

Afterschool Snack Program Sample Menu for Grades K-12

This ten-week menu provides snack ideas for grades K-12 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 [meal pattern requirements for grades K-12](#) 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 Commercial Processed Products" section of the CSDE's [Crediting Foods 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 [Crediting Foods 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*)

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>G Whole-corn tortilla ¹ (1 ounce)</p> <p>MA Sliced ham (³/₄ ounce)</p> <p>MA Shredded low-fat cheese (¹/₄ ounce)</p> <p>O Water ²</p>	<p>G Whole grain-rich (WGR) zucchini bread ¹ (2 ounces)</p> <p>MA Low-fat yogurt (¹/₂ cup)</p> <p>O Water ²</p>	<p>VF Carrot sticks, nine 4-inch by ¹/₂-inch (³/₄ cup)</p> <p>O Low-fat ranch dip (2 tablespoons)</p> <p>G Whole-grain crackers (1 ounce) ¹</p> <p>O Water ²</p>	<p>G Whole-grain pita ¹ (1 ounce)</p> <p>A Peanut butter (1 tablespoon)</p> <p>A Banana slices (¹/₄ cup)</p> <p>M Low-fat unflavored milk (1 cup)</p>	<p>VF Cantaloupe and watermelon chunks (³/₄ cup)</p> <p>G Whole-grain roll ¹ (1 ounce)</p> <p>O Water ²</p>
<p>VF Apple slices (³/₄ cup)</p> <p>MA Sun butter (2 tablespoons)</p> <p>O Water ²</p>	<p>G WGR animal crackers (1 ounce) ¹</p> <p>M Low-fat unflavored milk (1 cup)</p>	<p>VF Mandarin oranges and pineapple tidbits (³/₄ cup)</p> <p>MA Low-fat vanilla yogurt (¹/₂ cup)</p> <p>A Whole-grain granola ¹ (¹/₈ cup)</p> <p>O Water ²</p>	<p>MA Sliced turkey (1 ounce)</p> <p>G WGR crackers ¹ (1 ounce)</p> <p>A Papaya cubes (¹/₂ cup)</p> <p>O Water ²</p>	<p>VF Cucumber and red pepper slices (³/₄ cup)</p> <p>O Low-fat dip (2 tablespoons)</p> <p>G WGR pretzel twists ¹ (1 ounce)</p> <p>O Water ²</p>
<p>G Whole-grain roll ¹ (1 ounce)</p> <p>MA Hard-boiled egg (¹/₂ large)</p> <p>O Water ²</p>	<p>VF Banana, 100-120 count (¹/₂ cup)</p> <p>VF Mandarin oranges (¹/₄ cup)</p> <p>G Whole-grain granola bar ¹ (2.2 ounces)</p>	<p>G Whole-corn tortilla ¹ (1 ounce)</p> <p>MA Shredded cheese (1 ounce)</p> <p>A Mild salsa (¹/₄ cup)</p> <p>O Water ²</p>	<p>VF Carrot-raisin salad (³/₄ cup)</p> <p>G Whole-wheat crackers ¹ (1 ounce)</p> <p>O Water ²</p>	<p>G Mini whole-wheat bagel ¹ (1 ounce)</p> <p>M Fat-free unflavored milk (1 cup)</p>
<p>MA Part-skim Mozzarella cheese stick,(1 ounce)</p> <p>VF Green grapes (³/₄ cup)</p> <p>O Water ²</p>	<p>VF Carrot sticks, six 4-inch by ¹/₂- inch (¹/₂ cup)</p> <p>VF Celery sticks, three 4-inch by ¹/₂-inch (¹/₄ cup)</p> <p>MA Peanut butter (2 tablespoons)</p> <p>A Raisins (1 tablespoon)</p> <p>O Water ²</p>	<p>MA Low-fat yogurt (¹/₂ cup)</p> <p>VF Sliced peaches (³/₄ cup)</p> <p>O Water ²</p>	<p>G Whole-grain cereal ¹ (1 ounce)</p> <p>A Blueberries (¹/₄ cup)</p> <p>M Fat-free unflavored milk (1 cup)</p>	<p>MA Sunflower seeds (1 ounce)</p> <p>VF Fresh plums, 2-inch diameter, two (1 cup)</p> <p>O Water ²</p>
<p>MA Low-fat cheese cubes (1 ounce)</p> <p>A Apple slices, ³/₄ of 125-130 count (³/₄ cup)</p> <p>O Water ²</p>	<p>VF Fruit salad: Oranges, bananas, sliced grapes, pineapple (³/₄ cup)</p> <p>MA Vanilla low-fat yogurt (¹/₂ cup)</p> <p>A Whole-grain granola ² (¹/₈ cup)</p> <p>O Water ²</p>	<p>G WGR cornbread ¹ (1.8 ounces)</p> <p>M Low-fat unflavored milk (1 cup)</p>	<p>G Whole-grain cereal (1 ounce)</p> <p>VF Dried fruit (¹/₄ cup)</p> <p>VF Strawberries (¹/₂ cup)</p> <p>O Water ²</p>	<p>VF Jicama sticks (³/₄ cup)</p> <p>O Low-fat Ranch dressing</p> <p>G Whole-grain bread sticks (1 ounce)</p> <p>O Water ²</p>

