

Menu Planning Guidance for Grades K-12 in the Afterschool Snack Program

This guidance applies to the meal pattern for 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, see the Connecticut State Department of Education's (CSDE) handouts, [ASP Meal Pattern for Grades K-12](#) and [Menu Planning Guidance for Grades K-12 in the ASP](#). For detailed guidance on the ASP meal pattern requirements for grades K-12, see the CSDE's guide, [ASP Handbook](#).

Note: The ASP meal pattern requirements are different from the NSLP and School Breakfast Program (SBP) meal pattern requirements because the USDA's final rule (77 FR 4087), [Nutrition Standards for the National School Lunch and School Breakfast Programs](#), does not change the ASP meal pattern requirements for grades K-12. For example, in the ASP meal pattern, vegetables and fruits are one component instead of two; dried fruit and leafy greens credit based on volume; the grains/breads component does not include a whole grain-rich requirement; and the required amounts for the grains/breads and meat/meat alternates components are in servings, not ounce equivalents.



Healthy Food Certification Requirements

In addition to meeting the meal pattern requirements, ASP snacks served to grades K-12 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.

Meal Pattern Requirements

School food authorities (SFAs) must ensure that snack menus provide the required food components and serving sizes in the ASP meal pattern for grades K-12. The four snack components include milk, meat/meat alternates, vegetables/fruits, and grains/breads. Snack menus must include any two of the four components. Offer versus serve (OVS) does not apply to the ASP.



SFAs should use the USDA's [Food Buying Guide for Child Nutrition Programs](#) (FBG) to determine food yields and crediting information. For processed commercial foods, SFAs must obtain the product's Child Nutrition (CN) label, if available, or product formulation statement (PFS) to determine crediting information. 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](#).

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The guidance below assists SFAs with planning snack menus to meet the ASP meal pattern for grades K-12. The minimum portion sizes are the same for all grades. However, SFAs may need to serve larger portion sizes to meet the nutritional needs of older children. A menu planning form for grades K-12 is available under “Menu Forms” in the “[Documents/Forms](#)” section of the CSDE’s ASP webpage. For additional guidance, visit the CSDE’s [ASP](#) and [Crediting Foods for Grades K-12 in School Nutrition Programs](#) webpages.

Milk

The milk component includes only fluid milk. Milk must be pasteurized, meet all state and local requirements, and contain vitamins A and D at levels specified by the Food and Drug Administration (FDA). SFAs must offer low-fat (1%) milk (unflavored or flavored) or fat-free milk (unflavored or flavored). Whole milk and reduced-fat (2%) milk do not credit.

- **Milk variety:** A variety of milk is not required. SFAs may serve one type of milk to all grades.
- **Serving size:** The minimum serving size is 8 fluid ounces (1 cup) for all grades.
- **Nondairy milk substitutes:** Nondairy milk substitutes, such as soy milk, must meet the USDA’s nutrition standards for fluid milk substitutes. For more information, see the CSDE’s handout, *Allowable Milk Substitutes for Children without Disabilities in School Nutrition Programs*.
- **Crediting restrictions:** SFAs cannot serve milk when juice is the only other snack component. Milk does not credit when cooked in cereals, puddings, cream sauces, or other foods, e.g., quiche and macaroni and cheese.

Meat/Meat Alternates

The meat/meat alternates component includes cooked lean meat, poultry, or fish; cheese; cottage cheese; beans and peas (legumes); eggs; nut and seed butters; nuts and seeds; commercial tofu that contains at least 5 grams of protein in 2.2 ounces; tempeh; surimi; alternate protein products (APPs); and yogurt.

- **Serving size:** The ASP meal pattern for grades K-12 lists the meat/meat alternates component in ounces instead of ounce equivalents because the USDA’s final rule, *Nutrition Standards for the National School Lunch and School Breakfast Programs*, does not change the ASP meal pattern for grades K-12. The amount of a food that provides 1 ounce equivalent or 1 ounce of the meat/meat alternates component is the same. The minimum serving size is 1 ounce of the edible portion of cooked lean meat, poultry, or fish, e.g., cooked lean meat without bone, breading, binders, fillers, or other ingredients.

