

Afterschool Snack Program

Sample Menu for Ages 3-4 (October 1, 2019, through September 30, 2021)

This ten-week menu provides snack ideas for ages 3-4 in the U.S. Department of Agriculture's (USDA) Afterschool Snack Program (ASP) of the National School Lunch Program (NSLP). Portion sizes meet or exceed the [preschool meal pattern requirements](#) and are indicated in parentheses after each menu item. Use the USDA's [Food Buying Guide for Child Nutrition Programs](#) to determine the amount of purchased food that meets the requirements. For information on crediting processed foods, see Connecticut State Department of Education's (CSDE) handouts, [Child Nutrition \(CN\) Labeling Program](#) and [Product Formulation Statements](#); and visit the "Crediting Foods in Preschool Menus" section of the CSDE's [Meal Patterns for Preschoolers in School Nutrition Programs](#) webpage. For guidance on crediting foods made on site, visit the "Crediting Foods Prepared on Site" section of the CSDE's [Meal Patterns for Preschoolers in School Nutrition Programs](#) webpage.

In addition to meeting the ASP meal pattern, snacks served 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. When using products from the CSDE's list, menu planners must compare the product's serving size with the minimum serving size required in the ASP meal pattern. The CSDE's list does not identify product compliance with the required serving sizes for the USDA meal patterns.

Abbreviations: The abbreviation to the left of each menu item indicates the meal pattern component.

G = Grains

MA = Meat/Meat Alternates

V = Vegetables

F = Fruits

M = Milk

O = Other foods (*noncreditable*)

A = Additional Items (*creditable foods served in addition to the minimum required components*)

Note: This document expires on September 30, 2021. Effective October 1, 2021, the required amount for the grains component in the preschool meal patterns changes to ounce equivalents. For more information, see the CSDE's handout, [Grain Ounce Equivalents for Preschoolers in the NSLP, SBP, and ASP](#).

ASP Sample Menu for Ages 3-4

| Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>G Whole-corn tortilla ¹ (½ ounce)</p> <p>MA Sliced ham (¼ ounce)</p> <p>MA Shredded low-fat cheese (¼ ounce)</p> <p>O Water ²</p> | <p>G Whole grain-rich (WGR) zucchini bread ¹ (1 ounce)</p> <p>MA Low-fat yogurt ³ (¼ cup)</p> <p>O Water ²</p> | <p>V Carrot sticks, six 4-inch by ½ -inch (½ cup)</p> <p>O Low-fat ranch dip (1 tablespoon)</p> <p>G Whole-grain crackers ¹ (½ ounce)</p> <p>O Water ²</p> | <p>G Whole-grain pita ¹ (½ ounce)</p> <p>A Peanut butter (½ tablespoon)</p> <p>A Banana slices (¼ cup)</p> <p>M Low-fat unflavored milk (½ cup)</p> | <p>F Cantaloupe and watermelon chunks (½ cup)</p> <p>G Whole-grain roll ¹ (½ ounce)</p> <p>O Water ²</p> |
| <p>F Apple slices (½ cup)</p> <p>MA Sun butter (1 tablespoon)</p> <p>O Water ²</p> | <p>G WGR animal crackers ¹ (½ ounce)</p> <p>M Low-fat unflavored milk (½ cup)</p> | <p>F Mandarin oranges and pineapple tidbits (½ cup)</p> <p>MA Low-fat vanilla yogurt ³ (½ cup)</p> <p>A Whole-grain granola ¹ (1 tablespoon)</p> <p>O Water ²</p> | <p>MA Sliced turkey (½ ounce)</p> <p>G WGR crackers ¹ (½ ounce)</p> <p>A Papaya cubes (¼ cup)</p> <p>O Water ²</p> | <p>V Cucumber and red pepper slices (½ cup)</p> <p>O Low-fat dip (1 tablespoon)</p> <p>G WGR pretzel twists ¹ (½ ounce)</p> <p>O Water ²</p> |
| <p>G Whole-grain roll ¹ (½ ounce)</p> <p>MA Hard-boiled egg (½ large)</p> <p>O Water ²</p> | <p>F Banana, 150-count petite (½ cup)</p> <p>G Whole-grain pretzels ¹ (½ ounce)</p> <p>O Water ²</p> | <p>G Whole-corn tortilla ¹ (½ ounce)</p> <p>MA Shredded cheese (½ ounce)</p> <p>A Mild salsa (⅛ cup)</p> <p>O Water ²</p> | <p>V Carrot-raisin salad (½ cup)</p> <p>G Whole-wheat crackers ¹ (½ ounce)</p> <p>O Water ²</p> | <p>G Mini whole-wheat bagel ¹ (½ ounce)</p> <p>M Fat-free unflavored milk (½ cup)</p> |
| <p>MA Part-skim Mozzarella cheese stick (½ ounce)</p> <p>F Green grapes (½ cup)</p> <p>O Water ²</p> | <p>V Celery sticks, six 4-inch by ½ -inch (½ cup)</p> <p>MA Peanut butter (1 tablespoon)</p> <p>A Raisins (1 tablespoon)</p> <p>O Water ²</p> | <p>MA Low-fat yogurt ³ (½ cup)</p> <p>F Sliced peaches (½ cup)</p> <p>O Water ²</p> | <p>G Whole-grain cereal ^{1,4} (½ ounce)</p> <p>A Blueberries (⅛ cup)</p> <p>M Fat-free unflavored milk (½ cup)</p> | <p>MA Sunflower seeds (½ ounce)</p> <p>F Fresh plums, one 2-inch diameter (½ cup)</p> <p>O Water ²</p> |
| <p>MA Low-fat cheese cubes (½ ounce)</p> <p>A Apple slices, half of 125-130 count (½ cup)</p> <p>O Water ²</p> | <p>F Fruit salad: Oranges, bananas, sliced grapes, pineapple (½ cup)</p> <p>MA Vanilla low-fat yogurt ³ (½ cup)</p> <p>A Whole-grain granola ² (1 tablespoon)</p> <p>O Water ²</p> | <p>G WGR cornbread ¹ (½ ounce)</p> <p>M Low-fat unflavored milk (½ cup)</p> | <p>G Whole-grain cereal ^{1,4} (½ ounce)</p> <p>F Dried fruit ⁷ (⅛ cup)</p> <p>F Strawberries (¼ cup)</p> <p>O Water ²</p> | <p>V Jicama sticks (½ cup) with low-fat Ranch dressing</p> <p>G Whole-grain bread sticks (½ ounce)</p> <p>O Water ²</p> |

