

Sample Afterschool Snack Program Menus for Grades K-12

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

This document provides 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). These sample menus are based on the ASP meal pattern for grades K-12, 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 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

Afterschool snack menus for grades K-12 must meet the meal pattern and crediting requirements below.

- Reimbursable snacks must include any two of the five meal components: 1 cup of unflavored low-fat (1%) or fat-free milk; 1 ounce equivalent (oz eq) of meats/meat alternates (MMA); $\frac{3}{4}$ cup of vegetables; $\frac{3}{4}$ cup of fruits; and 1 oz eq of grains. Each meal component must provide at least the minimum serving in the ASP meal pattern for grades K-12.
- 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.
- Only one of the two meal components at snack may be a creditable beverage such as milk or juice.
- The total cups of all juices (fruit, vegetable, and combination) offered during the week 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](#).
- 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) they are 100 percent whole grain or contain a blend of whole and enriched grains that is at least 50 percent whole grain; 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. Ready-to-eat (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 of 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 Meal Patterns for Grades K-12](#).

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- 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 preschool meals and snacks.
- Cooked and 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](#).
- 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.
- 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](#).
- 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 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.

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For additional crediting guidance, refer to the CSDE's [Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs](#) and [Meal Pattern and Crediting Resources 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.

Commercial processed foods not listed in the FBG require a Child Nutrition (CN) label or product formulation statement (PFS) to document crediting information. For information on crediting documentation, 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](#).

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

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](#).

Sample Snack Menus for Grades K-12

This document contains ten sample snack menus for grades K-12. The servings in each snack menu provide at least the minimum requirements of the [Afterschool Snack Program \(ASP\) 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 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 Menus for Grades K-12

Week 1

Day	Milk 1 cup	MMA 1 oz eq	Vegetables $\frac{3}{4}$ cup	Fruits $\frac{3}{4}$ cup	Grains 1 oz eq	Additional foods
1				Orange slices ($\frac{3}{4}$ cup)	Enriched corn muffin (2 ounces)	
2		Yogurt and fruit parfait: Low-fat vanilla yogurt with ≤ 2 grams of added sugars per ounce ($\frac{1}{2}$ cup)		Sliced strawberries ($\frac{1}{2}$ cup) Blueberries ($\frac{1}{4}$ cup)		Whole-grain granola (2 tablespoons)
3			Cucumber slices ($\frac{3}{4}$ cup)		Whole- grain crackers (1 ounce) WGR	Low-fat dip (1 tablespoon)
4			Vegetable soup with $\frac{3}{4}$ cup vegetables	Cantaloupe chunks ($\frac{3}{4}$ cup)		
5		Turkey ($\frac{1}{2}$ ounce) and cheese ($\frac{1}{2}$ ounce) roll-up			Whole-corn tortilla (1 ounce) WGR	Shredded lettuce ($\frac{1}{8}$ cup) Mustard (1 teaspoon) or low-fat mayonnaise (1 teaspoon) Water

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Week 2

Day	Milk 1 cup	MMA 1 oz eq	Vegetables ¾ cup	Fruits ¾ cup	Grains 1 oz eq	Additional foods
1		Diced turkey (1 ounce)	Tossed salad: Lettuce (1 cup) with tomatoes and cucumbers (¼ cup)			Enriched croutons (¼ ounce) Low-fat dressing (1 tablespoon)
2			Sliced avocado (½ cup) Diced tomatoes (¼ cup)		Whole- wheat toast (1 ounce) WGR	
3		Sunflower butter (2 tablespoons)		Apple slices (¾ cup)		
4		Hummus pita pocket: chickpeas (¼ cup)			Whole- wheat pita (1 ounce) WGR	Shredded carrots (⅛ cup)
5			Cucumber slices (¼ cup) Carrot sticks (½ cup)		Enriched pretzels (1 ounce)	Low-fat dip (1 tablespoon)

