

# 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 requirements, including the updates required by the USDA final rule, [Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans](#), effective July 1, 2025.

For information on the 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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# Sample Afterschool Snack Program

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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.

- **Meal pattern components:** 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. Only one of the two meal components at snack may be a creditable beverage such as milk or juice.
- **Additional foods:** Snack menus may include additional foods or larger servings beyond the minimum requirements. Menu planners should offer nutrient-dense foods that are appropriate to children's nutritional needs.
- **Juice limit:** 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](#).
- **Whole grain-rich (WGR) requirement:** 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](#).

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- **Grain-based desserts are prohibited:** Grain-based desserts do not credit in the ASP meal patterns. Examples include cookies, piecrusts in sweet pies, doughnuts, cereal bars, granola bars, sweet rolls, pastries, toaster pastries, cake, and brownies. Sweet crackers (such as graham crackers and animal crackers) are allowed but the CSDE recommends limiting them to no more than twice per week.
- **Crediting breakfast cereals:** Cooked and ready-to-eat (RTE) breakfast cereals cannot exceed 6 grams of added sugars per dry ounce. For crediting guidance, refer to the CSDE's resource, [Crediting Breakfast Cereals in the School Nutrition Programs](#).
- **Oz eq of grains:** To credit as the required oz eq, the serving of a commercial grain product or standardized recipe must provide either: 1) the required serving weight (groups A-E) or volume (groups H-I) in the USDA's Exhibit A chart (refer to the CSDE's resources, [Grain Ounce Equivalents Chart for the School Nutrition Programs](#) and [How to Use the Grain Ounce Equivalents Chart for the School Nutrition Programs](#)); or 2) the minimum creditable grains per serving (refer to the CSDE's resources, [Calculation Methods for Grain Ounce Equivalents for the Meal Patterns for School Nutrition Programs](#) and [When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs](#)). For more information, visit "[Serving Requirements](#)" in the "Grains" section of the CSDE's Crediting Foods in School Nutrition Programs webpage.
- **Crediting yogurt:** Yogurt and soy yogurt cannot exceed 12 grams of added sugars per 6 ounces (no more than 2 grams of added sugars per ounce). To increase nutrient variety, yogurt should not be served when milk is the only other meal component at snack. For crediting guidance, refer to the CSDE's resource, [Crediting Yogurt in the School Nutrition Programs](#).
- **Water availability:** SFAs must make plain potable water available to all students during the snack service. Water does not credit in the ASP meal pattern and cannot be offered in place of the required meal components. For more information, visit the CSDE's [Water Availability for School Nutrition Programs](#) webpage.
- **Noncreditable foods:** Noncreditable foods cannot be served in place of the required meal components. Examples of noncreditable foods include potato chips, pudding, ice cream, gelatin, cream cheese, bacon, condiments (e.g., syrup, jam, ketchup, mustard, mayonnaise, and butter), and water. For more information, refer to the CSDE's resource, [Noncreditable Foods in the Meal Patterns for the School Nutrition Programs](#).
- **Additional requirements for Healthy Food Certification (HFC) schools:** All foods served in ASP menus must comply with the [Connecticut Nutrition Standards \(CNS\)](#). SFAs

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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.

For additional crediting guidance, refer to the CSDE's resources, [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.

### Documentation for commercial processed products

SFAs must have a Child Nutrition (CN) label or product formulation statement (PFS) on file for all commercial processed products that are not listed in the FBG. For guidance on CN labels and PFS forms, refer to the CSDE's resources, [Using Child Nutrition \(CN\) Labels in the School Nutrition Programs](#) and [Using Product Formulation Statements in the School Nutrition Programs](#). Training on the requirements for CN labels and PFS forms is available in [Module 8: Meal Pattern Documentation for Crediting Commercial Processed Products](#) of the CSDE's training program, *What's in a Meal: Meal Patterns for Grades K-12 in the School Nutrition Programs*.

For guidance on reviewing PFS forms, visit the USDA's [Child Nutrition Programs: Tips for Evaluating a Manufacturer's Product Formulation Statement](#) webpage. Guidance on how to review a grain PFS is available in the CSDE's resource, [When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs](#).

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

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## 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 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 indicated in the [Afterschool Snack Program \(ASP\) Meal Pattern for Grades K-12](#).