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<p>VF Cinnamon applesauce (¾ cup)</p> <p>G WGR graham crackers ¹, two large (1 ounce)</p> <p>O Water ²</p>	<p>G Choice of whole-grain cereal ¹ (1 ounce)</p> <p>M Low-fat unflavored milk (1 cup)</p>	<p>MA Low-fat cottage cheese (¼ cup)</p> <p>VF Pineapple tidbits (¼ cup)</p> <p>VF Orange juice (½ cup)</p>	<p>G WGR pasta (½ cup)</p> <p>A veggie salad (¼ cup zucchini, broccoli, tomatoes, and carrots)</p> <p>MA Low-fat cheese cubes (1 ounce)</p> <p>O Water ²</p>	<p>G WGR blueberry muffin ¹ (2 ounces)</p> <p>VF Orange wedges (¾ cup)</p> <p>O Water ²</p>
<p>VF Watermelon chunks (½ cup)</p> <p>VF Cherry tomatoes (¼ cup)</p> <p>G Banana bread ¹ (2 ounces)</p> <p>O Water ²</p>	<p>MA Hummus (chickpea dip) (¼ cup beans)</p> <p>G Whole-wheat pita wedges ¹ (1 ounce)</p> <p>A Shredded carrots (¼ cup)</p> <p>O Water ²</p>	<p>G WGR pumpkin cranberry muffin (2 ounces)</p> <p>M Low-fat unflavored milk (1 cup)</p>	<p>VF Garden salad (¾ cup)</p> <p>O Low-fat Italian dressing (1 tablespoon)</p> <p>G WGR bread sticks ¹ (1 ounce)</p> <p>O Water ²</p>	<p>VF Fresh berries (¾ cup)</p> <p>A Low-fat yogurt (¼ cup)</p> <p>G Whole-grain cereal (1 ounce)</p> <p>O Water ²</p>
<p>G Whole-wheat pita bread triangles ¹ (1 ounce)</p> <p>MA Low-fat shredded cheese (1 ounce)</p> <p>A Salsa (¼ cup)</p> <p>O Water ²</p>	<p>VF Pineapple chunks (¾ cup)</p> <p>M Low-fat unflavored milk (1 cup)</p>	<p>VF Cucumber-tomato salad (¾ cup) with low-fat dressing (1 tablespoon)</p> <p>G Whole-grain roll (½ ounce)</p> <p>O Water ²</p>	<p>G WGR biscuit ¹ (1 ounce)</p> <p>VF Sliced strawberries (¾ cup)</p> <p>A Low-fat yogurt (⅛ cup)</p> <p>O Water ²</p>	<p>MA Chicken salad (1 ounce of meat)</p> <p>G WGR pita pocket half ¹ (1 ounce)</p> <p>A Lettuce and tomato (¼ cup)</p> <p>O Water ²</p>
<p>G Whole-grain mini bagel ¹ (1 ounce)</p> <p>O Whipped light cream cheese (1 tablespoon)</p> <p>VF Pineapple tidbits (¾ cup)</p> <p>O Water ²</p>	<p>Fruit smoothie:</p> <p>MA Low-fat yogurt (½ cup)</p> <p>VF Berries (¾ cup)</p> <p>O Water ²</p>	<p>VF Broccoli and cauliflower (¾ cup) with low-fat dip (2 tablespoons)</p> <p>G Whole-grain crackers ¹ (1 ounce)</p> <p>O Water ²</p>	<p>G Soft WGR tortilla shell ¹ (1 ounce)</p> <p>MA Refried beans (¼ cup)</p> <p>A Cheese (¼ ounce)</p> <p>A Lettuce and tomato (¼ cup)</p> <p>O Water ²</p>	<p>VF Dried fruit mix: apples, raisins, apricots (¼ cup)</p> <p>VF Assorted 100% juice (½ cup)</p> <p>G WGR hot pretzel ¹ (1 ounce)</p>
<p>MA Turkey (½ ounce) and low-fat cheese (½ ounce) in</p> <p>G WGR tortilla shell ¹ (1 ounce)</p> <p>A Orange wedges (¾ cup)</p> <p>O Water ²</p>	<p>VF Three-bean salad (¼ cup)</p> <p>G Enriched crackers (1 ounce)</p> <p>VF Diced pears (½ cup)</p> <p>O Water ²</p>	<p>G WGR waffle ¹ (1 ½ ounces)</p> <p>VF Seasonal berries (¾ cup)</p> <p>A Low-fat vanilla yogurt (⅛ cup)</p> <p>O Water ²</p>	<p>A Peanut butter (1 tablespoon) and jelly (½ tablespoon) on</p> <p>G Whole-wheat bread ¹ (1 slice)</p> <p>M Low-fat unflavored milk (1 cup)</p>	<p>G WGR bread sticks ¹ (1 ounce)</p> <p>VF Tomato and cucumber slices (¾ cup)</p> <p>A Herbed low-fat cottage cheese dip (¼ cup)</p> <p>O Water ²</p>

