

Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the Afterschool Snack Program (ASP) of the National School Lunch Program (NSLP)

The U.S. Department of Agriculture's (USDA) ASP meal patterns have different requirements for preschoolers (ages 1-4) and grades K-12. The ASP meal pattern for grades K-12 is defined by the NSLP regulations (7 CFR 210.10(o)(2)). The ASP meal pattern for preschoolers is defined by the USDA regulations below, which update the meal patterns for preschoolers in the NSLP, SBP, SSO, and ASP.

- Final Rule (81 FR 24347): *Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010* (April 25, 2016): <https://www.federalregister.gov/documents/2016/04/25/2016-09412/child-and-adult-care-food-program-meal-pattern-revisions-related-to-the-healthy-hunger-free-kids-act>
- Final Rule Correction (81 FR 75671): *CACFP Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010* (November 1, 2016): <https://www.federalregister.gov/documents/2016/11/01/2016-26339/child-and-adult-care-food-program-meal-pattern-revisions-related-to-the-healthy-hunger-free-kids-act>
- Final Rule (84 FR 50287): *Delayed Implementation of Grains Ounce Equivalents in the Child and Adult Care Food Program* (September 25, 2019): <https://www.federalregister.gov/documents/2019/09/25/2019-20808/delayed-implementation-of-grains-ounce-equivalents-in-the-child-and-adult-care-food-program>

This document summarizes the ASP meal pattern requirements and applicable resources for preschoolers and grades K-12. School food authorities (SFAs) must ensure that all foods served in the ASP meet the specific requirements for each grade group. For more information, review the Connecticut State Department of Education's (CSDE) *Menu Planning Guide for Preschoolers in the NSLP, SBP, and ASP*, *ASP Handbook*, *ASP Meal Pattern for Preschoolers*, *ASP Meal Pattern for Grades K-12*, and visit the CSDE's *ASP* webpage. For a comparison of the meal pattern requirements for preschoolers and grades K-12 in the NSLP and School Breakfast Program (SBP), see the CSDE's handout, *Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP*.

Note: This information is subject to change as the USDA continues to issue policy guidance on the ASP meal pattern for preschoolers. The CSDE will notify ASP sponsors when new guidance is available.



Serving the Same Foods to Preschoolers and Grades K-12 in the ASP

SFAs must consider the different meal pattern requirements when making menu planning and purchasing decisions for ASP snacks. When SFAs serve the same foods to preschoolers and grades K-12, these foods must comply with the stricter requirements of the preschool meal pattern. For example, since the preschool meal pattern has a sugar limit for yogurt and breakfast cereals but the meal pattern for grades K-12 does not, yogurt and breakfast cereals served to both grade groups must comply with the preschool sugar limits (see “Yogurt and Soy Yogurt” on page 9 and “Breakfast Cereals” on page 22). Other stricter requirements in the ASP preschool meal pattern include:

- prohibition of low-fat flavored milk (see “Milk” on page 5);
- prohibition of grain-based desserts (see “Grain-based Desserts” on page 21); and
- daily juice limit (see “Full-strength (100%) Juice”) on page 12.

Preschoolers and Grades K-12 Eating Together in the ASP

SFAs that serve ASP snacks to preschoolers and grades K-12 in the same service area at the same time may choose to follow the grade-appropriate ASP meal patterns for each grade group (i.e., use the preschool ASP meal pattern for ages 1-4 and the K-12 ASP meal pattern for grades K-12) or serve the K-12 ASP meal pattern to both grade groups. SFAs must follow the preschool ASP meal pattern when meals are served to preschoolers in a different area or at a different time than K-12 students. The USDA allows the option to serve the K-12 ASP meal pattern to preschoolers only when preschoolers are co-mingled with K-12 students during the ASP snack service. The USDA strongly encourages schools to find ways to serve grade-appropriate meals to preschoolers and grades K-12 to best address their nutritional needs. For more information, see [USDA Memo SP 37-2017: Flexibility for Co-Mingled Preschool Meals: Questions and Answers](#).

Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the ASP

Requirement	ASP Meal Pattern for Preschoolers (Ages 1-4)	ASP Meal Pattern for Grades K-12
Meal pattern		
Implementation timeline	<ul style="list-style-type: none"> The new ASP preschool meal pattern was effective October 1, 2017, except for grain ounce equivalents. The final rule indicated that grain ounce equivalents were effective on October 1, 2019. However, on July 1, 2019, the USDA issued proposed rule, <i>Delayed Implementation of Grains Ounce Equivalents in the Child and Adult Care Food Program</i> (84 FR 50287), which extends implementation to October 1, 2021. SFAs may implement the new meal patterns for preschool prior to October 1, 2017, following the guidance in CSDE Operational Memorandum No. 13-16. The USDA allows a transition period during fiscal year 2018 (October 1, 2017, through September 30, 2018). During this time, state agencies must provide technical assistance in lieu of fiscal action when they observe violations related to the updated preschool meal pattern requirements. If SFAs are making a good faith effort to comply with the requirements, state agencies cannot disallow meals or find SFAs seriously deficient when meals fall short of the updated preschool meal patterns. As currently required, state agencies must continue to take immediate fiscal action if a meal or snack is completely missing one or more required food components. <p>Resources CSDE Operational Memorandum No. 13-16: Connecticut Procedures for Early Implementation of the New Meal Pattern Requirements for Preschoolers and Infants in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) USDA Final Rule (81 FR 24347): CACFP Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010 USDA Final Rule Corrections (81 FR 75671): CACFP Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010 USDA Final Rule (84 FR 50287): Delayed Implementation of Grains Ounce Equivalents in the Child and Adult Care Food Program USDA Memo SP 30-2017 CACFP 13-2017: Transition Period for the Updated Child and Adult Care Food Program Meal Patterns and the Updated National School Lunch Program and School Breakfast Program Infant and Preschool Meal Patterns</p>	<ul style="list-style-type: none"> Not applicable. The current meal pattern for grades K-12 under 7 CFR 210.10(o)(2) remains in effect. <p>Resources National School Lunch Program Regulations (7 CFR Part 210)</p>

Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the ASP

Requirement	ASP Meal Pattern for Preschoolers (Ages 1-4)	ASP Meal Pattern for Grades K-12
Meal pattern, <i>continued</i>		
Age/grade groups	<ul style="list-style-type: none"> ● Two age groups: ages 1-2 and ages 3-4 ● When a 5-year-old is in preschool or a 4-year-old is in kindergarten, the SFA may continue to serve the appropriate meal pattern for that grade. <p>Resources ASP Meal Pattern for Preschoolers (CSDE) USDA Memo SP 37-2017: Flexibility for Co-Mingled Preschool Meals: Questions and Answers</p>	<ul style="list-style-type: none"> ● One grade group: grades K-12 <p>Resources ASP Meal Pattern for Grades K-12 (CSDE) Menu Planning Guidance for Grades K-12 in the ASP (CSDE)</p>
Food components	<ul style="list-style-type: none"> ● Choose two of the five components <ul style="list-style-type: none"> ○ milk ○ meat/meat alternates ○ vegetables ○ fruits ○ grains ● Snacks that contain one serving of the vegetables and one serving of fruit are reimbursable because they contain two of the five components (vegetables component and fruits component). ● Snacks that include more than two food items must include the minimum serving of at least two snack components. <p>Resources ASP Handbook (CSDE) ASP Meal Pattern for Preschoolers (CSDE) ASP Sample Menu for Ages 3-4 (CSDE) CACFP Best Practices (USDA) Menu Planning Guidance for Preschoolers in the ASP (CSDE)</p>	<ul style="list-style-type: none"> ● Choose two of the four components <ul style="list-style-type: none"> ○ milk ○ meat/meat alternates ○ vegetables/fruits ○ grains/breads ● Snacks that contain one serving of the vegetables and one serving of fruit are not reimbursable because they contain only one of the four components (vegetables/fruits component). ● Snacks that include more than two food items must include the minimum serving of at least two snack components. <p>Resources ASP Handbook (CSDE) ASP Meal Pattern for Grades K-12 (CSDE) ASP Sample Menu for Grades K-12 (CSDE) Menu Planning Guidance for Grades K-12 in the ASP (CSDE)</p>

Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the ASP

Requirement	ASP Meal Pattern for Preschoolers (Ages 1-4)	ASP Meal Pattern for Grades K-12
Milk component		
Milk	<ul style="list-style-type: none"> • Age 1: Must serve unflavored whole milk. • Ages 2-4: Must serve unflavored low-fat milk or unflavored fat-free milk. A variety of milk is not required. SFAs may serve one type of allowable milk to all preschoolers. • State Requirement: In addition to the USDA requirements, all milk served in public schools must meet the beverage requirements of Section 10-221q of the Connecticut General Statutes (C.G.S.). Milk cannot contain more than 4 grams of sugars per ounce. Products that meet both federal and state requirements are listed on the CSDE’s <i>List of Acceptable Foods and Beverages</i>. • SFAs cannot served milk when juice is the only other snack component. <p>Resources Beverage Requirements (CSDE webpage) List of Acceptable Foods and Beverages (CSDE webpage) USDA Memo CACFP 17-2016: Nutrition Requirements for Fluid Milk and Fluid Milk Substitutions in the CACFP, Q&As</p>	<ul style="list-style-type: none"> • Milk must be low-fat milk (unflavored or flavored) or fat-free milk (unflavored or flavored). Note: Effective July 1, 2018, flavored low-fat milk is allowed for grades K-12 in the ASP, per the USDA’s Final Rule (83 FR 63775): <i>Child Nutrition Programs: Flexibilities for Milk, Whole Grains, and Sodium Requirements</i>. • A variety of milk is not required. SFAs may serve one type of allowable milk to all ages. • State Requirement: In addition to the USDA requirements, all milk served in public schools must meet the beverage requirements of C.G.S. Section 10-221q. Milk cannot contain more than 4 grams of sugars per ounce. Products that meet both federal and state requirements are listed on the CSDE’s <i>List of Acceptable Foods and Beverages</i>. • SFAs cannot served milk when juice is the only other snack component. <p>Resources Beverage Requirements (CSDE webpage) Interim Final Rule: Child Nutrition Programs: Flexibilities for Milk, Whole Grains, and Sodium Requirements (USDA) List of Acceptable Foods and Beverages (CSDE webpage) USDA Memo SP 18-2018 CACFP 13-2018: Child Nutrition Programs’ Flexibilities for School Year 2018-2019</p>

Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the ASP

Requirement	ASP Meal Pattern for Preschoolers (Ages 1-4)	ASP Meal Pattern for Grades K-12
Milk component, <i>continued</i>		
Milk substitutes	<ul style="list-style-type: none"> Nondairy beverages that are nutritionally equivalent to cow's milk may be served to children with special dietary needs if requested in writing by a parent or guardian. The nutrition standards for fluid milk substitutes are defined by the NLSF regulations (7 CFR 210.10). Breastmilk meets the milk component and may be served in place of fluid milk. A written request is not required. SFAs cannot offer any other beverages (including water and juice) in place of milk for reimbursable snacks in the ASP. State Requirement: In addition to the USDA requirements, all nondairy milk substitutes served in public schools must meet the beverage requirements of C.G.S. Section 10-221q. Nondairy milk substitutes must contain no more than 4 grams of sugar per fluid ounce, no more than 35 percent of calories from fat, and no more than 10 percent of calories from saturated fat. Products that meet federal and state requirements are listed on the CSDE's <i>List of Acceptable Foods and Beverages</i>. <p>Resources Accommodating Special Diets in School Nutrition Programs (CSDE) Allowable Milk Substitutes for Children without Disabilities in the USDA School Nutrition Programs (CSDE) Beverage Requirements (CSDE webpage) List of Acceptable Foods and Beverages (CSDE webpage) USDA Memo CACFP 17-2016: Nutrition Requirements for Fluid Milk and Fluid Milk Substitutions in the CACFP, Q&As USDA Memo SP 07-2010 CACFP 04-2010 SFSP 05-2010: Questions and Answers: Fluid Milk Substitutions</p>	<ul style="list-style-type: none"> Nondairy beverages that are nutritionally equivalent to cow's milk may be served to children with special dietary needs if requested in writing by a parent or guardian. The nutrition standards for fluid milk substitutes are defined by the NLSF regulations (7 CFR 210.10). SFAs cannot offer any other beverages (including water and juice) in place of milk for reimbursable snacks in the ASP. State Requirement: In addition to the USDA requirements, all nondairy milk substitutes served in public schools must meet the beverage requirements of C.G.S. Section 10-221q. Nondairy milk substitutes must contain no more than 4 grams of sugar per fluid ounce, no more than 35 percent of calories from fat, and no more than 10 percent of calories from saturated fat. Products that meet both federal and state requirements are listed on the CSDE's <i>List of Acceptable Foods and Beverages</i>. <p>Resources Accommodating Special Diets in School Nutrition Programs (CSDE) Allowable Milk Substitutes for Children without Disabilities in the USDA School Nutrition Programs (CSDE) Beverage Requirements (CSDE webpage) List of Acceptable Foods and Beverages (CSDE webpage) USDA Memo SP 07-2010 CACFP 04-2010 SFSP 05-2010: Questions and Answers: Fluid Milk Substitutions</p>

Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the ASP

Requirement	ASP Meal Pattern for Preschoolers (Ages 1-4)	ASP Meal Pattern for Grades K-12
Meat/meat alternates component		
Serving size	<ul style="list-style-type: none"> • The meal pattern lists the meat/meat alternates component in ounces. A 1-ounce serving of the meat/meat alternates component equals: <ul style="list-style-type: none"> ○ 1 ounce of lean meat, poultry, or fish; ○ 1 ounce of cheese (low-fat recommended); ○ 2 ounces of cottage or ricotta cheese, cheese food/spread, or cheese substitute (low-fat recommended); ○ ¼ cup of cooked beans and peas (legumes), e.g., kidney beans, chick peas (garbanzo beans), lentils, and split peas; ○ ½ large egg; ○ 2 tablespoons of nut or seed butters, e.g., peanut butter, almond butter, cashew butter, and sunflower seed butter; ○ 1 ounce of nuts or seeds, e.g., almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, pine nuts, pistachios, soy nuts, and walnuts; ○ ¼ cup (2.2 ounces) of commercial tofu containing at least 5 grams of protein; ○ ½ cup (volume) or 4 ounces (weight) of yogurt or soy yogurt containing no more than 3.83 grams of sugars per ounce; and ○ 1 ounce of alternate protein product (APP) that meets the USDA’s APP requirements. 	<ul style="list-style-type: none"> • The meal pattern lists the meat/meat alternates component in ounce equivalents. A 1-ounce equivalent serving of the meat/meat alternates component equals: <ul style="list-style-type: none"> ○ 1 ounce of lean meat, poultry, or fish; ○ 1 ounce of cheese (low-fat recommended); ○ 2 ounces of cottage or ricotta cheese, cheese food/spread, or cheese substitute (low-fat recommended); ○ ¼ cup of cooked beans and peas (legumes), e.g., kidney beans, chick peas (garbanzo beans), lentils, and split peas; ○ ½ large egg; ○ 2 tablespoons of nut or seed butters, e.g., peanut butter, almond butter, cashew butter, and sunflower seed butter; ○ 1 ounce of nuts or seeds, e.g., almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, pine nuts, pistachios, soy nuts, and walnuts; ○ ¼ cup (2.2 ounces) of commercial tofu containing at least 5 grams of protein; ○ ½ cup (volume) or 4 ounces (weight) of yogurt or soy yogurt; and ○ 1 ounce of alternate protein product (APP) that meets the USDA’s APP requirements.

Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the ASP

Meat/meat alternates component, <i>continued</i>		
Requirement	ASP Meal Pattern for Preschoolers (Ages 1-4)	ASP Meal Pattern for Grades K-12
<p>Serving size, <i>continued</i></p>	<ul style="list-style-type: none"> • Note: The serving size of the meat/meat alternates component refers to the edible portion of cooked lean meat, poultry, or fish, e.g., cooked lean meat without bone, breading, binders, extenders, or other ingredients. A serving of the meat/meat alternates component is sometimes more than a measured ounce, depending on the food’s density and nutrition content. <p>Resources ASP Handbook (CSDE) ASP Meal Pattern for Preschoolers (CSDE)</p>	<ul style="list-style-type: none"> • Note: The serving size of the meat/meat alternates component refers to the edible portion of cooked lean meat, poultry, or fish, e.g., cooked lean meat without bone, breading, binders, extenders, or other ingredients. A serving of the meat/meat alternates component is sometimes more than a measured ounce, depending on the food’s density and nutrition content. <p>Resources ASP Handbook (CSDE) ASP Meal Pattern for Grades K-12 (CSDE)</p>
<p>Surimi</p>	<ul style="list-style-type: none"> • A 3-ounce serving of surimi credits as 1 ounce of the meat/meat alternates component. To credit surimi seafood differently, SFAs must obtain a CN label or manufacturer’s PFS that documents how the crediting is determined. <p>Resources USDA Memo SP 24-2019, CACFP 11-2019 and SFSP 10-2019: Crediting Surimi Seafood in the Child Nutrition Programs.</p>	<ul style="list-style-type: none"> • A 3-ounce serving of surimi credits as 1 ounce of the meat/meat alternates component. To credit surimi seafood differently, SFAs must obtain a CN label or manufacturer’s PFS that documents how the crediting is determined. <p>Resources <ul style="list-style-type: none"> • USDA Memo SP 24-2019, CACFP 11-2019 and SFSP 10-2019: Crediting Surimi Seafood in the Child Nutrition Programs. </p>
<p>Tempeh</p>	<ul style="list-style-type: none"> • 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 document crediting. <p>Resources USDA Memo SP 25-2019, CACFP 12-2019 and SFSP 11-2019: Crediting Tempeh in the Child Nutrition Programs.</p>	<ul style="list-style-type: none"> • 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 document crediting. <p>Resources USDA Memo SP 25-2019, CACFP 12-2019 and SFSP 11-2019: Crediting Tempeh in the Child Nutrition Programs.</p>

Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the ASP

Meat/meat alternates component, <i>continued</i>		
Requirement	ASP Meal Pattern for Preschoolers (Ages 1-4)	ASP Meal Pattern for Grades K-12
Tofu and tofu products	<ul style="list-style-type: none"> • Tofu and tofu products credit as 1 ounce of the meat/meat alternates component if they contain 5 grams of protein in 2.2 ounces by weight (¼ cup). <p>Resources Crediting Tofu and Tofu Products in the NSLP and SBP (CSDE) USDA Memo SP 53-2016 and CACFP 21-2016: Crediting Tofu and Soy Yogurt Products in the School Meal Programs and the CACFP</p>	<ul style="list-style-type: none"> • Tofu and tofu products credit as 1 ounce of the meat/meat alternates component if they contain 5 grams of protein in 2.2 ounces by weight (¼ cup). <p>Resources Crediting Tofu and Tofu Products in the NSLP and SBP (CSDE) USDA Memo SP 53-2016 and CACFP 21-2016: Crediting Tofu and Soy Yogurt Products in the School Meal Programs and the CACFP</p>
Yogurt and soy yogurt	<ul style="list-style-type: none"> • Sugar limit: No more than 23 grams of total sugars per 6 ounces (≤3.83 grams per ounce). <p>Resources Choose Yogurts That Are Lower in Added Sugars (USDA) Crediting Yogurt for Preschoolers in the NSLP, SBP, and ASP (CSDE)</p>	<ul style="list-style-type: none"> • No sugar limit. • Note: If SFAs serve the same yogurt or soy yogurt to grades K-12 and preschoolers, these foods must comply with the preschool sugar limit for yogurt and soy yogurt. The exception is when SFAs choose to follow the K-12 ASP meal pattern for preschoolers and grades K-12 who eat in the <i>same service area</i> at the <i>same time</i> (see “Preschoolers and Grades K-12 Eating Together in the ASP” on page 2).

Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the ASP

Requirement	ASP Meal Pattern for Preschoolers (Ages 1-4)	ASP Meal Pattern for Grades K-12
Vegetables and fruits component		
Components	<ul style="list-style-type: none"> • Vegetables and fruits are two separate components. <p>Resources USDA Memo CACFP 09-2017: Vegetable and Fruit Requirements in the Child and Adult Care Food Program; Questions and Answers</p>	<ul style="list-style-type: none"> • Vegetables and fruits are one component.
Crediting vegetables and fruits	<ul style="list-style-type: none"> • All vegetables and fruits credit based on the volume served except for: <ul style="list-style-type: none"> ○ tomato paste and tomato puree, which credit based on the yields in the FBG; ○ raw leafy greens such as lettuce and spinach, which credit as half the amount served, e.g., 1 cup of raw leafy greens equals ½ cup of the vegetables component; and ○ dried fruit, which credits as twice the amount served, e.g., ¼ cup of dried fruit equals ½ cup of the fruits component. <p>Resources Food Buying Guide for Child Nutrition Programs (USDA) Serving Sizes for Vegetables and Fruits for Preschoolers in the ASP (CSDE)</p>	<ul style="list-style-type: none"> • All vegetables and fruits (including dried fruit and raw leafy greens) credit based on the volume served except for tomato paste and tomato puree, which credit based on the yields FBG. <ul style="list-style-type: none"> ○ ½ cup of raw leafy greens equals ½ cup of the vegetables component. ○ ½ cup of dried fruit equals ½ cup of the fruits component. <p>Resources Food Buying Guide for Child Nutrition Programs (USDA) Serving Sizes for Vegetables and Fruits for Grades K-12 in the ASP (CSDE)</p>

Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the ASP

Requirement	ASP Meal Pattern for Preschoolers (Ages 1-4)	ASP Meal Pattern for Grades K-12
Coconut	<ul style="list-style-type: none"> • Fresh and frozen coconut credit as the fruits component based on the volume served. For example, 1/8 cup of fresh or frozen coconut credits as 1/8 cup of the fruits component. The minimum serving size is 1/8 cup. • Dried coconut credits the same as other dried fruit, i.e., as twice the volume served (see “Crediting vegetables and fruits” on page 10). • Menu planners should consider coconut’s high caloric and saturated fat content, which may limit its frequency in preschool menus. Coconut flour, coconut oil, and coconut milk do not credit. • Juices labeled as 100 percent juice, including coconut water, credit toward the fruits component based on the volume served. SFAs must count coconut water with all other juices toward the preschool juice limit. <p>Resources USDA Memo SP 34-2019, CACFP 15-2019 and SFSP 15-2019: <i>Crediting Coconut, Hominy, Corn Masa, and Masa Harina in the Child Nutrition Programs:</i></p>	<ul style="list-style-type: none"> • Fresh, frozen, and dried coconut credit as the fruits component based on the volume served. For example, 1/8 cup of frozen, frozen or dried coconut credits as 1/8 cup of the fruits component. The minimum serving size is 1/8 cup. • Menu planners should consider coconut’s high caloric and saturated fat content, which may limit its frequency in ASP menus. Coconut flour, coconut oil, and coconut milk do not credit. • Juices labeled as 100 percent juice, including coconut water, credit toward the fruits component based on the volume served. <p>Resources USDA Memo SP 34-2019, CACFP 15-2019 and SFSP 15-2019: <i>Crediting Coconut, Hominy, Corn Masa, and Masa Harina in the Child Nutrition Programs:</i></p>

Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the ASP

Requirement	ASP Meal Pattern for Preschoolers (Ages 1-4)	ASP Meal Pattern for Grades K-12
Vegetables and fruits component, <i>continued</i>		
Full-strength (100%) juice	<ul style="list-style-type: none"> ● Juice Limit: Juice may count toward the entire vegetables component or fruits component at only one meal or snack per day, between all meals (NSLP and SBP) and snacks (ASP) served to preschoolers. ● The juice limit includes all sources of 100 percent juice, including juice that is fresh, frozen, and made from concentrate, frozen pops made from 100 percent juice, pureed fruits and vegetables in smoothies, and juice from canned fruit in 100 percent juice. ● The juice from canned fruit counts toward the juice limit only if the SFA credits the juice toward the fruits component. Juice from canned fruit does not count toward the juice limit if the SFA plans the juice as an extra food that does not credit toward the meal patterns. For example, the juice from canned fruit does not count toward the juice limit if food service personnel portion ½ cup of canned fruit in a 5 ½-ounce container and add the juice <i>after</i> measuring the full ½-cup serving of fruit. Drained canned fruit and canned fruit in light syrup or water do not count toward the juice limit. ● SFAs cannot serve juice when milk is the only other component. ● The USDA’s <i>CACFP Best Practices</i> recommends serving a variety of fruits and choosing whole fruits (fresh, canned, dried, or frozen) more often than juice. <p>Resources CACFP Best Practices (USDA) Crediting Juice for Preschoolers in the NSLP, SBP, and ASP (CSDE) Crediting Smoothies for Preschoolers in the NSLP, SBP, and ASP (CSDE) USDA Memo SP 40-2019, CACFP 17-2019 and SFSP 17-2019: Crediting of Smoothies in Child Nutrition Programs</p>	<ul style="list-style-type: none"> ● Juice may credit toward the entire vegetables/ fruits component. ● Juice includes all fruit and vegetable juice, frozen pops made from 100 percent juice, pureed fruits and vegetables in smoothies, and juice from canned fruit in 100 percent juice. ● SFAs cannot serve juice when milk is the only other component. <p>Resources Crediting Juice for Grades K-12 in the NSLP and SBP (CSDE) Crediting Smoothies for Grades K-12 in the NSLP and SBP (CSDE) USDA Memo SP 40-2019, CACFP 17-2019 and SFSP 17-2019: Crediting of Smoothies in Child Nutrition Programs</p>

Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the ASP

Requirement	ASP Meal Pattern for Preschoolers (Ages 1-4)	ASP Meal Pattern for Grades K-12
Grains component		
Component name	<ul style="list-style-type: none"> The component name is the grains component. 	<ul style="list-style-type: none"> The component name is the grains/breads component.
Creditable grains	<ul style="list-style-type: none"> Creditable grains are whole grains, enriched grains, bran, and germ. Corn ingredients credit if they are whole grain, enriched, or treated with lime (nixtamalized). Nixtamalization is a process in which dried corn is soaked and cooked in an alkaline (slaked lime) solution. This process increases the bioavailability of certain nutrients and provides a nutritional profile similar to whole-grain corn. Ingredients labeled as hominy, corn masa, or masa harina are nixtamalized, and therefore credit as whole grains. However, cornmeal and corn flour do not credit unless they are whole grain, enriched, or nixtamalized. If the product's ingredients statement does not provide sufficient information, SFAs must obtain a PFS from the manufacturer to document that cornmeal and corn flour ingredients meet one of these requirements. 	<ul style="list-style-type: none"> Creditable grains are whole grains, enriched grains, bran, and germ. Note: Bran and germ do not credit in the meal patterns for grades K-12 in the NSLP, SBP, and Seamless Summer Option (SSO) of the NSLP. Corn ingredients credit if they are whole grain, enriched, or treated with lime (nixtamalized). Nixtamalization is a process in which dried corn is soaked and cooked in an alkaline (slaked lime) solution. This process increases the bioavailability of certain nutrients and provides a nutritional profile similar to whole-grain corn. Ingredients labeled as hominy, corn masa, or masa harina are nixtamalized, and therefore credit as whole grains. However, cornmeal and corn flour do not credit unless they are whole grain, enriched, or nixtamalized. If the product's ingredients statement does not provide sufficient information, SFAs must obtain a PFS from the manufacturer to document that cornmeal and corn flour ingredients meet one of these requirements.

Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the ASP

Requirement	ASP Meal Pattern for Preschoolers (Ages 1-4)	ASP Meal Pattern for Grades K-12
Grains component, <i>continued</i>		
<p>Creditable grains, <i>continued</i></p>	<p>Resources</p> <p>Child Care Worksheet 1: Crediting Commercial Grains in the CACFP (CSDE)</p> <p>Child Care Worksheet 2: Crediting Ready-to-eat (RTE) Breakfast Cereals in the CACFP (CSDE)</p> <p>Child Care Worksheet 3: Crediting Cooked Breakfast Cereals in the CACFP (CSDE)</p> <p>Child Care Worksheet 4: Crediting Family-size Recipes for Grains in the CACFP (CSDE)</p> <p>Child Care Worksheet 5: Crediting Quantity Recipes for Grains in the CACFP (CSDE)</p> <p>Crediting Enriched Grains in the NSLP and SBP (CSDE)</p> <p>Crediting Whole Grains in the NSLP and SBP (CSDE)</p> <p>How to Identify Creditable Grains for Preschoolers in the NSLP, SBP, and ASP (CSDE)</p> <p>Product Formulation Statement for Grains: Ounce Equivalents (effective October 1, 2021) (USDA)</p> <p>Product Formulation Statement for Grains: Servings (through September 30, 2021) (USDA)</p> <p>Sample Completed Product Formulation Statement for Grains: Ounce Equivalents (effective October 1, 2021) (USDA)</p> <p>Sample Completed Product Formulation Statement for Grains: Servings (through September 30, 2021) (USDA)</p> <p>USDA Memo CACFP 09-2018: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers</p> <p>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</p>	<p>Resources</p> <p>Crediting Enriched Grains in the NSLP and SBP (CSDE)</p> <p>Crediting Whole Grains in the NSLP and SBP (CSDE)</p> <p>Product Formulation Statement for Grains: Ounce Equivalents (USDA)</p> <p>Sample Product Formulation Statement for Grains: Ounce Equivalents (USDA)</p> <p>USDA Memo SP 10-2012 (v9): Q&As on Final Rule “Nutrition Standards in the National School Lunch and School Breakfast Programs”</p> <p>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</p> <p>Whole Grain-rich Criteria for Grades K-12 in the NSLP and SBP (CSDE)</p>

Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the ASP

Requirement	ASP Meal Pattern for Preschoolers (Ages 1-4)	ASP Meal Pattern for Grades K-12
Grains component, <i>continued</i>		
Serving sizes	<ul style="list-style-type: none"> • The meal pattern lists the grains component in servings through September 30, 2021 (preschool amount is ½ serving), and changes to ounce equivalents effective October 1, 2021 (preschool amount is ½ ounce equivalent). SFAs have two options for calculating the ounce equivalents for creditable commercial products and foods made on site. Method 1 uses the weight (groups A-G) or volume (groups H-I) for the appropriate grain group in the USDA’s ounce equivalents chart. Method 2 calculates the total weight (grams) of creditable grains (whole and enriched) per serving. <p>Method 1: The USDA’s serving size and ounce equivalents charts provide minimum weights (groups A-E) and volumes (groups H-I) for nine groups of grain foods, based on the average grain content of similar products (see the CSDE’s handouts, <i>Grain Servings for Preschoolers in the NSLP, SBP, and ASP</i> and <i>Grain Ounce Equivalents for Preschoolers in the NSLP, SBP, and ASP</i>). Note: Groups F and G do not have minimum amounts because grain-based desserts do not credit in the preschool meal patterns.</p> <p>Method 2: SFAs determine the ounce equivalents for creditable grain products and recipes by calculating the total weight (grams) of creditable grains (whole and enriched) per manufacturer’s serving or recipe serving.</p> <ul style="list-style-type: none"> ○ Through September 30, 2021, a food in groups A-G of the USDA’s grain servings chart must contain 14.75 grams of creditable grains to credit as one serving. A food in groups H of the USDA’s ounce equivalents chart must contain 28 grams of creditable grains to credit as one serving. The required preschool amount is ½ serving. 	<ul style="list-style-type: none"> • The meal pattern lists the grains component in servings. SFAs have two options for calculating the grain servings for creditable commercial products and foods made on site. Method 1 uses the weight (groups A-G) or volume (groups H-I) for the appropriate grain group in the USDA’s grains/breads serving chart. Method 2 calculates the total weight (grams) of creditable grains (whole and enriched) per serving. <p>Method 1: The USDA’s grains/breads serving chart provides minimum weights (groups A-G) and volumes (groups H-I) for nine groups of grain foods, based on the average grain content of similar products (see the CSDE’s handout, <i>Servings for Grains/Breads for Grades K-12 in the ASP</i>). The amount of a grain food that provides one serving varies because different types of foods contain different amounts of creditable grains.</p> <p>Method 2: SFAs determine the grain servings for creditable grain products and recipes by calculating the total weight (grams) of creditable grains (whole and enriched) per manufacturer’s serving or recipe serving. A food in groups A-G of the USDA’s grains/breads serving chart must contain 14.75 grams of creditable grains to credit as one serving. A food in groups H of the USDA’s ounce equivalents chart must contain 25 grams of creditable grains to credit as one serving.</p> <p>Note: There are five situations when SFAs must use method 2. For information on these requirements and more information on both methods, see the CSDE’s handout <i>Calculation Methods for Grains/Breads Servings for Grades K-12 in the ASP</i></p>

Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the ASP

Requirement	ASP Meal Pattern for Preschoolers (Ages 1-4)	ASP Meal Pattern for Grades K-12
Grains component, <i>continued</i>		
<p>Serving sizes, <i>continued</i></p>	<ul style="list-style-type: none"> ○ Effective October 1, 2021, a food in groups A-G of the USDA’s ounce equivalents chart must contain 16 grams of creditable grains to credit as 1 ounce equivalent. A food in groups H of the USDA’s ounce equivalents chart must contain 28 grams of creditable grains to credit as 1 ounce equivalent. The required preschool amount is ½ ounce equivalent. <p>Note: There are five situations when SFAs must use method 2. For information on these requirements and more information on both methods, see the CSDE’s handout, <i>Calculation Methods for Grain Servings for Preschoolers in the NSLP, SBP, and ASP</i>.</p> <p>Resources ASP Meal Pattern for Preschoolers (Ages 1-4) CSDE Calculation Methods for Grain Servings for Preschoolers in the NSLP, SBP, and ASP (CSDE) Child Care Worksheet 1: Crediting Commercial Grains in the CACFP (CSDE) Child Care Worksheet 2: Crediting Ready-to-eat (RTE) Breakfast Cereals in the CACFP (CSDE) Child Care Worksheet 3: Crediting Cooked Breakfast Cereals in the CACFP (CSDE) Child Care Worksheet 4: Crediting Family-size Recipes for Grains in the CACFP (CSDE) Child Care Worksheet 5: Crediting Quantity Recipes for Grains in the CACFP (CSDE) Grain Ounce Equivalents for Preschoolers in the NSLP, SBP, and ASP (effective October 1, 2021)(CSDE) Grain Servings for Preschoolers in the NSLP, SBP, and ASP (through September 30, 2021) (CSDE)</p>	<ul style="list-style-type: none"> ● SFAs may choose to use the ounce equivalents in <i>Grain Ounce Equivalents for School Nutrition Programs</i>, instead of serving sizes. This provides consistency with NSLP and SBP meals and more nutrient-dense choices for children. <p>Resources Afterschool Snack Program Handbook (CSDE) ASP Meal Pattern for Grades K-12 (CSDE) Calculation Methods for Grains/Breads Servings for Grades K-12 in the ASP (CSDE) Grain Ounce Equivalents for Grades K-12 in School Nutrition Programs (CSDE) Product Formulation Statement for Grains: Servings (USDA) Sample Completed Product Formulation Statement for Grains: Servings (USDA) Servings for Grains/Breads for Grades K-12 in the ASP (CSDE)</p>

Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the ASP

Requirement	ASP Meal Pattern for Preschoolers (Ages 1-4)	ASP Meal Pattern for Grades K-12
Grains component, <i>continued</i>		
Serving sizes, <i>continued</i>	Resources, <i>continued</i> Product Formulation Statement for Grains: Servings (through September 30, 2021) (USDA) Sample Completed Product Formulation Statement for Grains: Ounce Equivalents (effective October 1, 2021) (USDA) Sample Completed Product Formulation Statement for Grains: Servings (through September 30, 2021) (USDA) USDA Final Rule (84 FR 50287): Delayed Implementation of Grains Ounce Equivalents in the Child and Adult Care Food Program USDA Memo CACFP 09-2018: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers USDA Memo CACFP 16-2017: Grain-Based Desserts in the Child and Adult Care Food Program	

Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the ASP

Requirement	ASP Meal Pattern for Preschoolers (Ages 1-4)	ASP Meal Pattern for Grades K-12
Grains component, <i>continued</i>		
Whole grain-rich (WGR)	<ul style="list-style-type: none"> ● All grain foods must be whole grain, WGR, or enriched. For more information, see the CSDE’s handouts, Crediting Whole Grains in the NSLP and SBP, Whole Grain-rich Criteria for Preschoolers in the NSLP, SBP, and ASP, and Crediting Enriched Grains in the NSLP and SBP. ● At least one serving per day must be WGR, between all meals and ASP snacks served to preschoolers. The USDA’s CACFP Best Practices recommends at least two servings of WGR grains per day. ● If the SFA serves preschoolers a WGR grain at breakfast or lunch, a WGR grain at ASP snack is not required. If the SFA only serves preschool snack, any grains served at snack must be WGR. ● A commercial food meets the preschool WGR criteria if a whole grain is listed as the first ingredient (or water is the first ingredient and a whole grain is the second ingredient), and the next two grain ingredients (if any) are whole, enriched, bran, or germ. A food made on site meets the preschool WGR criteria if a whole grain (or the combined weight of all whole grains) is the greatest ingredient by weight in the SFA’s standardized recipe. For more information, see the CSDE’s handout, Whole Grain-rich Criteria for Preschoolers in the NSLP, SBP, and ASP, and USDA Memo CACFP 01-2018: Grain Requirements in the CACFP: Questions and Answers. ● Preschool menus must document when a grain is WGR. ● Best practice: Serve only WGR grains and serve 100 percent whole grains most often. ● Note: The USDA’s WGR definition for grades K-12 in the NSLP, SBP, and SSO is different from the WGR definition for preschool meals in the NSLP, SBP, SSO, and ASP. Foods that meet the WGR criteria for grades K-12 meet the WGR criteria for preschool meals and ASP snacks. However, foods that meet the WGR criteria for preschool meals and ASP snacks <i>may or may not</i> meet the WGR criteria for grades K-12. If SFAs serve the same grain foods to preschoolers and grades K-12 in the NSLP, SBP, and SSO, these foods must comply with the WGR criteria for grades K-12. 	<ul style="list-style-type: none"> ● No WGR requirement. ● All grain foods must be whole grain, enriched, or contain a blend of whole and enriched grains. 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. <p>Resources</p> <p>ASP Meal Pattern for Grades K-12 (CSDE) Crediting Enriched Grains in the NSLP and SBP (CSDE)</p> <p>Crediting Whole Grains in the NSLP and SBP (CSDE)</p>

Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the ASP

Requirement	ASP Meal Pattern for Preschoolers (Ages 1-4)	ASP Meal Pattern for Grades K-12
Grains component, <i>continued</i>		
<p>Whole grain-rich (WGR), <i>continued</i></p>	<p>However, the ASP meal pattern for grades K-12 does not have a WGR requirement. If SFAs serve the same grain foods to preschoolers and grades K-12 in the NSLP, SBP, and SSO, these foods must comply with the WGR criteria for preschool meals. The exception is when SFAs choose to follow the K-12 ASP meal pattern for preschoolers and grades K-12 who eat in the <i>same service area</i> at the <i>same time</i> (see “Preschoolers and Grades K-12 Eating Together in the ASP” on page 2).</p> <p>Resources</p> <p>Adding Whole Grains to Your CACFP Menu (USDA)</p> <p>CACFP Best Practices (USDA)</p> <p>Child Care Worksheet 1: Crediting Commercial Grains in the CACFP (CSDE)</p> <p>Child Care Worksheet 2: Crediting Ready-to-eat (RTE) Breakfast Cereals in the CACFP (CSDE)</p> <p>Child Care Worksheet 3: Crediting Cooked Breakfast Cereals in the CACFP (CSDE)</p> <p>Child Care Worksheet 4: Crediting Family-size Recipes for Grains in the CACFP (CSDE)</p> <p>Child Care Worksheet 5: Crediting Quantity Recipes for Grains in the CACFP (CSDE)</p> <p>Crediting Enriched Grains in the NSLP and SBP (CSDE)</p> <p>Crediting Whole Grains in the NSLP and SBP (CSDE)</p> <p>Product Formulation Statement for Grains: Ounce Equivalents (effective October 1, 2021) (USDA)</p> <p>Product Formulation Statement for Grains: Servings (through September 30, 2021) (USDA)</p> <p>Sample Completed Product Formulation Statement for Grains: Ounce Equivalents (effective October 1, 2021) (USDA)</p> <p>Sample Completed Product Formulation Statement for Grains: Servings (through September 30, 2021) (USDA)</p> <p>USDA Memo CACFP 09-2018: Grain Requirements in Whole Grain-rich Criteria for Preschoolers in the NSLP, SBP, and ASP (CSDE)</p> <p>USDA Memo CACFP 09-2018: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers</p>	

Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the ASP

Requirement	ASP Meal Pattern for Preschoolers (Ages 1-4)	ASP Meal Pattern for Grades K-12
Grains component, <i>continued</i>		
<p>Products containing only enriched grains (without any whole grains), e.g., enriched white bread, enriched crackers, enriched white rice, enriched cream of wheat cereal, and enriched corn grits</p>	<ul style="list-style-type: none"> • Products that contain only enriched grains (without any whole grains) credit as the grains component if the SFA offers at least one WGR food per day, between all meals and snacks served to preschoolers. <p>Resources ASP Meal Pattern for Preschoolers (Ages 1-4) (CSDE) Crediting Enriched Grains in the NSLP and SBP (CSDE) Product Formulation Statement for Grains: Ounce Equivalents (effective October 1, 2021) (USDA) Product Formulation Statement for Grains: Servings (through September 30, 2021) (USDA) Sample Completed Product Formulation Statement for Grains: Ounce Equivalents (effective October 1, 2021) (USDA) Sample Completed Product Formulation Statement for Grains: Servings (through September 30, 2021) (USDA) Sample Completed Product Formulation Statement for Grains: Servings (through September 30, 2021) (USDA) USDA Memo CACFP 09-2018: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers Whole Grain-rich Criteria for Preschoolers in the NSLP, SBP, and ASP (CSDE)</p>	<ul style="list-style-type: none"> • Products that contain only enriched grains (without any whole grains) credit as the grains component. • Note: Enriched products are not nutritionally equivalent to whole-grain products because enrichment does not replace all of the nutrients originally present in the whole grain. The CSDE encourages SFAs to serve whole grains most often. <p>Resources ASP Meal Pattern for Grades K-12 (CSDE) Crediting Enriched Grains in the NSLP and SBP (CSDE) NSLP Regulations 7 CFR 210.10 (o)(2)(iv): Meal requirements for lunches and requirements for afterschool snacks Product Formulation Statement for Grains: Servings (USDA) Sample Completed Product Formulation Statement for Grains: Servings (USDA)</p>

Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the ASP

Requirement	ASP Meal Pattern for Preschoolers (Ages 1-4)	ASP Meal Pattern for Grades K-12
Grains component, <i>continued</i>		
Grain-based desserts	<ul style="list-style-type: none"> • Except for sweet crackers such as graham crackers and animal crackers, grain-based desserts cannot credit. As a best practice, the USDA encourages preschool menus to limit sweet crackers because of their higher sugar content. The CSDE recommends not serving sweet crackers more than twice per week between all preschool meals and snacks. • Note: Grain-based desserts are designated with the footnote 3 or 4 in Grain Servings for Preschoolers in the NSLP, SBP, and ASP. Examples of grain-based desserts include brownies, cookies, sweet pie crusts, doughnuts, cereal bars, granola bars, breakfast bars, sweet rolls, pastries, toaster pastries, sweet scones (e.g., blueberry, raisin, and orange cranberry) cake, brownies, rice pudding, and sweet bread pudding. Grain-based desserts do not include muffins, quick breads (such as banana bread and zucchini bread), cornbread, pancakes, waffles, French toast, and savory scones (such as cheese and herb). <p>Resources ASP Meal Pattern for Preschoolers (Ages 1-4) (CSDE) Grain Ounce Equivalents for Preschoolers in the NSLP, SBP, and ASP (effective October 1, 2021)(CSDE) Grain Servings for Preschoolers in the NSLP, SBP, and ASP (through September 30, 2021) (CSDE) Grain-Based Desserts in the CACFP (USDA) Meal Patterns for Preschoolers in School Nutrition Programs (CSDE webpage) USDA Memo CACFP 09-2018: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers USDA Memo CACFP 16-2017: Grain-Based Desserts in the Child and Adult Care Food Program</p>	<ul style="list-style-type: none"> • SFAs should not serve sweet snack foods (e.g., grain-based desserts) more than twice per week. • Note: Grain-based desserts are designated with the footnote 3 or 4 in Servings for Grains/Breads for Grades K-12 in the ASP. Examples of sweet snack foods include grain-based desserts such as cookies, sweet crackers (e.g., graham and animal crackers), sweet pie crusts, doughnuts, cereal bars, granola bars, breakfast bars, sweet rolls, pastries, toaster pastries, sweet scones (e.g., blueberry, raisin, and orange cranberry) cake, brownies, rice pudding, and sweet bread pudding. Grain-based desserts do not include muffins, quick breads (such as banana bread and zucchini bread), cornbread, pancakes, waffles, French toast, and savory scones (such as cheese and herb). <p>Resources ASP Meal Pattern for Grades K-12 (CSDE) Servings for Grains/Breads for Grades K-12 in the ASP (CSDE)</p>

Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the ASP

Requirement	ASP Meal Pattern for Preschoolers (Ages 1-4)	ASP Meal Pattern for Grades K-12
Grains component, <i>continued</i>		
Breakfast cereals	<ul style="list-style-type: none"> • Cereals must be whole grain, enriched, or fortified. • Through September 30, 2021: Serving sizes are based on the USDA’s serving size chart for grains (see the CSDE’s handout, <i>Grain Servings for Preschoolers in the NSLP, SBP, and ASP</i>). <ul style="list-style-type: none"> ○ RTE breakfast cereals (group I): ¼ cup or ½ ounce for ages 1-2 (whichever is less) and ⅓ cup or ½ ounce for ages 3-4 (whichever is less). ○ Cooked breakfast cereals (group H): ½ serving for ages 1-4, which equals ¼ cup cooked or 13 grams dry. • Effective October 1, 2021: Serving sizes are based on the ounce equivalents for groups H-I in the USDA’s ounce equivalents chart for grains (see the CSDE’s handout, <i>Grain Ounce Equivalents for Preschoolers in the NSLP, SBP, and ASP</i>). The preschool meal patterns require ½ ounce equivalent for ages 1-4. <ul style="list-style-type: none"> ○ RTE breakfast cereals: ½ ounce equivalent equals ½ cup of flaked or round cereal, ¾ cup of puffed cereal, and ⅛ cup of granola. ○ Cooked breakfast cereals: ½ ounce equivalent equals ¼ cup cooked or 14 grams dry. • Sugar Limit: No more than 6 grams of sugar per dry ounce (≤ 21.2 grams of sucrose and other sugars per 100 grams of dry cereal). 	<ul style="list-style-type: none"> • Cereals must be whole grain, enriched, or fortified. • Serving sizes are based on the volume and weight for groups H-I in the USDA’s serving size chart for grains/breads (see the CSDE’s handout, <i>Servings for Grains/Breads for Grades K-12 in the ASP</i>). <ul style="list-style-type: none"> ○ Group H (cereal grains, e.g., amaranth, buckwheat, cornmeal, corn grits, farina, kasha, millet, oats, quinoa, wheat berries, and rolled wheat): One serving equals ½ cup cooked or 25 grams dry. ○ Group I (ready-to-eat breakfast cereals (cold dry): One serving equals ¾ cup or 1 ounce, whichever or less. • No sugar limit. • Note: If SFAs serve the same breakfast cereals to grades K-12 and preschoolers in the ASP, these breakfast cereals must comply with the preschool limit for sugars. The exception is when SFAs choose to follow the K-12 ASP meal pattern for preschoolers and grades K-12 who eat in the <i>same service area</i> at the <i>same time</i> (see “Preschoolers and Grades K-12 Eating Together in the ASP” on page 2).

Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the ASP

Requirement	ASP Meal Pattern for Preschoolers (Ages 1-4)	ASP Meal Pattern for Grades K-12
Grains component, <i>continued</i>		
Breakfast cereals, <i>continued</i>	Resources Calculating Sugar Limits for Breakfast Cereals in the CACFP (USDA) Child Care Worksheet 2: Crediting Ready-to-eat (RTE) Breakfast Cereals in the CACFP (CSDE) Child Care Worksheet 3: Crediting Cooked Breakfast Cereals in the CACFP (CSDE) Choose Breakfast Cereals That Are Lower in Added Sugars (USDA) Crediting Breakfast Cereals for Preschoolers in the NSLP, SBP, and ASP (CSDE) How to Identify Creditable Grains for Preschoolers in the NSLP, SBP, and ASP (CSDE) Grain Ounce Equivalents for Preschoolers in the NSLP, SBP, and ASP (effective October 1,2021)(CSDE) Grain Servings for Preschoolers in the NSLP, SBP, and ASP (through September 30, 2021) (CSDE) USDA Final Rule (84 FR 50287): Delayed Implementation of Grains Ounce Equivalents in the Child and Adult Care Food Program USDA Memo CACFP 09-2018: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers	Resources ASP Meal Pattern for Grades K-12 (CSDE) Crediting Breakfast Cereals for Grades K-12 in the NSLP (CSDE) Servings for Grains/Breads for Grades K-12 in the ASP (CSDE)

Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the ASP

Requirement	ASP Meal Pattern for Preschoolers (Ages 1-4)	ASP Meal Pattern for Grades K-12
Noncreditable foods		
Noncreditable foods	<ul style="list-style-type: none"> ● Noncreditable foods cannot credit in the ASP meal pattern. Examples include condiments, popcorn, potato chips, pudding, ice cream, gelatin, cream cheese, bacon, and fruit roll-ups. ● Some noncreditable foods can be served in addition to the snack components to add variety, help improve acceptability, and satisfy appetites. Examples include maple syrup on pancakes, salad dressing on tossed greens, and condiments such as ketchup or mustard on sandwiches. ● Snacks that include a noncreditable food must also include the minimum serving of at least two creditable snack components. For example, a snack of strawberry gelatin (noncreditable food), whole-grain crackers (grains component), and low-fat unflavored milk (milk component) is only reimbursable if the milk and crackers provide the minimum required serving. <p>Resources Noncreditable Foods for Preschoolers in the NSLP, SBP, and ASP (CSDE)</p>	<ul style="list-style-type: none"> ● Noncreditable foods cannot credit in the ASP meal pattern. Examples include condiments, popcorn, potato chips, pudding, ice cream, gelatin, cream cheese, bacon, and fruit roll-ups. ● Some noncreditable foods can be served in addition to the snack components to add variety, help improve acceptability, and satisfy appetites. Examples include maple syrup on pancakes, salad dressing on tossed greens, and condiments such as ketchup or mustard on sandwiches. ● Snacks that include a noncreditable food must also include the minimum serving of at least two creditable snack components. For example, a snack of strawberry gelatin (noncreditable food), whole-grain crackers (grains/breads component), and low-fat unflavored milk (milk component) is only reimbursable if the milk and crackers provide the minimum required serving. <p>Resources Noncreditable Foods for Grades K-12 in the ASP (CSDE)</p>

Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the ASP

Requirement	ASP Meal Pattern for Preschoolers (Ages 1-4)	ASP Meal Pattern for Grades K-12
Water		
Water	<ul style="list-style-type: none"> • Water does not credit as a snack component. It can be offered in addition to, but not in place of, the two required snack components. • If milk or juice is one of the two snack components, snack menus cannot offer a choice between water and milk or juice. • The Healthy Hunger-Free Kids Act requires that schools must make drinking water available to children at no charge where meals are served during the meal service (including the ASP). <p>Resources USDA Memo SP 49-2016 CACFP 18-2016: Resources for Making Potable Water Available in Schools and Child Care Facilities</p>	<ul style="list-style-type: none"> • Water does not credit as a snack component. It can be offered in addition to, but not in place of, the two required snack components. SFAs cannot promote or offer water or any other beverage as an alternative selection to fluid milk throughout the food service area. • If milk or juice is one of the two snack components, snack menus cannot offer a choice between water and milk or juice. • The Healthy Hunger-Free Kids Act requires that schools must make drinking water available to children at no charge where meals are served during the meal service (including the ASP). <p>Resources USDA Memo SP 19-2018: Clarification on the Milk and Water Requirements in the School Meal Programs USDA Memo SP 49-2016 CACFP 18-2016: Resources for Making Potable Water Available in Schools and Child Care Facilities</p>

Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the ASP

Requirement	ASP Meal Pattern for Preschoolers (Ages 1-4)	ASP Meal Pattern for Grades K-12
Dietary specifications (nutrition standards)		
Dietary specifications	<ul style="list-style-type: none"> Sugar limits for yogurt and breakfast cereals (see “Yogurt and Soy Yogurt” on page 9 and “Breakfast Cereals” on page 22). No other dietary specifications. Optional best practices for preschool (<i>CACFP Best Practices</i>). <p>Resources CACFP Best Practices (USDA) USDA Memo CACFP 15-16: Optional Best Practices to Further Improve Nutrition in the Child and Adult Care Food Program Meal Pattern</p>	<ul style="list-style-type: none"> No dietary specifications. Note: If SFAs serve the same foods to preschoolers and grades K-12 in the ASP, these foods must meet the specific meal pattern requirements for each age group. <ul style="list-style-type: none"> If SFAs serve the same breakfast cereals to preschoolers and grades K-12 in the ASP, these breakfast cereals must comply with the preschool limit for sugars. If SFAs serve the same yogurt to preschoolers and grades K-12 in the ASP, the yogurt must comply with the preschool limit for sugars. If SFAs serve the same grain foods to preschoolers and grades K-12 in the ASP, these foods must comply with the WGR criteria for preschoolers.
Offer versus serve		
Offer versus serve (OVS)	<ul style="list-style-type: none"> Not allowed. 	<ul style="list-style-type: none"> Not allowed.

Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the ASP

Regulations and Policy

Healthy, Hunger-Free Kids Act of 2010:

<https://www.fns.usda.gov/healthy-hunger-free-kids-act-2010>

National School Lunch Program Regulations (7 CFR 210):

<https://www.fns.usda.gov/part-210%E2%80%94national-school-lunch-program>

School Meals Legislation and Regulations:

<https://www.fns.usda.gov/school-meals/program-legislation-regulations>

USDA Final Rule (81 FR 24347): CACFP Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010

<https://www.federalregister.gov/documents/2018/12/12/2018-26762/child-nutrition-programs-flexibilities-for-milk-whole-grains-and-sodium-requirements>

USDA Final Rule Corrections (81 FR 75671): Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010: <https://www.federalregister.gov/documents/2016/11/01/2016-26339/child-and-adult-care-food-program-meal-pattern-revisions-related-to-the-healthy-hunger-free-kids-act>

USDA Final Rule (83 FR 63775): Child Nutrition Programs: Flexibilities for Milk, Whole Grains, and Sodium Requirements:

<https://www.govinfo.gov/content/pkg/FR-2018-12-12/pdf/2018-26762.pdf>

USDA Final Rule (84 FR 50287): Delayed Implementation of Grains Ounce Equivalents in the Child and Adult Care Food Program:

<https://www.federalregister.gov/documents/2019/09/25/2019-20808/delayed-implementation-of-grains-ounce-equivalents-in-the-child-and-adult-care-food-program>

USDA Memo CACFP 09-2017: Vegetable and Fruit Requirements in the Child and Adult Care Food Program; Questions and Answer:

<https://fns-prod.azureedge.net/sites/default/files/cacfp/CACFP09-2017os2.pdf>

USDA Memo CACFP 09-2018: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers:

<https://www.fns.usda.gov/cacfp/grain-requirements-cacfp-questions-and-answers>

USDA Memo CACFP 16-2017: Grain-Based Desserts in the Child and Adult Care Food Program:

<https://www.fns.usda.gov/cacfp/grain-based-desserts-child-and-adult-care-food-program>

USDA Memo SP 10-2012 (v9): Q&As on Final Rule “Nutrition Standards in the National School Lunch and School Breakfast Programs”:

<https://www.fns.usda.gov/qas-final-rule-nutrition-standards-national-school-lunch-and-school-breakfast-programs>

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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/cn/crediting-coconut-hominy-corn-masa-and-masa-harina-child-nutrition-programs>

USDA Memo SP 37-2017: Flexibility for Co-Mingled Preschool Meals: Questions and Answers:

<https://www.fns.usda.gov/school-meals/flexibility-co-mingled-preschool-meals-questions-and-answers>

Websites

Afterschool Snack Program (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Afterschool-Snack-Program>

Afterschool Snack Program Handbook (CSDE):

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

Crediting Foods for Grades K-12 in School Nutrition Programs (CSDE):

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

Laws and Regulations (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Laws-and-Regulations-for-Child-Nutrition-Programs>

Meal Patterns for Grades K-12 in School Nutrition Programs (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-School-Nutrition-Programs>

Meal Patterns for Preschoolers in School Nutrition Programs (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-Preschoolers-in-School-Nutrition-Programs>

Menu Planning Guide for Preschoolers in the NSLP, SBP, and ASP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/mpgpreschool.pdf>

Menu Planning Guide for School Meals for Grades K-12 (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Menu-Planning-Guide-for-School-Meals>

Nutrition Standards for CACFP Meals and Snacks (USDA):

<https://www.fns.usda.gov/cacfp/meals-and-snacks>

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Operational Memoranda for School Nutrition Programs (CSDE):

<https://portal.ct.gov/SDE/Lists/Operational-Memoranda-for-School-Nutrition-Programs>

Policy Memos for School Meals (USDA): <https://www.fns.usda.gov/school-meals/policy>

Program Guidance for School Nutrition Programs (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Program-Guidance-School-Nutrition-Programs>

Special Diets in School Nutrition Programs (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Special-Diets-in-School-Nutrition-Programs>

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For more information, visit the Connecticut State Department of Education's (CSDE) [ASP](#) webpage or contact the [school nutrition programs staff](#) in the CSDE 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/ASPComparisonPreschoolK12.pdf>.

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