How to Plan a Snack Menu for the Afterschool Care Snack Program

STEP-BY-STEP INSTRUCTION

Revised May 2020

Professional Standards Learning Code: 1110

Arizona Department of Education (ADE)

This training was developed by the Arizona Department of Education (ADE) Health and Nutrition Services Division (HNS).

Intended Audience

This training is intended for **School Food Authorities (SFAs) operating the National School Lunch Program (NSLP).** All regulations are specific to operating the NSLP under the direction of ADE.

Professional Standards

Information to include when documenting this training for Professional Standards:

Training Title: How to Plan a Snack Menu for the Afterschool Care Snack Program

Key Area: 1000 – Nutrition

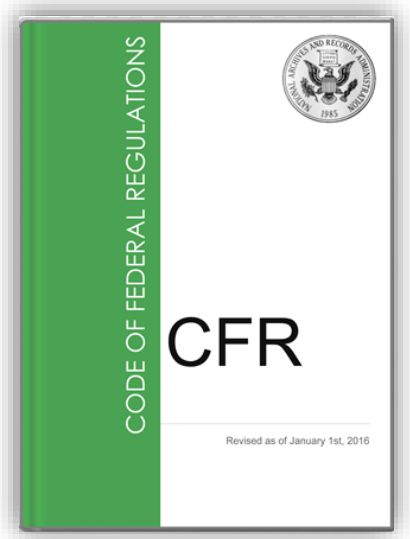
Learning Codes: 1110

Length: 45 minutes

Objectives

At the end of this training, attendees should be able to:

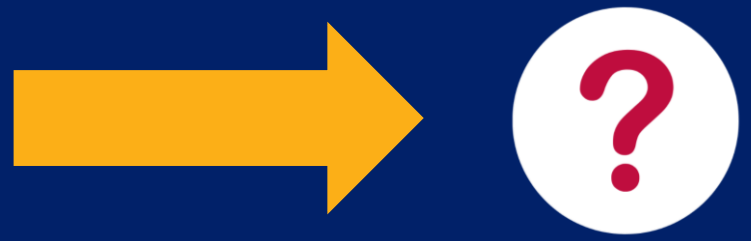
- understand how to read the Afterschool Care Snack Program (ASCSP) meal pattern chart;
- know how to plan snacks that meet the daily requirements; and
- have snack ideas that uphold the nutritional integrity of the Child Nutrition Programs.



The instruction within this *How-To-Guide* is based on guidance from the Code of Federal Regulations (CFR), §210.10 Meal requirements for lunches and requirements for afterschool snacks.

It is recommended to review the information on the Afterschool Care Snack Program Webpage for additional help with understanding the guidance in the CFR.

- Throughout this guide, there will be comprehension quiz questions to test your knowledge and help you apply what you're learning.
- Be sure to review these quiz questions and the answers, available within the guide.
- This icon will indicate a comprehension quiz question, and the background of the slides will be blue like you see on this slide.