ASP Sample Menu for Ages 3-4

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>F Cinnamon applesauce (½ cup)</p> <p>G WGR graham crackers ¹, one large (½ ounce)</p> <p>O Water ²</p> | <p>G Choice of whole-grain cereal ^{1,4} (½ ounce)</p> <p>M Fat-free unflavored milk (½ cup)</p> | <p>MA Low-fat cottage cheese (½ cup)</p> <p>F Pineapple tidbits (¼ cup)</p> <p>F Orange juice ⁵ (¼ cup)</p> | <p>G WGR pasta (¼ cup) veggie salad (¼ cup veggies) and</p> <p>MA low-fat cheese cubes (½ ounce)</p> <p>O Water ²</p> | <p>G WGR blueberry muffin ¹ (1 ounce)</p> <p>F Orange (138 count) wedges (½ cup)</p> <p>O Water ²</p> |
| <p>F Watermelon chunks (½ cup)</p> <p>G Banana bread ¹ (1 ounce)</p> <p>O Water ²</p> | <p>MA Hummus (chickpea dip) (¼ cup beans)</p> <p>G Whole-wheat pita wedges ¹ (½ ounce)</p> <p>A Shredded carrots (¼ cup)</p> <p>O Water ²</p> | <p>G WGR pumpkin cranberry muffin (1 ounce)</p> <p>M Low-fat unflavored milk (½ cup)</p> | <p>Garden salad ⁶ (1 cup lettuce) with low-fat Italian dressing (½ tablespoon)</p> <p>G WGR bread sticks ¹ (½ ounce)</p> <p>O Water ²</p> | <p>F Fresh berries (½ cup)</p> <p>A Low-fat yogurt ³ (⅓ cup)</p> <p>G Whole-grain cereal ^{1,4} (½ ounce)</p> <p>O Water ²</p> |
| <p>G Whole-wheat pita bread triangles ¹ (½ ounce)</p> <p>MA Low-fat shredded cheese (½ ounce)</p> <p>A Salsa (⅓ cup)</p> <p>O Water ²</p> | <p>F Pineapple chunks (½ cup)</p> <p>M Fat-free unflavored milk (½ cup)</p> | <p>V Cucumber-tomato salad (½ cup) with low-fat dressing (½ tablespoon)</p> <p>G Whole-grain roll (½ ounce)</p> <p>O Water ²</p> | <p>G WGR biscuit ¹ (½ ounce)</p> <p>F Sliced strawberries (½ cup)</p> <p>A Low-fat yogurt ³ (⅓ cup)</p> <p>O Water ²</p> | <p>MA Chicken salad (½ ounce of meat)</p> <p>G WGR pita pocket half ¹ (½ ounce)</p> <p>A Lettuce and tomato (¼ cup)</p> <p>O Water ²</p> |
| <p>G Whole-grain mini bagel ¹ (½ ounce)</p> <p>O Whipped light cream cheese (1 teaspoon)</p> <p>F Pineapple tidbits (½ cup)</p> <p>O Water ²</p> | <p>Fruit smoothie:</p> <p>MA Low-fat yogurt ³ (¼ cup)</p> <p>F Berries (½ cup)</p> <p>O Water ²</p> | <p>V Broccoli and cauliflower (½ cup) with low-fat dip (1 tablespoon)</p> <p>G Whole-grain crackers ¹ (½ ounce)</p> <p>O Water ²</p> | <p>G Soft WGR tortilla shell ¹ (½ ounce)</p> <p>MA Refried beans (⅓ cup)</p> <p>A Cheese (⅓ ounce)</p> <p>Lettuce and tomato (¼ cup)</p> <p>O Water ²</p> | <p>F Dried fruit mix: apples, raisins, apricots (¼ cup) ⁷</p> <p>G WGR hot pretzel ¹ (½ ounce)</p> |
| <p>MA Turkey (¼ ounce) and low-fat cheese (¼ ounce) in</p> <p>G WGR tortilla shell ¹ (½ ounce)</p> <p>A Shredded lettuce (⅓ cup)</p> <p>O Water ²</p> | <p>V Three-bean salad (½ cup)</p> <p>G Enriched crackers ¹ (½ ounce)</p> <p>O Water ²</p> | <p>G WGR waffle ¹ (1 ounce)</p> <p>F Seasonal berries (½ cup)</p> <p>O Water ²</p> | <p>A Peanut butter (½ tablespoon) and jelly (1 teaspoon) on</p> <p>G Whole-wheat bread ¹ (½ slice)</p> <p>M Low-fat unflavored milk (½ cup)</p> | <p>G WGR bread sticks ¹ (½ ounce)</p> <p>V Tomato and cucumber slices (½ cup)</p> <p>A Herbed low-fat cottage cheese dip (¼ cup)</p> <p>O Water ²</p> |