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- Meats without added liquids, binders, and extenders credit on an ounce-per-ounce basis (actual serving weight), e.g., 1 ounce of meat provides 1 ounce of meat/meat alternates.
- Meat products with added liquids, binders, and extenders (such as water, broth, modified food starch, carrageenan, and soy flour) credit based on the percentage of meat in the product formula, as documented by the manufacturer's PFS. For more information, see the CSDE's handouts, [Crediting Deli Meats in the NSLP and SBP](#) and [Product Formulation Statements](#).
- **Legumes:** Legumes (cooked dry beans and peas) credit based on volume. Four tablespoons (1/4 cup) of legumes credits as 1 ounce of the meat/meat alternates component. The serving size refers to the amount of cooked legumes without any added liquid, such as the sauce in baked beans. For example, a 1/4-cup serving of baked beans that contains sauce and pork fat does not provide the full-required 1/4-cup serving of the meat/meat alternates component. Legumes credit as either the meat/meat alternates or vegetables component, but not both in the same snack. For more information, see the CSDE's handout, [Crediting Legumes in the NSLP and SBP](#).
- **Pasta products made of 100 percent legume flours:** Pasta products made of 100 percent legume flours (such as chick pea flour or lentil flour) credit as the meat/meat alternates component based on volume. A 1/2-cup serving of cooked pasta made of 100 percent legume flours credits as 1 ounce of the meat/meat alternates component. Legume pasta credits as either the meat/meat alternates component or vegetables component, but not both in the same snack. The requirements for crediting these pasta products are summarized in [USDA Memo SP 26-2019, CACFP 13-2019 and SFSP 12-2019: Crediting Pasta Products Made of Vegetable Flour in the Child Nutrition Programs](#)
- **Cheese:** A 1-ounce serving of natural cheese (e.g., Colby, Monterey Jack, and Swiss) or process cheese (e.g., American) credits as 1 ounce of the meat/meat alternates component. A 2-ounce (1/4 cup) serving of cottage or ricotta cheese, cheese food or cheese spread, and cheese substitutes credits as 1/2 ounce of the meat/meat alternates component. Cheese substitute, cheese food substitute, and cheese spread substitute must meet the FDA's standard of identity for substitute foods and must be labeled as "cheese substitute," "cheese food substitute," or "cheese spread substitute." Imitation cheese and cheese products do not credit.
- **Nuts and seeds:** Creditable nuts and seeds include almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, walnuts, pine nuts, pistachios, and soy nuts. A 1-ounce serving of nuts and seeds credits as 1 ounce of the meat/meat alternates component. Acorn,

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chestnut, and coconut do not credit. For more information, see the CSDE's handout, [Crediting Nuts and Seeds in the NSLP and SBP](#).

- **Nut and seed butters:** Creditable nut and seed butters include almond butter, cashew nut butter, peanut butter, sesame seed butter, soy nut butter, and sunflower seed butter. Reduced-fat peanut butter must meet the FDA's standards of identity for peanut butter (21 CFR 164.150), which requires that products contain at least 90 percent peanuts. The serving size for nut and seed butters is based on *volume* (tablespoons), not weight (ounces). Two tablespoons of nut or seed butter credits as 1 ounce of the meat/meat alternates component. For more information, see the CSDE's handout, [Crediting Nuts and Seeds in the NSLP and SBP](#).
- **Alternate protein products (APPs):** APPs must meet the requirements in [appendix A](#) of the NSLP regulations (7 CFR 210). SFAs must obtain documentation from the manufacturer that the product meets the APP criteria. Acceptable documentation includes a CN label, PFS, or signed letter from a company official attesting that the APP meets the USDA's requirements. For more information, see the CSDE's handout, [Requirements for Alternate Protein Products](#), and the USDA's handout, [Questions and Answers on Alternate Protein Products](#).
- **Dried meat, poultry, and seafood products:** Jerky, dried meat sticks, and similar products require a CN label or manufacturer's PFS to document the meat/meat alternates contribution. SFAs must evaluate the product's PFS to ensure that it complies with the USDA's three crediting principles: 1) The creditable meat ingredient listed on the product's PFS must match or have a similar description as the ingredient listed in the product's ingredients statement; 2) the creditable meat ingredient listed on the product's PFS must have a similar description to a food item in the FBG; and 3) the creditable amount cannot exceed the finished weight of the product (i.e., the cooked weight ready for serving). **Note:** Fat content must be 30 percent or less for ground beef or ground pork to credit in Child Nutrition Programs. Products that do not indicate the fat percentage do not credit. The requirements for crediting dried meat are summarized in [USDA Memo SP 21-2019, CACFP 08-2019 and SFSP 07-2019: Crediting Shelf-Stable, Dried and Semi-Dried Meat, Poultry, and Seafood Products in the Child Nutrition Programs](#). For additional guidance on crediting dried meat products, review the USDA's webinar, [Moving Forward: Update on Food Crediting in Child Nutrition Programs with Guidance for Dried Meat Products](#).
- **Tofu:** Commercial tofu and tofu products must be easily recognizable as meat substitutes, such as a tofu burger or tofu sausage. A product that contains at least 5 grams of protein in a 2.2-ounce serving by weight (¼ cup volume equivalent) credits as 1 ounce of the meat/meat alternates component. For more information, see the CSDE's handout, [Crediting Tofu and Tofu Products in the NSLP and SBP](#).