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

The CSDE's sample menus are intended for informational purposes only and do not guarantee the SFA's compliance with the ASP 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 1

Orange slices,  $\frac{3}{4}$  cup

Enriched corn muffin, 2 ounces

Water

Fruits component

Grains component

#### Day 2

Yogurt and fruit parfait:

- Low-fat vanilla yogurt,  $\frac{1}{2}$  cup  
(no more than 2 grams of added sugars per ounce)
- Strawberries and blueberries,  $\frac{3}{4}$  cup
- Whole-grain granola, 2 tablespoons

Water

MMA component

Fruits component

Additional food

#### Day 3

Cucumber slices,  $\frac{3}{4}$  cup

Whole-grain crackers, 1 ounce **WGR**

Low-fat dip, 1 tablespoon

Water

Vegetables component

Grains component

#### Day 4

Vegetable soup with  $\frac{3}{4}$  cup vegetables

Cantaloupe chunks,  $\frac{3}{4}$  cup

Water

Vegetables component

Fruits component

#### Day 5

Ham and cheese roll-up:

- Ham and cheese,  $1\frac{1}{4}$  ounces
- Whole-corn tortilla, 1 ounce **WGR**
- Mustard, 2 teaspoons or
- Low-fat mayonnaise, 2 teaspoons

Water

MMA component

Grains component

# Sample Afterschool Snack Program

## Menus for Grades K-12

### Week 2

#### Day 1

Tossed salad with turkey:

- Diced turkey, 1¼ ounces
- Lettuce, 1 cup (credits as ½ cup)
- Tomatoes and cucumbers, ¼ cup
- Enriched croutons, ¼ ounce
- Low-fat dressing, 1 tablespoon

MMA component  
Vegetables component  
Vegetables component  
Additional food

Water

#### Day 2

Sliced avocado, ¾ cup

Whole-wheat toast, 1 ounce **WGR**

Water

Vegetables component  
Grains component

#### Day 3

Sunflower butter, 2 tablespoons

Apple slices, ¾ cup

Water

MMA component  
Fruits component

#### Day 4

Hummus pita pocket:

- Chickpeas, ¼ cup
- Whole-wheat pita half, 1 ounce **WGR**
- Shredded carrots, ⅛ cup

MMA component  
Grains component  
Additional food

Water

#### Day 5

Cucumber slices, ¼ cup

Carrot sticks, ½ cup

Enriched pretzels, 1 ounce

Low-fat dip, 1 tablespoon

Water

Vegetables component  
Vegetables component  
Grains component

# Sample Afterschool Snack Program

## Menus for Grades K-12

### Week 3

#### Day 1

Mixed berries,  $\frac{3}{4}$  cup

Soft whole-grain pretzel, 1 ounce **WGR**

Water

Fruits component

Grains component

#### Day 2

Low-fat cottage cheese,  $\frac{1}{4}$  cup

Canned apricots in juice,  $\frac{3}{4}$  cup

Water

MMA component

Fruits component

#### Day 3

Tortilla wrap:

- Refried beans,  $\frac{1}{4}$  cup
- Whole-grain tortilla, 1 ounce **WGR**
- Diced tomato,  $\frac{1}{8}$  cup
- Shredded cheese, 2 teaspoons

Water

MMA component

Grains component

Additional food

Additional food

#### Day 4

Carrot-pineapple-raisin salad:

- Shredded carrots,  $\frac{3}{4}$  cup
- Crushed pineapple,  $\frac{1}{8}$  cup
- Raisins, 2 teaspoons

Low-fat milk, unflavored, 1 cup

Vegetables component

Additional food

Additional food

Milk component

#### Day 5

Roasted cauliflower bites,  $\frac{3}{4}$  cup

Low-fat dip, 1 tablespoon

Honeydew melon,  $\frac{3}{4}$  cup

Water

Vegetables component

Fruits component



# Sample Afterschool Snack Program

## Menus for Grades K-12

### Week 4

#### Day 1

Part-skim Mozzarella cheese stick, 1 ounce  
 Red grapes,  $\frac{3}{4}$  cup  
 Water

MMA component  
 Fruits component

#### Day 2

Ants on a log:

- Peanut butter, 2 tablespoons
- Carrot sticks,  $\frac{1}{2}$  cup
- Celery sticks,  $\frac{1}{4}$  cup
- Raisins, 2 tablespoons

Water

MMA component  
 Vegetables component  
 Vegetables component  
 Additional food

#### Day 3

Corn and black bean salad,  $\frac{3}{4}$  cup  
 Whole-grain pita chips, 1 ounce **WGR**  
 Water

Vegetables component  
 Grains component

#### Day 4

Pasta veggie salad:

- Diced ham,  $1\frac{1}{4}$  ounces
- Enriched rotini pasta,  $\frac{1}{2}$  cup cooked
- Diced vegetables,  $\frac{1}{4}$  cup  
 (carrots, broccoli, and tomatoes)

Water

MMA component  
 Grains component  
 Additional food

#### Day 5

Sliced kiwi,  $\frac{3}{4}$  cup  
 Whole-grain cornbread, 2 ounces **WGR**  
 Water