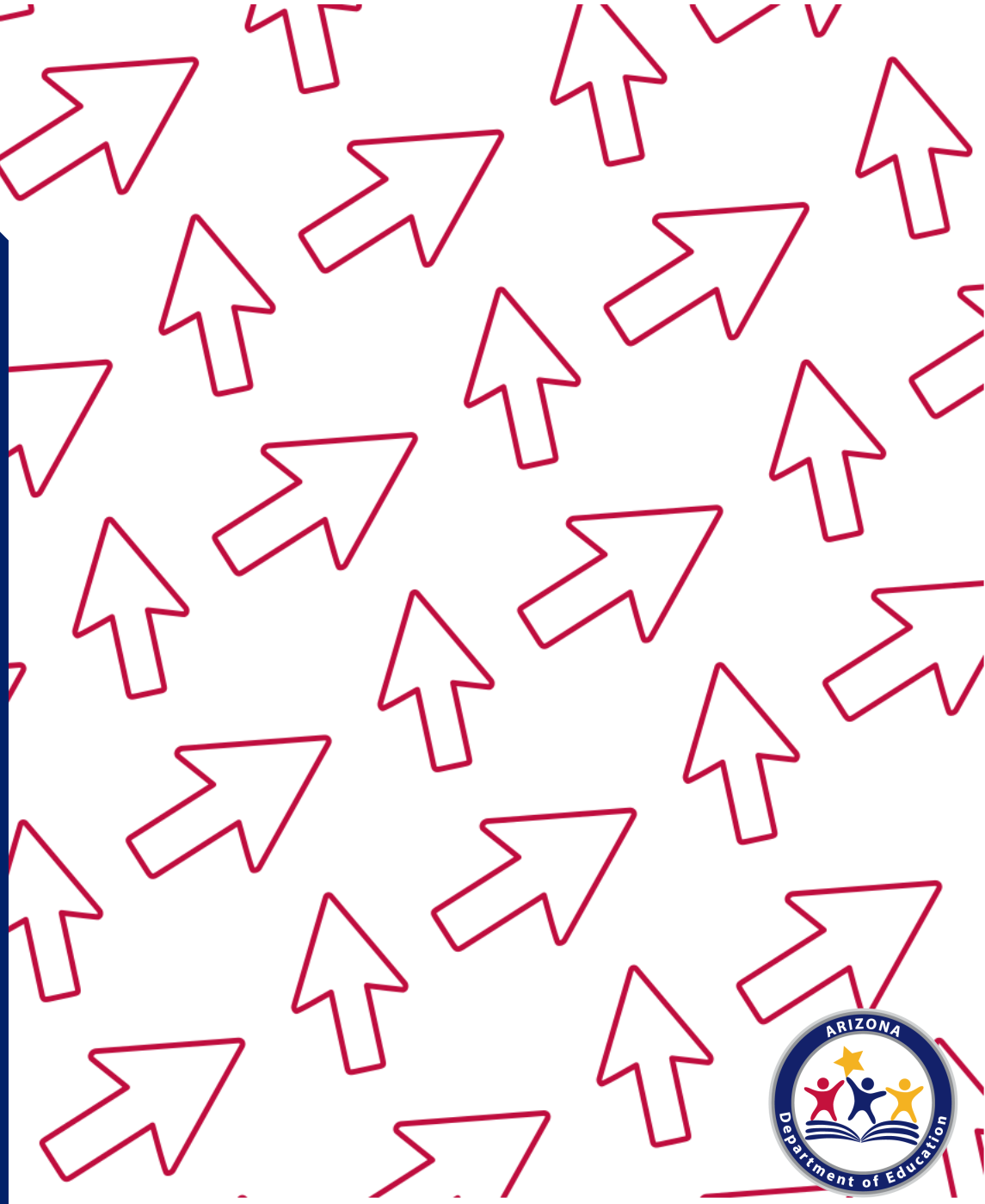
How to Plan a Snack Menu for the Afterschool Care Snack Menu

This Step-by-Step Instruction will include:

Meet Your Trainers!	Slides 7 – 8
How to Read the Meal Pattern Chart	Slides 9 – 25
Planning the Menu	Slides 26 – 55
Tips to Help You Menu Plan Like a Pro	Slides 56 – 63