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- **Surimi seafood:** Surimi seafood is a pasteurized, ready-to-eat, restructured seafood usually made from pollock (fish). A 3-ounce serving of surimi seafood credits as 1 ounce of the meat/meat alternates component. SFAs must obtain a CN label or manufacturer's PFS to credit surimi seafood differently. The requirements for crediting surimi are summarized in [USDA Memo SP 24-2019, CACFP 11-2019 and SFSP 10-2019: *Crediting Surimi Seafood in the Child Nutrition Programs*](#). For additional guidance on crediting surimi, review the USDA's webinar, [Additional Meat/Meat Alternate Options for CNPs: *Crediting Tempeh and Surimi*](#).
- **Tempeh:** Tempeh is a fermented soybean cake traditionally made from whole soybeans. A 1-ounce serving of tempeh credits as 1 ounce of the meat/meat alternates component. This method of crediting applies only to tempeh products whose ingredients are limited to soybeans (or other legumes), water, tempeh culture, and for some varieties, vinegar, seasonings, and herbs. If a tempeh product contains other ingredients, SFAs must obtain a CN label or PFS to determine crediting information. The requirements for crediting tempeh are summarized in [USDA Memo SP 25-2019, CACFP 12-2019 and SFSP 11-2019: *Crediting Tempeh in the Child Nutrition Programs*](#). For additional guidance on crediting tempeh, review the USDA's webinar, [Additional Meat/Meat Alternate Options for CNPs: *Crediting Tempeh and Surimi*](#).
- **Yogurt:** Yogurt includes plain yogurt, flavored yogurt, yogurt with added fruit (either blended or on the bottom), and soy yogurt. The required serving size for yogurt is based on volume (cups) or weight (ounces) and is the same for all types, flavors, and fat contents. A ½-cup serving (volume) or 4 ounces (weight) credits as 1 ounce of the meat/meat alternates component. To increase nutrient variety, SFAs should not serve yogurt when milk is the only other snack component.
- **Commercial products:** SFAs must ensure that commercial products (such as dried meat sticks, pizza, chicken nuggets, and cheese ravioli) provide the required amount of the components being credited. For example, to credit a commercial pizza as 1 ounce of the meat/meat alternates component, the product's CN label or manufacturer's PFS must indicate that the pizza contains at least 1 ounce of cheese per serving. 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](#).
- **Noncreditable meat/meat alternates:** Examples of foods that do not credit include, but are not limited to: bacon; commercial canned soups, e.g., beef barley, beef noodle, turkey or chicken noodle, and turkey or chicken rice; cream cheese; drinkable yogurt; egg whites; frozen yogurt; imitation cheese; products made with tofu that are not easily recognized as meat substitutes; sour cream; tofu that contains less than 5 grams of protein in 2.2-ounce serving by weight; and yogurt in commercial smoothies.. For more information, see the CSDE's handout, [Noncreditable Foods for Grades K-12 in the ASP](#).

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Vegetables/Fruits

Vegetables and fruits are one component in the ASP meal pattern for grades K-12 because the USDA's final rule, *Nutrition Standards for the National School Lunch and School Breakfast Programs*, does not change the ASP meal pattern for grades K-12. A reimbursable snack cannot include only two servings of vegetables, two servings of fruits, or one serving of vegetables and one serving of fruits. For example, a snack that includes $\frac{3}{4}$ cup of orange juice and $\frac{3}{4}$ cup of carrot sticks is not reimbursable because it contains only one component (vegetables/fruits). Snack menus must include two **different** components.