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Week 3

Day	Milk 1 cup	MMA 1 oz eq	Vegetables $\frac{3}{4}$ cup	Fruits $\frac{3}{4}$ cup	Grains 1 oz eq	Additional foods
1				Mixed berries ($\frac{3}{4}$ cup)	Soft whole-grain pretzel (1 ounce) WGR	
2		Low-fat cottage cheese ($\frac{1}{4}$ cup)		Canned apricots in juice ($\frac{3}{4}$ cup)		
3		Tortilla wrap: Refried beans ($\frac{1}{4}$ cup)			Whole-grain tortilla (1 ounce) WGR	Diced tomato ($\frac{1}{8}$ cup) Shredded cheese (1 tablespoon)
4	Unflavored low-fat milk (1 cup)		Carrot-pineapple-raisin salad: Shredded carrots ($\frac{3}{4}$ cup),			Crushed pineapple ($\frac{1}{8}$ cup) Raisins ($\frac{1}{8}$ cup)
5			Roasted cauliflower bites ($\frac{3}{4}$ cup)		Whole-grain crackers (0.9 ounce) WGR	Low-fat dip (1 ounce)

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Week 4

Day	Milk 1 cup	MMA 1 oz eq	Vegetables $\frac{3}{4}$ cup	Fruits $\frac{3}{4}$ cup	Grains 1 oz eq	Additional foods
1		Part-skim Mozzarella cheese stick (1 ounce)		Red grapes ($\frac{3}{4}$ cup)		
2		Ants on a log: Peanut butter (2 tablespoons)	Carrot sticks ($\frac{1}{2}$ cup) Celery sticks ($\frac{1}{4}$ cup)			Raisins (1 tablespoon)
3			Corn and black bean salad ($\frac{1}{2}$ cup) Diced tomatoes ($\frac{1}{4}$ cup)		Whole- grain pita chips (1 ounce) WGR	
4		Pasta veggie salad: Ham (1 ounce)			Enriched rotini pasta ($\frac{1}{2}$ cup)	Diced vegetables: carrots, broccoli, and tomatoes ($\frac{1}{4}$ cup)
5				Sliced kiwi ($\frac{3}{4}$ cup)	Whole- grain cornbread (2 ounces) WGR	

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Week 5

Day	Milk 1 cup	MMA 1 oz eq	Vegetables $\frac{3}{4}$ cup	Fruits $\frac{3}{4}$ cup	Grains 1 oz eq	Additional foods
1		Hummus ($\frac{1}{4}$ cup chickpeas)	Zucchini sticks ($\frac{3}{8}$ cup) Pepper strips ($\frac{3}{8}$ cup)			
2		Peanut butter (2 tablespoons)	Carrot sticks ($\frac{3}{4}$ cup)			
3				Diced papaya ($\frac{3}{4}$ cup)	Trail mix (cereal, pretzels, dried fruit): Whole-grain cereal rounds with \leq 6 grams added sugars per dry ounce ($\frac{1}{2}$ cup) WGR and enriched pretzels (1 ounce)	Dried fruit ($\frac{1}{2}$ tablespoon)
4		Fruit and yogurt smoothie: Yogurt with \leq 2 grams of added sugars per ounce ($\frac{1}{2}$ cup)		Pureed strawberries ($\frac{1}{2}$ cup) Pureed bananas ($\frac{1}{4}$ cup)		
5				Green grapes ($\frac{3}{4}$ cup)	Enriched pretzel sticks (1 ounce)	

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Week 6

Day	Milk 1 cup	MMA 1 oz eq	Vegetables $\frac{3}{4}$ cup	Fruits $\frac{3}{4}$ cup	Grains 1 oz eq	Additional foods
1			Jicama sticks ($\frac{3}{8}$ cup) Zucchini sticks ($\frac{3}{8}$ cup)		Enriched bread sticks (1 ounce)	Low-fat Ranch dip (2 tablespoons)
2		Swiss cheese cubes (1 ounce)	Marinated broccoli florets ($\frac{3}{4}$ cup)			
3		Low-fat Greek yogurt with ≤ 2 grams of added sugars per ounce ($\frac{1}{2}$ cup)		Fruit salad: Oranges, bananas, sliced grapes, pineapple ($\frac{3}{4}$ cup)		
4	Unflavored low-fat milk (1 cup)				Whole-wheat bagel (1 ounce) WGR	Almond butter (1 tablespoon)
5		Tuna salad (1 ounce tuna)			Whole-grain crackers (1 ounce) WGR	