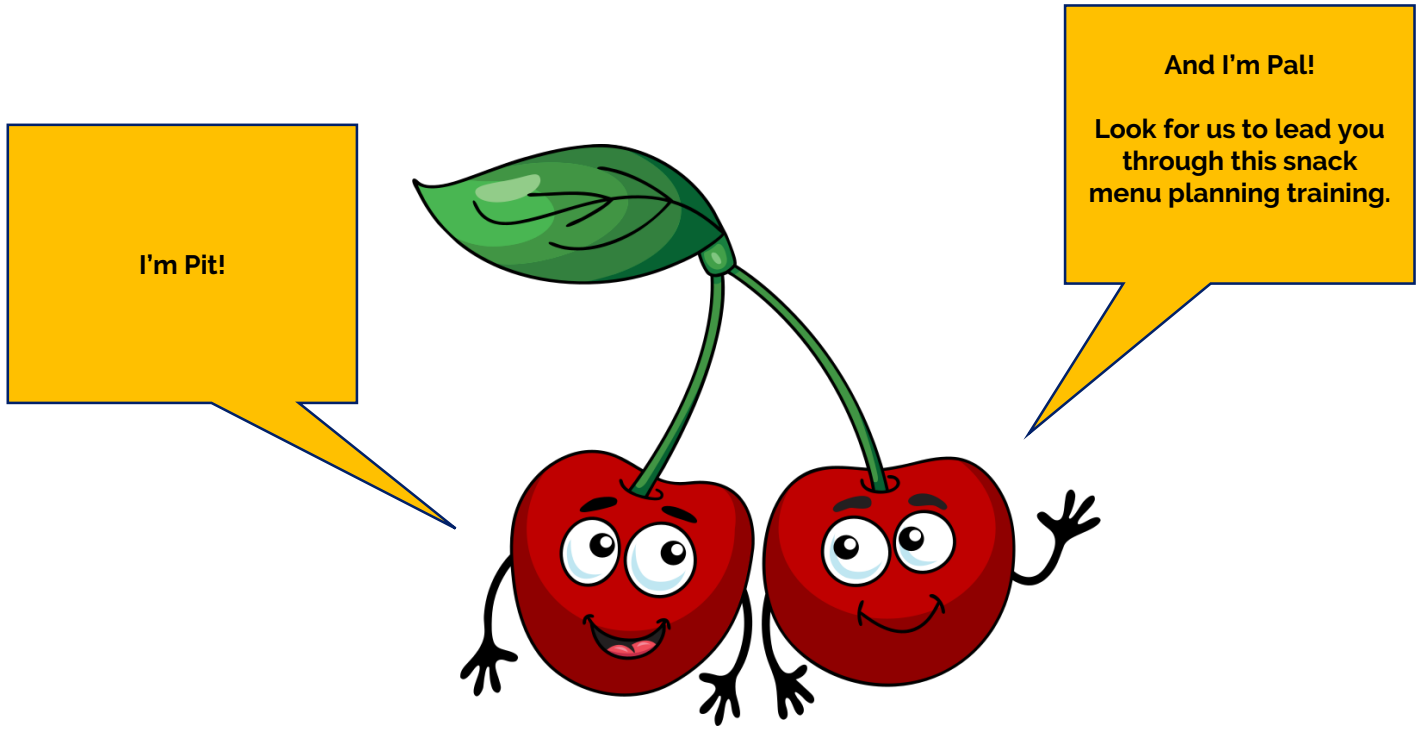
The following slides will only cover how-to instructions for planning snacks that align with the Afterschool Care Snack Program meal pattern chart.

Meet Your Trainers!