Fruits component  
 Grains component

# Sample Afterschool Snack Program

## Menus for Grades K-12

### Week 5

#### Day 1

Hummus

- Chickpeas, ¼ cup

Zucchini sticks, ¼ cup

Pepper strips, ½ cup

Water

MMA component

Vegetables component

Vegetables component

#### Day 2

Peanut butter, 2 tablespoons

Carrot sticks, ¾ cup

Water

MMA component

Vegetables component

#### Day 3

Diced papaya, ¾ cup

Trail mix:

- Whole-grain cereal rounds (no more than 6 grams of added sugars per dry ounce), ½ cup **WGR**
- Enriched mini pretzels, 1 ounce
- Dried fruit, 1 tablespoon

Water

Fruits component

Grains component

Grains component

Additional food

#### Day 4

Fruit and yogurt smoothie:

- Yogurt, ½ cup  
(no more than 2 grams of added sugars per ounce)
- Pureed strawberries, ¾ cup

Water

MMA component

Fruits component

#### Day 5

Green grapes, ¾ cup

Enriched crackers, 1 ounce

Water

Fruits component

Grains component

# Sample Afterschool Snack Program

## Menus for Grades K-12

### Week 6

#### Day 1

Jicama sticks, ½ cup	Vegetables component
Zucchini sticks, ¼ cup	Vegetables component
Enriched bread sticks, 1 ounce	Grains component
Low-fat Ranch dressing, 1 tablespoon	
Water	

#### Day 2

Marinated broccoli florets, ¾ cup	Vegetables component
Plums, ¾ cup	Fruits component
Water	

#### Day 3

Greek Yogurt, ½ cup (no more than 2 grams of added sugars per ounce)	MMA component
Fresh fruit salad: oranges, bananas, grapes, and pineapple	Fruits component
Water	

#### Day 4

Low-fat milk, unflavored, 1 cup	Milk component
Whole-wheat bagel, 1 ounce <b>WGR</b>	Grains component
Almond butter, 1 tablespoon	Additional food
Water	

#### Day 5

Tuna salad:	
• Tuna, 1 ounce	MMA component
Whole-grain crackers, 1 ounce <b>WGR</b>	Grains component
Water	

# Sample Afterschool Snack Program

## Menus for Grades K-12

### Week 7

#### Day 1

Watermelon chunks,  $\frac{3}{4}$  cup  
Pumpkin seeds, 1 ounce  
Water

Fruits component  
MMA component

#### Day 2

Cottage cheese,  $\frac{1}{4}$  cup  
Whole-grain puffed cereal,  $1\frac{1}{4}$  cups **WGR**  
(no more than 6 grams of added sugars per ounce)  
Water

MMA component  
Grains component

#### Day 3

Low-fat milk, unflavored, 1 cup  
Enriched pumpkin cranberry muffin, 2 ounces

Milk component  
Grains component

#### Day 4

Garden salad:

- Lettuce, 1 cup (credits as  $\frac{1}{2}$  cup)
- Tomatoes, cucumbers, and carrots,  $\frac{1}{4}$  cup
- Shredded cheese, 1 ounce

Low-fat Italian dressing, 1 tablespoon  
Water

Milk component  
Vegetables component  
Vegetables component  
MMA component

#### Day 5

Berry-peach yogurt parfait:

- Vanilla yogurt,  $\frac{1}{2}$  cup  
(no more than 2 grams of added sugars per ounce)
- Seasonal berries,  $\frac{1}{2}$  cup
- Diced peaches,  $\frac{1}{2}$  cup
- Crumbled graham crackers, 2 tablespoons

Water

MMA component  
  
Fruits component  
Fruits component  
Additional food

# Sample Afterschool Snack Program

## Menus for Grades K-12

### Week 8

#### Day 1

Pita bread triangles, 1 ounce  
Monterey Jack cheese, 1 ounce  
Vegetable salsa,  $\frac{1}{8}$  cup  
Water

Grains component  
MMA component  
Additional food

#### Day 2

Lentil soup with  $\frac{1}{4}$  cup lentils  
Pineapple chunks,  $\frac{3}{4}$  cup  
Water

MMA component  
Fruits component

#### Day 3

Marinated diced cucumber-tomato salad,  $\frac{3}{4}$  cup  
Whole-grain roll, 1 ounce **WGR**

Vegetables component  
Grains component

#### Day 4

Sliced strawberries,  $\frac{3}{4}$  cup  
Enriched biscuit,  $\frac{1}{2}$  ounce  
Water

Fruits component  
Grains component

#### Day 5

Chicken salad:

- Cooked chicken, 1 ounce

Whole-grain crackers, 1 ounce **WGR**  
Water

MMA component  
Grains component

# Sample Afterschool Snack Program

## Menus for Grades K-12

### Week 9

#### Day 1

Pineapple slices,  $\frac{3}{4}$  cup  
Whole-grain bagel, 1 ounce **WGR**  
Light cream cheese,  $\frac{1}{2}$  tablespoon  
Water

