

AFTERSCHOOL SNACK PROGRAM (ASP) MEAL PATTERN

Serve any TWO of the following four components (must be two DIFFERENT components) ¹	MINIMUM QUANTITIES ²	
	Ages 3-5	Ages 6-18
MILK, FLUID Low-fat (1%) unflavored or fat-free unflavored or flavored ³	½ cup	1 cup
VEGETABLES AND FRUITS Vegetable(s) and/or fruit(s) or Full-strength fruit or vegetable juice ⁴ or An equivalent quantity of any combination of the above vegetables and fruits	½ cup	¾ cup
GRAINS AND BREADS ⁵ Bread or Cornbread, biscuits, rolls, muffins, etc. or Cold dry cereal ⁶ or Cooked cereal or Cooked pasta or noodle products or Cooked cereal grains or An equivalent quantity of any combination of the above grains and breads	½ slice ½ serving 1/3 cup or ½ ounce ¼ cup ¼ cup ¼ cup	1 slice 1 serving ¾ cup or 1 ounce ½ cup ½ cup ½ cup
MEAT AND MEAT ALTERNATES Lean meat or poultry or fish ⁷ or Alternate protein products ⁸ or Cheese or Cottage cheese or Eggs or Cooked dry beans or peas or Peanut butter or soynut butter or other nut or seed butters or Peanuts or soynuts or tree nuts or seeds ⁹ or Yogurt ¹⁰ , plain or flavored, unsweetened or sweetened or An equivalent quantity of any combination of the above meat and meat alternates	½ ounce ½ ounce ½ ounce ½ cup ½ large egg ⅛ cup 1 tablespoon ½ ounce 2 ounces or ¼ cup	1 ounce 1 ounce 1 ounce ¼ cup ½ large egg ¼ cup 2 tablespoons 1 ounce 4 ounces or ½ cup

◀ See page 2 for important menu planning notes ▶

MENU PLANNING NOTES

- 1 Reimbursable snacks must consist of two food items, each from a different food component. For example, a snack of carrot sticks and apple juice does not comply with the ASP meal pattern because both items are from the vegetables/fruits component. 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, see the CSDE's [HFC](#) and [CNS](#) Web pages, and the CSDE's [List of Acceptable Foods and Beverages](#).
- 2 The meal pattern shows the required amounts of each component that must be made available to each child to claim reimbursement for the snack. Children may be served larger portions but not less than the minimum quantities specified.
- 3 Milk must be low-fat (1%) unflavored or fat-free unflavored or flavored. Whole milk, reduced-fat (2%) milk and flavored low-fat milk cannot be served.
- 4 Serve whole vegetables and fruits most often. Juice must be full-strength (100 percent) juice and cannot be served when milk is the only other snack component.
- 5 All grain products must be whole grain or enriched. Breakfast cereals must be whole grain, enriched or fortified. Bran and germ credit the same as enriched or whole-grain meal or flour. All grain products must meet the minimum serving sizes in [Serving Sizes for Grains/Breads in the Afterschool Snack Program](#). Creditable grain-based desserts such as cookies, granola bars, toaster pastries, sweet rolls and cake cannot be served more than twice a week. Serve whole grains most often.
- 6 One serving of breakfast cereal must meet the requirement for either measure (cups) or weight (ounces), whichever is less. Breakfast cereals are traditionally served as a breakfast menu item but may be served as a snack.
- 7 The serving size refers to the edible portion of cooked lean meat, poultry or fish as served, e.g., cooked lean meat without bone. A 1-ounce serving equals 1 ounce of lean meat, poultry or fish, 1 ounce of cheese (low-fat recommended), 2 ounces of cottage cheese or ricotta (low-fat recommended), ¼ cup of cooked beans and peas (legumes), ½ large egg, 2 tablespoons of nut butters, 1 ounce of nuts or seeds, ¼ cup (2.2 ounces) of commercial tofu (containing at least 5 grams of protein), ½ cup of yogurt or soy yogurt and 1 ounce of alternate protein products (APP).
- 8 APP must meet the USDA requirements specified in appendix A to Part 210 of the [NSLP regulations](#).
- 9 Allowable nuts and seeds include almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, walnuts, pine nuts, pistachios and soynuts. Children younger than 4 are at the highest risk of choking. The USDA recommends that any nuts or seeds served to young children are in a prepared food and are ground or finely chopped.
- 10 To increase nutrient variety, yogurt should not be served when milk is the only other snack component.



For more information, visit the CSDE's [ASP](#) and [Crediting Foods](#) Web pages or contact the [school nutrition programs](#) staff in the CSDE Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457.

This handout is available at www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/snack/aspmp.pdf.

The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal and, where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax: (202) 690-7442 or email at program.intake@usda.gov. Individuals who are deaf, hard of hearing, or have speech disabilities and wish to file either an EEO or program complaint please contact USDA through the Federal Relay Service at (800) 877-8339 or (800) 845-6136 (in Spanish). Persons with disabilities who wish to file a program complaint, please see information above on how to contact us by mail directly or by email. If you require alternative means of communication for program information (e.g., Braille, large print, audiotape, etc.) please contact USDA's TARGET Center at (202) 720-2600 (voice and TDD). USDA is an equal opportunity provider and employer.

The State of Connecticut Department of Education is committed to a policy of equal opportunity/affirmative action for all qualified persons. The Department of Education does not discriminate in any employment practice, education program, or educational activity on the basis of race, color, religious creed, sex, age, national origin, ancestry, marital status, sexual orientation, gender identity or expression, disability (including, but not limited to, intellectual disability, past or present history of mental disorder, physical disability or learning disability), genetic information, or any other basis prohibited by Connecticut state and/or federal nondiscrimination laws. The Department of Education does not unlawfully discriminate in employment and licensing against qualified persons with a prior criminal conviction. Inquiries regarding the Department of Education's nondiscrimination policies should be directed to: Lery Gillespie, Equal Employment Opportunity Director/Americans with Disabilities Act Coordinator, State of Connecticut Department of Education, 25 Industrial Park Road, Middletown, CT 06457, 860-807-2101, Lery.Gillespie@ct.gov.