ASP Sample Menu for Ages 3-4

Menu Notes

- ¹ Through September 30, 2021, grains must meet the applicable weights (groups A-E) volumes (groups H-I) in the USDA's grain servings chart, or provide the minimum creditable grains per serving. For more information, see the CSDE's handouts, *Grain Servings for Preschoolers in the NSLP, SBP, and ASP* and *Calculation Methods for Grain Servings for Preschoolers in the NSLP, SBP, and ASP*. Effective October 1, 2021, the required amounts for the grains component change to ounce equivalents. For more information, see the CSDE's handout, *Grain Ounce Equivalents for Preschoolers in the NSLP, SBP, and ASP*.
- ² Water can be offered in addition to, but not in place of, the two required snack components. 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.
- ³ Yogurt cannot contain more than 23 grams of total sugars per 6 ounces (no more than 3.83 grams per ounce). For more information, see the CSDE's handout, *Crediting Yogurt for Preschoolers in the NSLP, SBP, and ASP*.
- ⁴ Breakfast cereals cannot contain more than 6 grams of sugar per dry ounce (no more than 21.2 grams of sucrose and other sugars per 100 grams of dry cereal). For more information, see the CSDE's handout, *Crediting Breakfast Cereals for Preschoolers in the NSLP, SBP, and ASP*.
- ⁵ Pasteurized full-strength juice can meet the vegetables component or fruits component at only one preschool meal or snack per day. 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. For more information, see the CSDE's handout, *Crediting Juice for Preschoolers in the NSLP, SBP, and ASP* and *Crediting Smoothies for Preschoolers in the NSLP, SBP, and ASP*.
- ⁶ Raw leafy greens such as lettuce and spinach credit as half the volume served, e.g., $\frac{1}{2}$ cup of lettuce credits as $\frac{1}{4}$ cup of the vegetables component
- ⁷ Dried fruit credits as twice the volume served, e.g., $\frac{1}{4}$ cup of raisins credits as $\frac{1}{2}$ cup of the fruits component.

ASP Sample Menu for Ages 3-4

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 Preschoolers (CSDE):

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

Afterschool Snack Program Menu Form for Ages 1-2 (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/ASP/Forms/ASPmenuform12.doc>

Afterschool Snack Program Menu Form for Ages 3-4 (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/ASP/Forms/ASPmenuform34.doc>

Calculation Methods for Grains Servings for Preschoolers in the NSLP, SBP, and ASP (CSDE):

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

Connecticut Nutrition Standards (CSDE website):

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

Crediting Foods in Preschool Meals (CSDE):

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

Grain Serving Sizes for Preschoolers in the NSLP, SBP, and ASP (through September 30, 2019) (CSDE):

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

Grain Ounce Equivalents for Preschoolers in the NSLP, SBP, and ASP (effective October 1, 2021) (CSDE):

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

Healthy Food Certification (CSDE website):

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

List of Acceptable Foods and Beverages (CSDE website):

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

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

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

Menu Planning Guidance for Preschoolers in the ASP (CSDE):

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

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

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

Noncreditable Foods for Preschoolers in the NSLP, SBP, and ASP (CSDE):

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

Serving Size for Vegetables and Fruits for Preschoolers in the ASP (CSDE):

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

ASP Sample Menu for Ages 3-4



For more information, review the CSDE's *Menu Planning Guide for Preschoolers in the NSLP, SBP, and ASP* and *ASP Handbook* and visit the CSDE's [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 form is available at <https://portal.ct.gov/-/media/SDE/Nutrition/ASP/Forms/ASPsamplemenu34.pdf>.

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Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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