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Menu Notes

- ¹ All grain products must be whole grain or enriched and meet the minimum serving sizes in *Serving Sizes for Grains/Breads for Grades K-12 in the ASP* or provide the minimum creditable grains per serving. For more information, see the CSDE's handouts, *Calculation Methods for Grains/Breads Servings for Grades K-12 in the ASP*, *Crediting Whole Grains in the NSLP and SBP* and *Crediting Enriched Grains in the NSLP and SBP*. Breakfast cereals must be whole grain, enriched, or fortified. Serve whole grains most often. The CSDE recommends not serving creditable grain-based desserts more than twice per week. Grain-based desserts are designated by the footnote 1 in *Serving Sizes for Grains/Breads for Grades K-12 in the ASP*. Examples include cookies, animal crackers, graham crackers, granola bars, toaster pastries, sweet rolls, and cake.
- 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).

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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.doc>

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

<https://portal.ct.gov/-/media/SDE/Nutrition/ASP/GrainCalcASP.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 School Nutrition Programs (CSDE webpage):

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

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>

Menu Planning Guidance for Grades K-12 in the ASP (CSDE):

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

Menu Planning Guide for School Meals (CSDE website):

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

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

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

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

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

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

<https://portal.ct.gov/-/media/SDE/Nutrition/ASP/aspVF-servingk12.pdf>

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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 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/ASPsamplemenuK12.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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