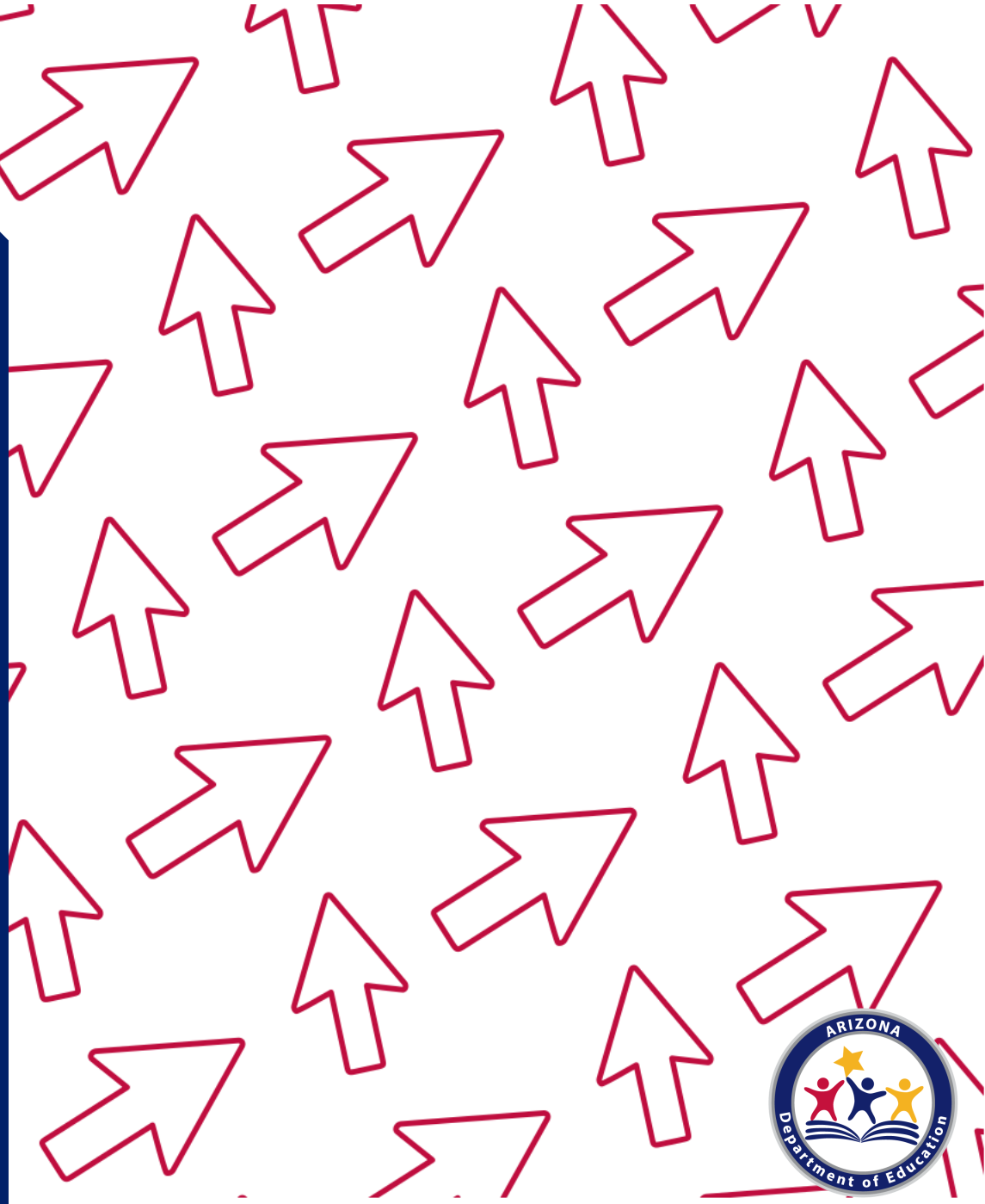


Meet Your Trainers!

Meet Your Trainers!



How to Read the Meal Pattern Chart



How to Read the Meal Pattern Chart

Meal Pattern Chart

The Afterschool Care Snack Program meal pattern chart can be found on the Afterschool Care Snack Program Webpage.

National School Lunch Program

Afterschool Care Snack Program (ASCSP)

Reimbursement for snacks served in after school care programs is available for schools operating NSLP under the ASCSP. Snacks served under the ASCSP must meet the following meal pattern requirements.

Meal Pattern for Snack:

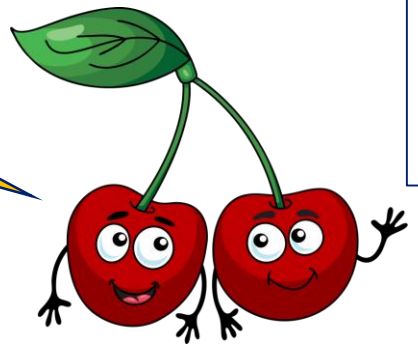
- **Select 2 of the 4 components to offer per snack**
- **No more than two dessert items may be served in one week**
- **It is recommended to offer larger portions for older children (ages 13-18) based on their higher total energy requirements**

Components	Ages 1-2	Ages 3-5	Ages 6-18
Fluid milk (cups)	½ cup	½ cup	1 cup
Vegetable, Fruit, or 100% Full-Strength Juice*	½ cup	½ cup	¾ cup
Grains/Breads (whole grain or enriched) Including:			
• Bread	½ slice	½ slice	1 slice
• Cornbread, rolls, muffins, or biscuits	½ serving	½ serving	1 serving
• Cold dry cereal (volume or weight, whichever is less)	¼ cup or ⅓ oz	⅓ cup or ½ oz	¾ cup or 1 oz
• Cooked cereal, pasta, noodle products, or cereal grains	¼ cup	¼ cup	½ cup
Meat or Meat Alternates Including:			
• Lean meat, fish or poultry (edible portion as served)	½ oz	½ oz	1 oz
• Cheese**	½ oz	½ oz	1 oz
• Egg or yogurt	½ egg or ¼ cup	½ egg or ¼ cup	1 egg or ½ cup
• Cooked dry beans or peas***	⅛ cup	¼ cup	¼ cup
• Peanut butter, soy nut butter or other nut or seed butters	1 Tbsp	1 Tbsp	2 Tbsp
• Peanuts, soy nuts, tree nuts or seeds	½ oz	½ oz	1 oz
• Any equivalent quantities of any combination of the above meat/meat alternates			

*Juice may not be served when milk is served as the other component
**natural or processed only
***In the same meal service, dried beans or dried peas may only be used as a meat alternate or as a vegetable; however, such use does not satisfy the requirement for both components

As you can see, this chart includes meal pattern requirements for children of all ages.

Before moving on, please print the chart.