Vegetables include fresh, frozen, canned, and rehydrated dried vegetables; and pasteurized full-strength vegetable juice. A serving of cooked vegetables must be drained. For example, a serving of canned corn cannot include the water in which it is packed, and a serving of baked beans cannot include the sauce in which it is packed. Legumes credit as either the meat/meat alternates component or vegetables component, but not both in the same snack. Dried vegetables (such as potato flakes) credit when rehydrated if the product's PFS provides specific documentation on the amount of vegetables per serving. Dried vegetables used for seasonings, such as dried onion and dried parsley, do not credit.

Fruits include fresh, frozen, canned (in light syrup, water, or fruit juice), and dried fruits; and pasteurized full-strength fruit juice. A serving of canned fruit may include the 100 percent juice in which the fruit is packed, but cannot include water or syrup.

- **Serving size:** The minimum serving size is $\frac{3}{4}$ cup for all grades. Vegetables and fruits credit based on the yields in the FBG. SFAs must obtain a PFS (or CN label, if available) to document the crediting of processed commercial combination foods that contain vegetables and fruits, such as vegetable egg rolls, hummus, and fruit-filled turnovers.
- **Legumes:** Legumes credit as vegetables based on the volume served. The serving size refers to the amount of cooked legumes without any added liquid, such as the sauce in baked beans. For example, a $\frac{3}{4}$ -cup serving of baked beans that contains sauce and pork fat does not provide the full-required $\frac{3}{4}$ -cup serving for grades K-12. Legumes credit as either the vegetables/fruits or meat/meat alternates component, but not both in the same snack. For more information, see the CSDE's handout, *Crediting Legumes in the NSLP and SBP*.
- **Pasta made of vegetable flours:** Pasta made of one or more vegetable flours credits as the vegetables component. A $\frac{3}{4}$ -cup serving of pasta made of 100 percent vegetable flour credits as $\frac{3}{4}$ cup of the vegetables/fruits component. If the pasta product contains other non-vegetable ingredients, SFAs must obtain a PFS to document the crediting information for the actual volume of vegetable flours per serving. Grain-based pasta products that contain small amounts of vegetable powder for color, such as spinach pasta or sun-dried tomato pasta, do not credit. The requirements for crediting pasta products made of vegetable flours

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are summarized in [USDA Memo SP 26-2019](#), [CACFP 13-2019](#) and [SFSP 12-2019](#): *Crediting Pasta Products Made of Vegetable Flour in the Child Nutrition Programs*.

- **Vegetables and fruits with added ingredients:** If a menu item or recipe contains added ingredients (such as mayonnaise, salad dressing, sugar, butter, and sauce), only the vegetable or fruit portion credits toward the ASP meal pattern. Examples include baked beans with sauce and pork fat, carrot-raisin salad, coleslaw, potato salad, macaroni salad, and mashed potatoes. For example, a $\frac{3}{4}$ -cup serving of potato salad must contain $\frac{3}{4}$ cup of potatoes, excluding added ingredients such as mayonnaise and seasonings.
- **Coconut:** Fresh and frozen coconut credit, but dried coconut, coconut flour, and coconut oil do not. Coconut water labeled as 100 percent juice credits based on the volume served. Coconut is high in calories and saturated fat, and should be limited in ASP menus. The requirements for crediting coconut are summarized in [USDA Memo SP 34-2019](#), [CACFP 15-2019](#) and [SFSP 15-2019](#): *Crediting Coconut, Hominy, Corn Masa, and Corn Flour in the Child Nutrition Programs*.
- **Juice:** Juice must be pasteurized full-strength fruit juice, vegetable juice, or combination. It can be fresh, frozen, or made from concentrate. The USDA recommends serving whole fruits (fresh, frozen, canned, and dried) more often than juice. Juice does not provide the same nutritional benefits as whole fruits and vegetables, which provide fiber, fewer calories, and more nutrients.
 - SFAs cannot serve juice when milk is the only other snack component.
 - If SFAs serve 4-fluid ounce ($\frac{1}{2}$ cup) juice cartons, the snack menu must include an additional $\frac{1}{4}$ cup of the vegetables/fruits component to meet the full-required $\frac{3}{4}$ -cup serving for grades K-12. To be reimbursable, this snack menu must also include the minimum serving size of either the grains/breads component or meat/meat alternates component.
- **Whole fruits:** The meal pattern contribution of whole fresh fruit varies depending on the type and size (count pack). To credit an individual piece of fresh fruit (whole or cut-up) as the full vegetables/fruits component, one piece must provide $\frac{3}{4}$ cup of fruit. Only a few types of whole fruits provide at least $\frac{3}{4}$ cup of fruit in one piece, such as a 125-138-count apple, size 56-64 nectarine, size 56 peach, and 120-count pear.