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Week 7

Day	Milk 1 cup	MMA 1 oz eq	Vegetables $\frac{3}{4}$ cup	Fruits $\frac{3}{4}$ cup	Grains 1 oz eq	Additional foods
1		Pumpkin seeds (1 ounce)		Watermelon chunks ($\frac{3}{4}$ cup)		
2		Low-fat cottage cheese ($\frac{1}{4}$ cup)			Whole-grain puffed cereal with ≤ 6 grams added sugars per dry ounce ($1\frac{1}{4}$ cups) WGR	
3	Unflavored low-fat milk (1 cup)				Enriched pumpkin cranberry muffin (2 ounces)	
4		Roasted chickpeas (1 ounce)	Garden salad: Lettuce (1 cup), tomatoes, cucumbers, and carrots ($\frac{1}{4}$ cup)			Low-fat Italian dressing (1 tablespoon)
5		Berry-peach yogurt parfait: Low-fat yogurt with ≤ 2 grams of added sugars per ounce ($\frac{1}{2}$ cup)		Seasonal berries ($\frac{1}{2}$ cup) Diced peaches ($\frac{1}{4}$ cup)		

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Week 8

Day	Milk 1 cup	MMA 1 oz eq	Vegetables $\frac{3}{4}$ cup	Fruits $\frac{3}{4}$ cup	Grains 1 oz eq	Additional foods
1		Pita bread triangles: Low-fat cheese (1 ounce)			Whole-wheat pita bread (1 ounce) WGR	Vegetable salsa ($\frac{1}{8}$ cup)
2	Unflavored low-fat milk (1 cup)		Roasted chickpeas ($\frac{3}{4}$ cup)			
3			Marinated diced cucumber-tomato salad ($\frac{3}{4}$ cup)		Whole-grain roll (1 ounce) WGR	
4				Strawberry shortcake: Sliced strawberries ($\frac{3}{4}$ cup)	Enriched biscuit (1 ounce)	Whipped cream (2 tablespoons)
5		Chicken salad (1 ounce cooked chicken)			Whole-grain crackers (1 ounce) WGR	

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Week 9

Day	Milk 1 cup	MMA 1 oz eq	Vegetables $\frac{3}{4}$ cup	Fruits $\frac{3}{4}$ cup	Grains 1 oz eq	Additional foods
1				Pineapple slices ($\frac{3}{4}$ cup)	Whole- grain bagel (1 ounce) WGR	Light cream cheese ($\frac{1}{2}$ tablespoon)
2			Marinated chickpea salad ($\frac{3}{4}$ cup)		Enriched pretzels (1 ounce)	
3				Sliced kiwi ($\frac{3}{4}$ cup)	Whole- grain flaked cereal with ≤ 6 grams added sugars per dry ounce (1 cup) WGR	
4		Almond butter (2 tablespoons)		Frozen banana ($\frac{3}{4}$ cup)		
5		Herbed cottage cheese ($\frac{1}{4}$ cup)	Celery sticks and cucumber slices ($\frac{3}{4}$ cup)			

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Week 10

Day	Milk 1 cup	MMA 1 oz eq	Vegetables $\frac{3}{4}$ cup	Fruits $\frac{3}{4}$ cup	Grains 1 oz eq	Additional foods
1		Hard-boiled egg ($\frac{1}{2}$ large)			Whole- grain roll (1 ounce) WGR	
2		Roasted soybeans (1 ounce)		Orange juice ($\frac{3}{4}$ cup)		
3			Refried beans ($\frac{1}{2}$ cup) Salsa ($\frac{1}{4}$ cup)		Whole-corn tortilla chips (1 ounce) WGR	
4	Unflavored low-fat milk (1 cup)		Broccoli florets ($\frac{1}{2}$ cup) Red pepper strips ($\frac{1}{4}$ cup)			Low-fat Ranch dip (1 tablespoon)
5		Peanut butter (2 tablespoons)			Whole- wheat bagel (1 ounce) WGR	

Sample Afterschool Snack Program Menus for Grades K-12

Resources

Afterschool Snack Program (ASP) Meal Pattern for Grades K-12

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

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 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

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

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>

Recipes for Child Nutrition Programs (CSDE’s Menu Planning for Child Nutrition Programs webpage):

<https://portal.ct.gov/sde/nutrition/menu-planning/recipes-for-child-nutrition-programs>

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>

Sample Afterschool Snack Program Menus for Grades K-12

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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