Fruits component  
Grains component

#### Day 2

Marinated chickpea salad,  $\frac{3}{4}$  cup  
Enriched pretzels, 1 ounce  
Water

Vegetables component  
Grains component

#### Day 3

Sliced kiwi,  $\frac{3}{4}$  cup  
Whole-grain flaked cereal, 1 cup **WGR**  
(no more than 6 grams of added sugars per ounce)  
Water

Fruits component  
Grains component

#### Day 4

Almond butter, 2 tablespoons  
Frozen banana,  $\frac{3}{4}$  cup

MMA component  
Fruits component

#### Day 5

Herbed cottage cheese,  $\frac{1}{4}$  cup  
Celery sticks,  $\frac{1}{4}$  cup  
Cucumber slices,  $\frac{1}{2}$  cup  
Water

MMA component  
Vegetables component  
Vegetables component

# Sample Afterschool Snack Program

## Menus for Grades K-12

### Week 10

#### Day 1

Hard-boiled egg, ½ large  
Whole-grain roll, 1 ounce **WGR**  
Water

MMA component  
Grains component

#### Day 2

Cherry tomatoes, ¾ cup  
Diced pears, ¾ cup  
Water

Vegetables component  
Fruits component

#### Day 3

Refried beans, ½ cup  
Salsa (100 percent vegetables), ¼ cup  
Whole-corn tortilla chips, 1 ounce **WGR**  
Water

Vegetables component  
Vegetables component  
Grains component

#### Day 4

Low-fat milk, unflavored, 1 cup  
Broccoli florets, ½ cup  
Red pepper strips, ¼ cup

Milk component  
Vegetables component  
Vegetables component

#### Day 5

Peanut butter, 2 tablespoons  
Whole-wheat bagel, 1 ounce **WGR**  
Water

MMA component  
Grains component

# 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) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/asp/meal\\_pattern\\_asp\\_grades\\_k-12.pdf](https://portal.ct.gov/-/media/sde/nutrition/asp/meal_pattern_asp_grades_k-12.pdf)

[ASP Meal Pattern for Grades K-12](https://portal.ct.gov/sde/nutrition/afterschool-snack-program/meal-patterns-and-crediting#ASPMealPatternK12) (“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](https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs) (CSDE webpage):

<https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs>

[Crediting Foods in School Nutrition Programs](https://portal.ct.gov/sde/nutrition/crediting-foods-in-school-nutrition-programs) (CSDE webpage):

<https://portal.ct.gov/sde/nutrition/crediting-foods-in-school-nutrition-programs>

[Crediting Guide for the School Nutrition Programs](https://portal.ct.gov/-/media/sde/nutrition/mpg/guide_crediting_snp.pdf) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/mpg/guide\\_crediting\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/mpg/guide_crediting_snp.pdf)

[Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/crediting_summary_charts_snp.pdf) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/crediting\\_summary\\_charts\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/crediting_summary_charts_snp.pdf)

[Meal Pattern and Crediting Resources for the School Nutrition Programs](https://portal.ct.gov/-/media/sde/nutrition/nslp/meal_pattern/resources_school_meal_patterns_snp.pdf) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/meal\\_pattern/resources\\_school\\_meal\\_patterns\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/meal_pattern/resources_school_meal_patterns_snp.pdf)

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

<https://portal.ct.gov/sde/nutrition/menu-planning#Recipes>

[Snack Inspiration](https://dpi.wi.gov/sites/default/files/imce/community-nutrition/pdf/snack_inspiration.pdf) (Wisconsin Department of Public Instruction):

[https://dpi.wi.gov/sites/default/files/imce/community-nutrition/pdf/snack\\_inspiration.pdf](https://dpi.wi.gov/sites/default/files/imce/community-nutrition/pdf/snack_inspiration.pdf)

[Water Availability for School Nutrition Programs](https://portal.ct.gov/sde/nutrition/water-availability-for-school-nutrition-programs) (CSDE webpage):

<https://portal.ct.gov/sde/nutrition/water-availability-for-school-nutrition-programs>



# Sample Afterschool Snack Program Menus for Grades K-12

[What's in a Meal Module 8: Meal Pattern Documentation for Crediting Commercial Processed Products](#) (CSDE's Training Program, What's in a Meal: Meal Patterns for Grades K-12 in the School Nutrition Programs):  
<https://portal.ct.gov/sde/nutrition/meal-pattern-training-materials#module8>

For more information, visit the "[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](https://portal.ct.gov/-/media/sde/nutrition/asp/forms/sample_menu_asp_grades_k-12.pdf).



# Sample Afterschool Snack Program

## Menus for Grades K-12

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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](mailto:program.intake@usda.gov)

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