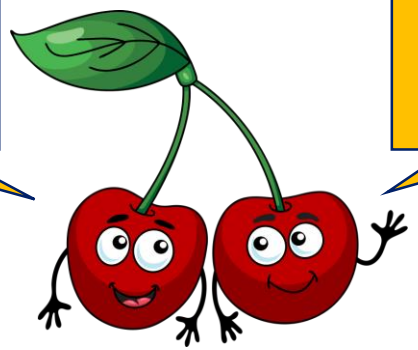
How to Read the Meal Pattern Chart

Meal Pattern for Snack:

- **Select 2 of the 4 components to offer per snack**
- **No more than two dessert items may be served in one week**
- **It is recommended to offer larger portions for older children (ages 13-18) based on their higher total energy requirements**

Components	Ages 1-2	Ages 3-5	Ages 6-18
Fluid milk (cups)	½ cup	½ cup	1 cup
Vegetable, Fruit, or 100% Full-Strength Juice*	½ cup	½ cup	¾ cup
Grains/Breads (whole grain or enriched) Including: • Bread • Cornbread, rolls, muffins, or biscuits • Cold dry cereal (volume or weight, whichever is less) • Cooked cereal, pasta, noodle products, or cereal grains	 ½ slice ½ serving ¼ cup or ⅓ oz ¼ cup	 ½ slice ½ serving ⅓ cup or ½ oz ¼ cup	 1 slice 1 serving ¾ cup or 1 oz ½ cup
Meat or Meat Alternates Including: • Lean meat, fish or poultry (edible portion as served) • Cheese** • Egg or yogurt • Cooked dry beans or peas*** • Peanut butter, soy nut butter or other nut or seed butters • Peanuts, soy nuts, tree nuts or seeds • Any equivalent quantities of any combination of the above meat/meat alternates	 ½ oz ½ oz ½ egg or ¼ cup ⅛ cup 1 Tbsp ½ oz	 ½ oz ½ oz ½ egg or ¼ cup ⅛ cup 1 Tbsp ½ oz	 1 oz 1 oz 1 egg or ½ cup ¼ cup 2 Tbsp 1 oz

Let's look at the age groups. The chart shows the required amounts for the different age groups in each column.



Circle the age group you're planning for. As you can see above, we will be planning for ages 6-18 throughout this guide.

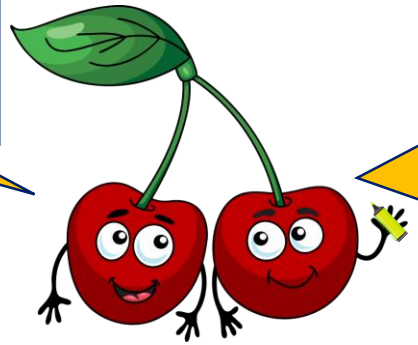
How to Read the Meal Pattern Chart

Meal Pattern for Snack:

- **Select 2 of the 4 components to offer per snack**
- **No more than two dessert items may be served in one week**
- **It is recommended to offer larger portions for older children (ages 13-18) based on their higher total energy requirements**

Components	Ages 1-2	Ages 3-5	Ages 6-18
Fluid milk (cups)	½ cup	½ cup	1 cup
Vegetable, Fruit, or 100% Full-Strength Juice*	½ cup	½ cup	¾ cup
Grains/Breads (whole grain or enriched) Including: • Bread • Cornbread, rolls, muffins, or biscuits • Cold dry cereal (volume or weight, whichever is less) • Cooked cereal, pasta, noodle products, or cereal grains	½ slice ½ serving ¼ cup or ⅓ oz ¼ cup	½ slice ½ serving ⅓ cup or ½ oz ¼ cup	1 slice 1 serving ¾ cup or 1 oz ½ cup
Meat or Meat Alternates Including: • Lean meat, fish or poultry (edible portion as served) • Cheese** • Egg or yogurt • Cooked dry beans or peas*** • Peanut butter, soy nut butter or other nut or seed butters • Peanuts, soy nuts, tree nuts or seeds • Any equivalent quantities of any combination of the above meat/meat alternates	½ oz ½ oz ½ egg or ¼ cup ⅛ cup 1 Tbsp ½ oz	½ oz ½ oz ½ egg or ¼ cup ⅛ cup 1 Tbsp ½ oz	1 oz 1 oz 1 egg or ½ cup ¼ cup 2 Tbsp 1 oz

This chart shows the daily requirements for each component. There are four components in the ASCSP meal pattern.



At least two of the four components in the ASCSP meal pattern must be offered in their minimum required amounts at each meal service to be considered a reimbursable snack.