Since many types of fresh fruit provide less than $\frac{3}{4}$ cup of fruit, SFAs must ensure that one piece of fresh fruit provides the full-required serving. For example, a 113-count orange credits as $\frac{5}{8}$ cup of fruit, which is less than the full-required $\frac{3}{4}$ -cup serving. To credit as the full vegetables/fruits component, the snack menu must include an additional $\frac{1}{8}$ cup of the vegetables/fruits component. The additional serving may be from the same fruit, a different

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fruit, or a vegetable. Alternatively, the snack menu could include the full serving of two additional snack components (grains/breads, meat/meat alternates, and milk) and offer the fruit as an “extra” snack item. For more information, see the CSDE’s handout, *Serving Sizes for Vegetables and Fruits for Grades K-12 in the ASP*.

- **Noncreditable vegetables:** Examples of foods that do not credit include, but are not limited to: chili sauce; dehydrated vegetables used for seasoning; cream vegetable soups (e.g., cream of broccoli and cream of mushroom); home-canned products (for food safety reasons); ketchup; pickle relish; and snack-type foods made from vegetables such as potato chips.
- **Noncreditable fruits:** Examples of foods that do not credit include, but are not limited to: fruit snacks (e.g., fruit roll-ups, fruit leathers, fruit wrinkles, fruit twists, yogurt-covered fruit snacks); banana chips; home-canned products (for food safety reasons); jams, jellies, and preserves; and juice drinks that are not 100 percent juice such as grape juice drink, orange juice drink, pineapple-grapefruit drink, cranberry juice cocktail, and lemonade.

Grains/Breads

The ASP meal pattern for grades K-12 refers to the “grains/breads” component instead of the grains component because the USDA’s final rule, *Nutrition Standards for the National School Lunch and School Breakfast Programs*, does not change the ASP meal pattern for grades K-12.

- **Creditable grains:** All grain menu items 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. Products that are 100 percent whole grain, such as whole-wheat bread and brown rice, provide the best nutrition and should be served 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*. **Note:** Bran and germ do not credit in the NSLP, SBP, and SSO meal patterns for grades K-12.
- **Serving size:** The minimum required amount is 1 serving. All grain menu items must meet the minimum weights (groups A-G) or volumes (groups H-I) for the appropriate grain group in the USDA’s grains/breads serving size chart (summarized in the CSDE’s handout, *Serving Sizes for Grains/Breads for K-12 in the ASP*); or provide the minimum creditable grains per serving (14.75 grams for groups A-G and 25 grams for group H). For foods made on site, SFAs may use the USDA’s grains/breads serving size chart if the recipe includes the weight of the prepared serving after cooking or baking. Otherwise, SFAs must determine the grains/breads serving from the amount of creditable grains in one serving of the recipe. For more information, see the CSDE’s handout, *Calculation Methods for Grains/Breads Servings for Grades K-12 in the ASP*.

