	Milk component, 1 cup
• Broccoli florets, ½ cup	Vegetables component, ½cup
• Red pepper strips, ¼ cup	Vegetables component, ¼ cup
• Ranch dip, 2 tablespoons	None
Day 5	
• Peanut butter, 2 tablespoons	MMA component, 1 oz eq
• Whole-wheat bagel **WGR**, 1 ounce	Grains component, 1 oz eq
• Water	None

Weekly percentage of WGR grains: 3 oz eq WGR and 0 oz eq enriched = 100% WGR

Weekly percentage of juice: 0 cups juice and 3 cups fruits/vegetables = 0% juice

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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) Meal Pattern for Grades K-12 (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/asp/meal_pattern_asp_grades_k-12.pdf

ASP Meal Pattern for Grades K-12 ("Meal Patterns and Crediting" section of CSDE's ASP webpage):
https://portal.ct.gov/sde/nutrition/afterschool-snack-program/meal-patterns-and-crediting#ASPMealPatternK12

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

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

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

Recipes for Child Nutrition Programs (CSDE's Meal Patterns for CACFP Child Care Programs webpage):
https://portal.ct.gov/sde/nutrition/menu-planning#Recipes

Sample Afterschool Snack Program Menus for Grades K-12

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 5: Afterschool Snack Program (ASP) Meal Pattern (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#module5

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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For more information, visit the Meal Patterns and Crediting"" section of the CSDE's ASP webpage or contact the school nutrition programs staff at the Connecticut State Department of Education, Bureau of Child Nutrition Programs, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841. This document is available at https://portal.ct.gov/-/media/sde/nutrition/asp/forms/sample_menu_asp_ grades_k-12.pdf.

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   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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