Notice that vegetable and fruit are <u>not</u> a separate component. In the ASCSP meal pattern, vegetable, fruit, and 100% full-strength juice are all in the same component group.

How many components are there in the ASCSP meal pattern?

A) Two
B) Three
C) Four
D) Five



How many components are there in the ASCSP meal pattern?

A) Two
B) Three
C) Four
D) Five

There are four components in the ASCSP meal pattern. The components are:

- **Milk**
- **Vegetable, fruit, or 100% full-strength juice**
- **Grains**
- **Meat/meat alternates**

How many components must be served in their minimum required amounts for a snack to be considered reimbursable?

A) Two
B) Three
C) Four
D) Five



How many components must be served in their minimum required amounts for a snack to be considered reimbursable?

A) Two
B) Three
C) Four
D) Five

At least two components in their minimum required amounts must be served and taken for a snack to be claimed for reimbursement.

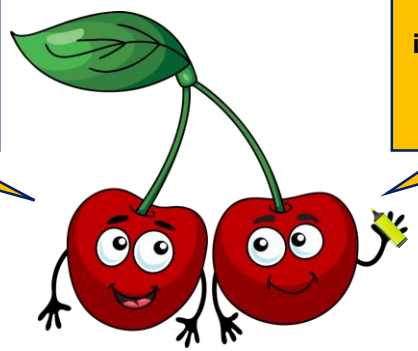
How to Read the Meal Pattern Chart

Meal Pattern for Snack:

- **Select 2 of the 4 components to offer per snack**
- **No more than two dessert items may be served in one week**
- **It is recommended to offer larger portions for older children (ages 13-18) based on their higher total energy requirements**

Components	Ages 1-2	Ages 3-5	Ages 6-18
Fluid milk (cups)	½ cup	½ cup	1 cup
Vegetable, Fruit, or 100% Full-Strength Juice*	½ cup	½ cup	¾ cup
Grains/Breads (whole grain or enriched) Including: • Bread • Cornbread, rolls, muffins, or biscuits • Cold dry cereal (volume or weight, whichever is less) • Cooked cereal, pasta, noodle products, or cereal grains	½ slice ½ serving ¼ cup or ⅓ oz ¼ cup	½ slice ½ serving ⅓ cup or ½ oz ¼ cup	1 slice 1 serving ¾ cup or 1 oz ½ cup
Meat or Meat Alternates Including: • Lean meat, fish or poultry (edible portion as served) • Cheese** • Egg or yogurt • Cooked dry beans or peas*** • Peanut butter, soy nut butter or other nut or seed butters • Peanuts, soy nuts, tree nuts or seeds • Any equivalent quantities of any combination of the above meat/meat alternates	½ oz ½ oz ½ egg or ¼ cup ⅛ cup 1 Tbsp ½ oz	½ oz ½ oz ½ egg or ¼ cup ⅛ cup 1 Tbsp ½ oz	1 oz 1 oz 1 egg or ½ cup ¼ cup 2 Tbsp 1 oz

I had Pal highlight the requirements for ages 6 through 18 of the meal pattern.



The unit of measurement varies depending on the food item. For example, milk is measured in cups and bread is measured in slices.

How to Read the Meal Pattern Chart

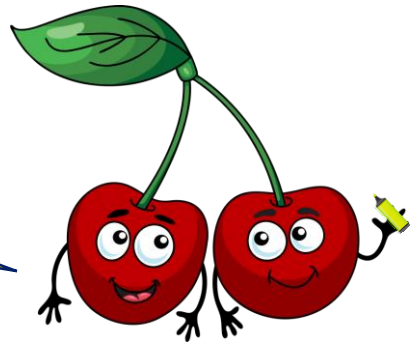
Meal Pattern for Snack:

- Select 2 of the 4 components to offer per snack
- No more than two dessert items may be served in one week
- It is recommended to offer larger portions for older children (ages 13-18) based on their higher total energy requirements

Components	Ages 1-2	Ages 3-5	Ages 6-18
Fluid milk (cups)	½ cup	½ cup	1 cup
Vegetable, Fruit, or 100% Full-Strength Juice*	½ cup	½ cup	¾ cup
Grains/Breads (whole grain or enriched) Including: • Bread • Cornbread, rolls, muffins, or biscuits weight, whichever e products, or	½ slice ½ serving ¼ cup or ⅓ oz ¼ cup	½ slice ½ serving ⅓ cup or ½ oz ¼ cup	1 slice 1 serving ¾ cup or 1 oz ½ cup
dible portion as	½ oz	½ oz	1 oz
r or other nut or	½ oz ½ egg or ¼ cup ⅛ cup 1 Tbsp	½ oz ½ egg or ¼ cup ⅛ cup 1 Tbsp	1 oz 1 egg or ½ cup ¼ cup 2 Tbsp
or seeds any combination ernates	½ oz	½ oz	1 oz

