

Afterschool Snack Program Meal Pattern for Grades K-12

This meal pattern applies to grades K-12 in the U.S. Department of Agriculture’s (USDA) Afterschool Snack Program (ASP) of the National School Lunch Program (NSLP). For more information on the ASP meal pattern requirements, review the Connecticut State Department of Education’s (CSDE) guide, [Afterschool Snack Program Handbook](#), and visit the CSDE’s [Afterschool Snack Program](#) webpage.

Serve any two of the following four components (must be two different components) ^{1,2}	Minimum quantities ³ for grades K-12
Milk, fluid ⁴ Low-fat (1%) unflavored milk, fat-free unflavored milk, or fat-free flavored milk	8 fluid ounces (1 cup)
Meat/meat alternates Lean meat, poultry, or fish ⁵ Surimi ⁶ Tofu, soy products, tempeh, or alternate protein products (APPs) ⁷ Cheese Cottage cheese Eggs, large Cooked dry beans or peas ⁸ Peanut butter or soy nut butter or other nut or seed butters Peanuts or soy nuts or tree nuts or seeds ⁹ Yogurt or soy yogurt, plain or flavored, unsweetened or sweetened ¹⁰	1 ounce 3 ounces 1 ounce 1 ounce ¼ cup ½ ¼ cup 2 tablespoons 1 ounce 4 ounces or ½ cup
Vegetables/fruits Vegetables ¹¹ Fruits ¹² Full-strength fruit or vegetable juice ¹³	¾ cup
Grains/breads ^{14,15} Whole grain or enriched bread Whole grain or enriched bread products, e.g., cornbread, biscuits, rolls, muffins Whole grain, enriched, or fortified ready-to-eat breakfast cereal (dry, cold) ¹⁶ Whole grain, enriched, or fortified cooked breakfast cereal, cereal grain ¹⁷ , or pasta Whole grain or enriched savory crackers and sweet crackers, e.g., animal crackers and graham crackers ¹⁸	1 slice ¹⁵ 1 serving ¹⁵ ¾ cup or 1 ounce ½ cup 1 serving ¹⁵
Note: Consult Servings for Grains/Breads for Grades K-12 in the Afterschool Snack Program for specific serving weights of the grains/breads component.	
◀ See page 2 for important menu planning notes ▶	

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Menu planning notes

- ¹ Snacks must consist of two food items, each from a different food component. For example, a snack of carrot sticks and apple juice does not meet the ASP meal pattern requirements because both items are from the vegetables/fruits component. Use the USDA's *Food Buying Guide for Child Nutrition Programs* (FBG) to determine the amount of purchased food that meets the requirements. For processed foods, review the product's Child Nutrition (CN) label or product formulation statement (PFS). For more information, see the CSDE's handouts, *Child Nutrition (CN) Labeling Program*, *Product Formulation Statements*, *Accepting Processed Product Documentation*, and *Crediting Commercial Meat/Meat Alternate Products in the NSLP and SBP*; and visit the "Crediting Commercial Processed Products" section of the CSDE's *Crediting Foods in School Nutrition Programs* webpage. Foods made on site must have a standardized recipe that documents crediting information. For more information, visit the "Crediting Foods Prepared on Site" section of the CSDE's *Crediting Foods in School Nutrition Programs* webpage.
- ² In addition to meeting the ASP meal pattern requirements, ASP snacks in public schools that choose the healthy food option of Healthy Food Certification (HFC) under Section 10-215f of the Connecticut General Statutes must comply with the Connecticut Nutrition Standards (CNS). For more information, visit the CSDE's *HFC*, *CNS*, and *List of Acceptable Foods and Beverages* webpages.
- ³ Children may be served larger portions but not less than the minimum quantities. Larger portions may be appropriate to meet older children's nutrition needs.
- ⁴ Milk must be low-fat (1%) (unflavored or flavored) or fat-free (unflavored or flavored). Whole milk and reduced-fat (2%) milk cannot be served.
- ⁵ A serving is the edible portion of cooked lean meat, poultry, or fish, e.g., cooked lean meat without bone, breading, binders, fillers, or other ingredients.
- ⁶ Surimi seafood is a pasteurized, ready-to-eat, restructured seafood product usually made from pollock (fish). A CN label or manufacturer's PFS is required to credit surimi seafood differently than this amount.
- ⁷ APPs must meet the requirements in [appendix A](#) of the NSLP regulations (7 CFR 210). Tofu must contain at least 5 grams of protein in 2.2 ounces (weight) or 1/4 cup (volume). For more information, see the CSDE's handouts, *Requirements for Alternate Protein Products in the NSLP and SBP* and *Crediting Tofu and Tofu Products in the NSLP and SBP*.
- ⁸ Legumes (cooked dry beans and peas) credit as either the meat/meat alternates component or the vegetables component, but not both in the same snack. For more information, see the CSDE's handout, *Crediting Legumes in the NSLP and SBP*.
- ⁹ Creditable nuts and seeds include almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, walnuts, pine nuts, pistachios and soy nuts. For more information, see the CSDE's handout, *Crediting Nuts and Seeds in the National School Lunch Program and School Breakfast Program*.

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Menu planning notes, *continued*

- ¹⁰ To increase nutrient variety, yogurt should not be served when milk is the only other snack component.
- ¹¹ Vegetables include fresh, frozen, canned, and rehydrated dried vegetables. Dried vegetables require a PFS. A serving of cooked vegetables must be drained.
- ¹² Fruits include fresh, frozen, canned, and dried. A serving of canned fruit may include the 100 percent juice in which the fruit is packed, but cannot include water or syrup.
- ¹³ Serve whole vegetables and fruits most often. Juice must be full-strength (100 percent) pasteurized juice. Juice cannot be served when milk is the only other snack component.
- ¹⁴ All grains/breads must be whole grain, enriched, or contain a blend of whole and enriched grains. Bran and germ credit the same as enriched and whole grains in the ASP meal pattern. Serve whole grains most often. For more information, see the CSDE's handouts, [*Crediting Whole Grains in the NSLP and SBP*](#) and [*Crediting Enriched Grains in the NSLP and SBP*](#).
- ¹⁵ The serving size must meet the applicable weights (groups A-G) or volumes (groups H-I) in [*Servings for Grains/Breads for Grades K-12 in the Afterschool Snack Program*](#), or provide the minimum creditable grains per serving. For more information, see the CSDE's handout, [*Calculation Methods for Grains/Breads Servings for Grades K-12 in the ASP*](#).
- ¹⁶ Breakfast cereals must be whole grain, enriched, or fortified. One serving of breakfast cereal must meet the requirement for either measure (cups) or weight (ounces), whichever is less. For more information, see the CSDE's handout, [*Crediting Breakfast Cereals for Grades K-12 in the NSLP and SBP*](#).
- ¹⁷ Examples of cereal grains include amaranth, barley, brown rice, buckwheat, cornmeal, corn grits, kasha, millet, oats, quinoa, wheat berries, and rolled wheat.
- ¹⁸ The CSDE recommends not serving grain-based desserts more than twice per week. Grain-based desserts are designated by the footnote 1 in the CSDE's handout, [*Servings for Grains/Breads for Grades K-12 in the Afterschool Snack Program*](#). Examples include cookies, animal crackers, graham crackers, granola bars, toaster pastries, sweet rolls, and cake.

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For more information, review the CSDE's [ASP Handbook](#) and visit the CSDE's [ASP](#) webpage, or contact the [school nutrition programs staff](#) in the CSDE's Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This handout is available at <https://portal.ct.gov/-/media/SDE/Nutrition/ASP/ASPmealpatternK12.pdf>.

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