

## What's in a Meal Resource List for Module 5: Afterschool Snack Program (ASP) Meal Pattern

This document contains the resources highlighted in Module 5: Afterschool Snack Program (ASP) Meal Pattern of the Connecticut State Department of Education's (CSDE) training program, *What's in a Meal: Meal Patterns for Grades K-12 in the School Nutrition Programs*.

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

Beverage Requirements (CSDE webpage):

<https://portal.ct.gov/sde/nutrition/beverage-requirements>

County Assignments for School Nutrition Programs (CSDE):

<https://portal.ct.gov/-/media/sde/nutrition/cnstaff/countyassign.pdf>

Crediting Documentation for the Child Nutrition Program (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 Juices in the School Nutrition Programs (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit\\_juices\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit_juices_snp.pdf)

Evaluating Foods for CNS Compliance (CSDE's Connecticut Nutrition Standards webpage):

<https://portal.ct.gov/sde/nutrition/connecticut-nutrition-standards/evaluating-foods-for-cns-compliance>

Final Rule: Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for America (USDA):

<https://www.federalregister.gov/documents/2024/04/25/2024-08098/child-nutrition-programs-meal-patterns-consistent-with-the-2020-2025-dietary-guidelines-for>

Meal Pattern and Crediting Resources for the School Nutrition Programs (CSDE):

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

Program Guidance for School Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/sde/nutrition/program-guidance-school-nutrition-programs>

## **What's in a Meal Resource List for Module 5: Afterschool Snack Program (ASP) Meal Pattern**

What's in a Meal: Meal Patterns for Grades K-12 in the School Nutrition Programs (CSDE's Meal Pattern Training for School Nutrition Programs webpage):

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

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The CSDE's *What's in a Meal* training program is a series of recorded modules that provide comprehensive guidance on complying with the meal patterns for grades K-12 in the National School Lunch Program (NSLP), School Breakfast Program (SBP), Afterschool Snack Program (ASP) of the NSLP, and Seamless Summer Option (SSO) of the NSLP. To access the training modules, visit the CSDE's [Meal Pattern Training for School Nutrition Programs](#).

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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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