Menu planners need to remember to use proper crediting techniques for all menu items on their snack menus. It is important to use the Food Buying Guide to ensure oz eq are being met for grains and meat/meat alternate menu contributions. Just like lunch and breakfast meal service, copies of menus, production records, standardized recipes, Nutrition Facts labels, and product formulation statements or CN labels must be utilized.

For example, bread slices come in a variation of sizes and ingredients. If we were going to menu one slice of bread, it would be required to use Exhibit A of the Food Buying Guide to properly credit this grain to ensure the minimum oz eq is being offered.



How to Read the Meal Pattern Chart

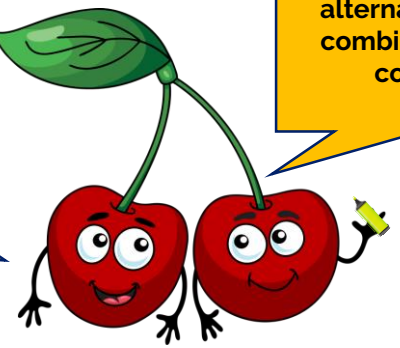
Meal Pattern for Snack:

- **Select 2 of the 4 components to offer per snack**
- **No more than two dessert items may be served in one week**
- **It is recommended to offer larger portions for older children (ages 13-18) based on their higher total energy requirements**

Components	Ages 1-2	Ages 3-5	Ages 6-18
Fluid milk (cups)	½ cup	½ cup	1 cup
Vegetable, Fruit, or 100% Full-Strength Juice*	½ cup	½ cup	¾ cup
Grains/Breads (whole grain or enriched) Including: • Bread • Cornbread, rolls, muffins, or biscuits • Cold dry cereal (volume or weight, whichever is less) • Cooked cereal, pasta, noodle products, or cereal grains	½ slice ½ serving ¼ cup or ⅓ oz ¼ cup	½ slice ½ serving ⅓ cup or ½ oz ¼ cup	1 slice 1 serving ¾ cup or 1 oz ½ cup
Meat or Meat Alternates Including: • Lean meat, fish or poultry (edible portion as served) • Cheese** • Egg or yogurt • Cooked dry beans or peas*** • Peanut butter, soy nut butter or other nut or seed butters • Any equivalent quantities of any combination of the above meat/meat alternates	½ oz ½ oz ½ egg or ¼ cup ⅛ cup 1 Tbsp ½ oz	½ oz ½ oz ½ egg or ¼ cup ⅛ cup 1 Tbsp ½ oz	1 oz 1 oz 1 egg or ½ cup ¼ cup 2 Tbsp 1 oz

Let's pause to talk about combining items at snack!

Menu planners have the option to combine items of the same component to make up one whole component as long as the minimum required amount of that component is being offered. For example, 4 oz of fruit juice can be paired with ¼ of fresh fruit to meet the minimum amount required for one of the two components that must be offered at snack.



Please note that fruit/vegetable, grains and meat/meat alternates can all be combined within the component.

Which of the following can be menued together to be one full component?

A) Peppers and apple slices
B) Yogurt and cheese
C) Cereal and toast
D) Cucumbers and juice
E) All of the above