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- **Whole grain-rich (WGR) foods:** The ASP does not have a WGR requirement because the USDA's final rule, *Nutrition Standards for the National School Lunch and School Breakfast Programs*, does not change the ASP meal pattern for grades K-12. However, SFAs may choose to serve WGR foods in the ASP for consistency with school meals. For more information, see the CSDE's handouts, *Grain Ounce Equivalents for Grades K-12 in the NSLP and SBP*, *Whole Grain-rich Criteria for Grades K-12 in the NSLP and SBP*, and *Crediting Whole Grains in the NSLP and SBP*.
- **Breakfast cereals:** Cooked and ready-to-eat (RTE) breakfast cereals must be whole grain, enriched, or fortified. The minimum serving size for RTE breakfast cereals is $\frac{3}{4}$ cup or 1 ounce, whichever is less. The minimum serving size for cooked breakfast cereals is $\frac{1}{2}$ cup cooked or 25 grams dry. For best nutrition, choose whole-grain, low-sugar cereals. For more information, see the CSDE's handout, *Crediting Breakfast Cereals for Grades K-12 in the NSLP and SBP*.
- **Grain-based desserts:** Grain-based desserts are designated by the footnote 1 in the CSDE's handout, *Servings for Grains/Breads for K-12 in the ASP*. Examples include sweet crackers (such as graham crackers and animal crackers), cookies, sweet pie crusts, doughnuts, cereal bars, granola bars, sweet rolls, pastries, toaster pastries, cake, and brownies. Most grain-based desserts are high in fat, added sugars, and sodium. The USDA recommends not serving grain-based desserts more than twice per week. For example, if a SFA serves graham crackers on Monday and granola bars on Thursday, the snack menu should not include any other grain-based desserts that week.
- **Popcorn:** A 3-cup (1 ounce) serving of plain popped popcorn credits as 1 serving of the grains/breads component. The minimum creditable amount is $\frac{3}{4}$ cup ($\frac{1}{4}$ ounce). Menu planners must consider the appropriateness of the serving size, and may want to consider serving a smaller amount of popcorn with another creditable grain. For example, SFAs could provide 1 serving of the grains/bread component from $\frac{3}{4}$ cup of popcorn ($\frac{1}{4}$ serving) in a snack mix with $\frac{3}{4}$ serving of pretzels and cereal. SFAs must obtain a PFS to document the crediting information for commercial foods that contain popcorn as an ingredient, such as a popcorn snack mix. SFAs must have a standardized recipe to document the crediting information for popcorn that is an ingredient in foods prepared on site. Crediting information for popcorn is summarized in [USDA Memo SP 23-2019](#), [CACFP 10-2019](#) and [SFSP 9-2019: Crediting Popcorn in the Child Nutrition Programs](#). **Note:** To prevent the risk of choking, the USDA recommends that SFAs consider children's age and developmental readiness when deciding whether to offer popcorn.

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Noncreditable Foods

Noncreditable foods do not credit in the ASP meal pattern for grades K-12. Examples include potato chips, pudding, ice cream, gelatin, cream cheese, bacon, fruit roll-ups, and condiments (e.g., syrup, jam, ketchup, mustard, mayonnaise, and butter). Some noncreditable foods may be offered as extra foods, e.g., maple syrup on pancakes, salad dressing on tossed greens, and condiments such as ketchup or mustard on sandwiches. For more information, see the CSDE's handout, *Noncreditable Foods for Grades K-12 in the ASP*.

- Water does not credit as a snack component. SFAs may offer water in addition to, but not in place of, the two required snack components. If milk or juice is one of the two snack components, SFAs cannot offer a choice between water and milk or juice. **Note:** The [Healthy Hunger-Free Kids Act](#) requires that SFAs must make drinking water available to children at no charge where meals are served during the meal service, including the ASP. However, SFAs cannot promote or offer water or any other beverage as an alternative selection to fluid milk throughout the food service area. For more information, see [USDA Memo SP 49-2016 and CACFP 18-2016: Resources for Making Potable Water Available in Schools and Child Care Facilities](#), [USDA Memo SP 28-2011: Water Availability During National School Lunch Program Meal Service](#), and [USDA Memo SP 19-2018: Clarification on the Milk and Water Requirements in the School Meal Programs](#).
- Snack menus that include a noncreditable food must also include the full serving of at least two creditable food components. For example, a snack menu of strawberry gelatin (noncreditable food), whole-grain crackers (grains/breads component), and low-fat unflavored milk (milk component) contains three items but only two components. This snack is only reimbursable if the milk and crackers provide the minimum required serving.
- To ensure that ASP snacks meet children's nutritional needs, the CSDE encourages SFAs to use discretion when serving noncreditable foods. Noncreditable foods are typically higher in added sugar, saturated fats, and sodium; and contain few nutrients. Menu planners should read labels, be aware of the ingredients in foods, and limit the frequency and amount of less nutritious choices.



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Resources

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/ASPHandbook.pdf>

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

<https://portal.ct.gov/-/media/SDE/Nutrition/ASP/ASPmealpatternK12.pdf>

Afterschool Snack Program Menu Form for Grades K-12 (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/ASP/Forms/ASPmenuformK12.pdf>

Afterschool Snack Program Sample Menu for Grades K-12 (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/ASP/ASPsamplemenuK12.pdf>

Allowable Milk Substitutes for Children without Disabilities in School Nutrition Programs (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/SpecDiet/Milksub.pdf>

Calculation Methods for Grains/Breads Servings for Grades K-12 in the ASP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/ASP/GrainCalcASP.pdf>

Child Nutrition (CN) Labeling Program (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/CNlabel.pdf>

Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the ASP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/ASP/ASPComparisonPreschoolK12.pdf>

Comparison of Meal Pattern Requirements for the Grains Component in School Nutrition Programs (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/ComparisonGrainCrediting.pdf>

Comparison of Meal Pattern Requirements for the Milk Component in School Nutrition Programs (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/ComparisonMilkRequirements.pdf>

Connecticut Nutrition Standards (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Connecticut-Nutrition-Standards>

Crediting Breakfast Cereals for Grades K-12 in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/CreditCereals.pdf>

Crediting Commercial Meat/Meat Alternate Products in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/CreditMMA.pdf>

Crediting Deli Meats in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/CreditDeli.pdf>

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Crediting Enriched Grains in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/CreditEnrichedGrains.pdf>

Crediting Foods in School Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-School-Nutrition-Programs/Documents>

Crediting Tofu and Tofu Products in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/CreditTofu.pdf>

Crediting Updates for Child Nutrition Programs: Be in the Know! Webinar Series (USDA):

<https://www.fns.usda.gov/tn/crediting-updates-child-nutrition-programs-be-know-webinar-series>

Crediting Whole Grains in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/CreditWholeGrains.pdf>

CSDE Operational Memorandum No. 06-19: Summary of Federal and State Milk Requirements for the NSLP, SBP, SSO of the NSLP, ASP of the NSLP, and Special Milk Program (SMP):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Memos/OM2019/OM06-19.pdf>

Food Buying Guide for Child Nutrition Programs (USDA):

<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>

Healthy Food Certification (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Healthy-Food-Certification>

List of Acceptable Foods and Beverages (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/List-of-Acceptable-Foods-and-Beverages>

Noncreditable Foods for Grades K-12 in the ASP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/ASP/ASPNoncredK12.pdf>

Product Formulation Statements (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/PFS.pdf>

Questions and Answers on Alternate Protein Products (USDA):

<https://www.fns.usda.gov/questions-and-answers-alternate-protein-products-app>

Requirements for Alternate Protein Products (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/APPreq.pdf>

Serving Sizes for Vegetables and Fruits for Grades K-12 in the ASP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/ASP/aspVFservingK12.pdf>

Servings for Grains/Breads for Grades K-12 in the ASP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/ASP/ASPgrainsbreadsK12.pdf>

Menu Planning Guidance for Grades K-12 in the ASP

USDA Memo SP 21-2019, CACFP 08-2019 and SFSP 07-2019: Crediting Shelf-Stable, Dried and Semi-Dried Meat, Poultry, and Seafood Products in the Child Nutrition Programs:

<https://www.fns.usda.gov/crediting-shelf-stable-dried-and-semi-dried-meat-poultry-and-seafood-products-child-nutrition>

USDA Memo SP 23-2019, CACFP 10-2019 and SFSP 9-2019: Crediting Popcorn in the Child Nutrition Programs:

<https://www.fns.usda.gov/school-meals/crediting-popcorn-child-nutrition-programs>

USDA Memo SP 24-2019, CACFP 11-2019 and SFSP 10-2019: Crediting Surimi Seafood in the Child Nutrition Programs:

<https://www.fns.usda.gov/school-meals/crediting-surimi-seafood-child-nutrition-programs>

USDA Memo SP 25-2019, CACFP 12-2019 and SFSP 11-2019: Crediting Tempeh in the Child Nutrition Programs:

<http://https://www.fns.usda.gov/school-meals/crediting-tempeh-child-nutrition-programs>

USDA Memo SP 26-2019, CACFP 13-2019 and SFSP 12-2019: Crediting Pasta Products Made of Vegetable Flour in the Child Nutrition Programs:

<https://www.fns.usda.gov/crediting-pasta-products-made-vegetable-flour-child-nutrition-programs>

USDA Memo SP 34-2019, CACFP 15-2019 and SFSP 15-2019: Crediting Coconut, Hominy, Corn Masa, and Masa Harina in the Child Nutrition Programs:

<https://www.fns.usda.gov/school-meals/crediting-coconut-hominy-corn-masa-and-corn-flour-child-nutrition-programs>

Menu Planning Guidance for Grades K-12 in the ASP



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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 document is available at <https://portal.ct.gov/-/media/SDE/Nutrition/ASP/ASPmenuguidanceK12.pdf>.

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- (2) fax: (202) 690-7442; or
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