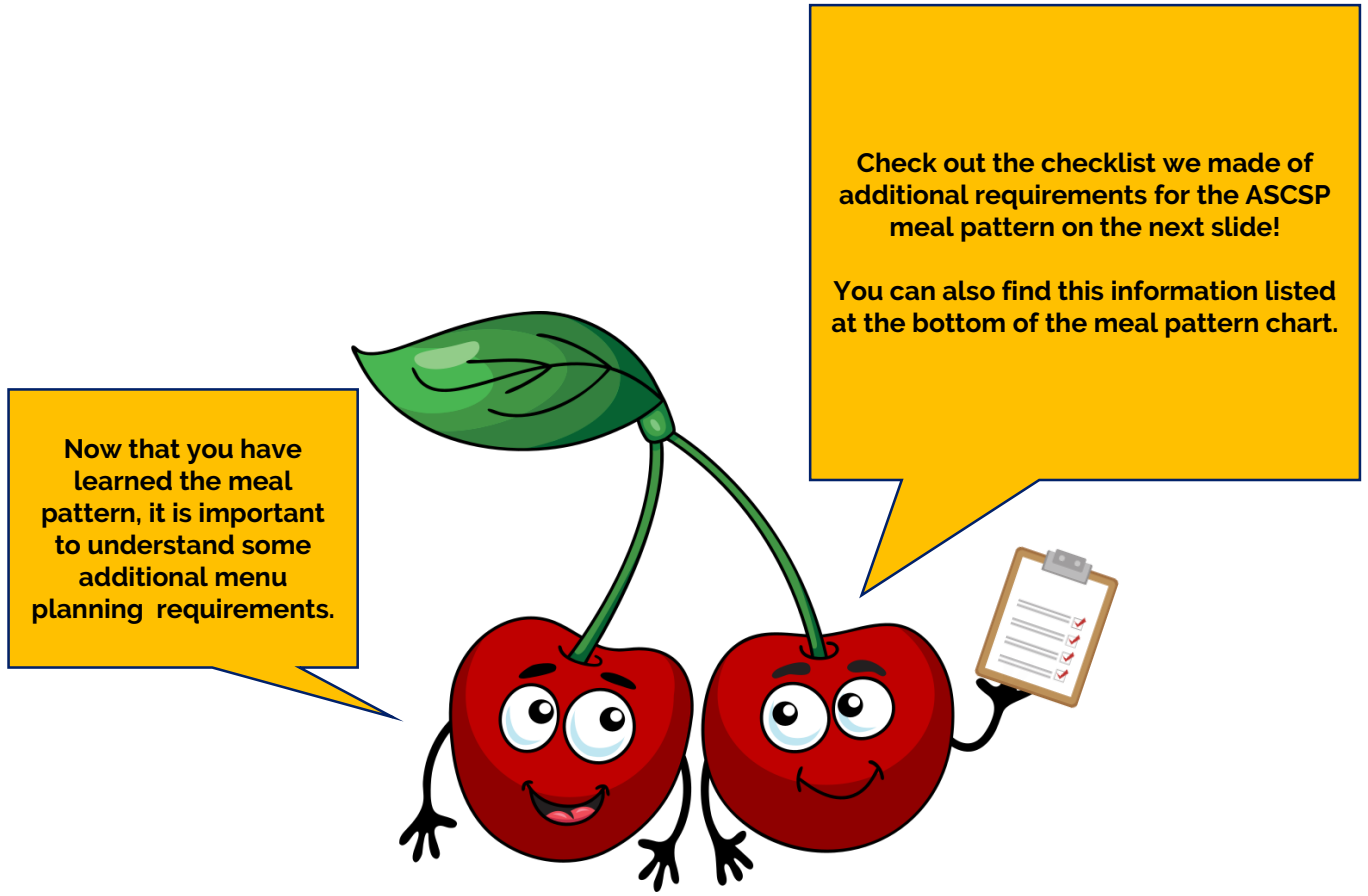


Which of the following can be menued together to be one full component?

A) Peppers and apple slices
B) Yogurt and cheese
C) Cereal and toast
D) Cucumbers and juice
E) All of the above

All components can be menued together as long as the item is within the same component and both items together make up the minimum required amount for the age group being served.

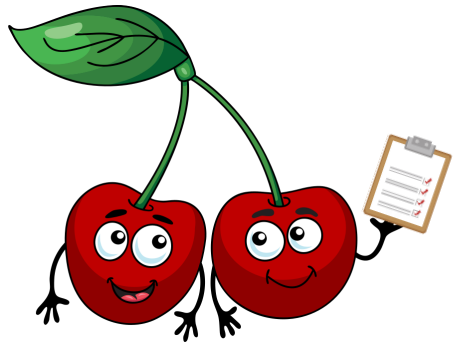
How to Read the Meal Pattern Chart



How to Read the Meal Pattern Chart

Meal Pattern Additional Requirements Checklist

- ✓ Cheese must be natural or processed only
- ✓ In the same meal service, cooked dry beans or dried peas may be used as a meat alternate or as a vegetable; however, such use does not satisfy the requirement for both components
- ✓ Juice may not be served when milk is served as the other component
- ✓ No more than two grain-based dessert items may be served in one week
- ✓ It is recommended that schools offer larger portions for older children (ages 13-18) based on their greater food energy requirements

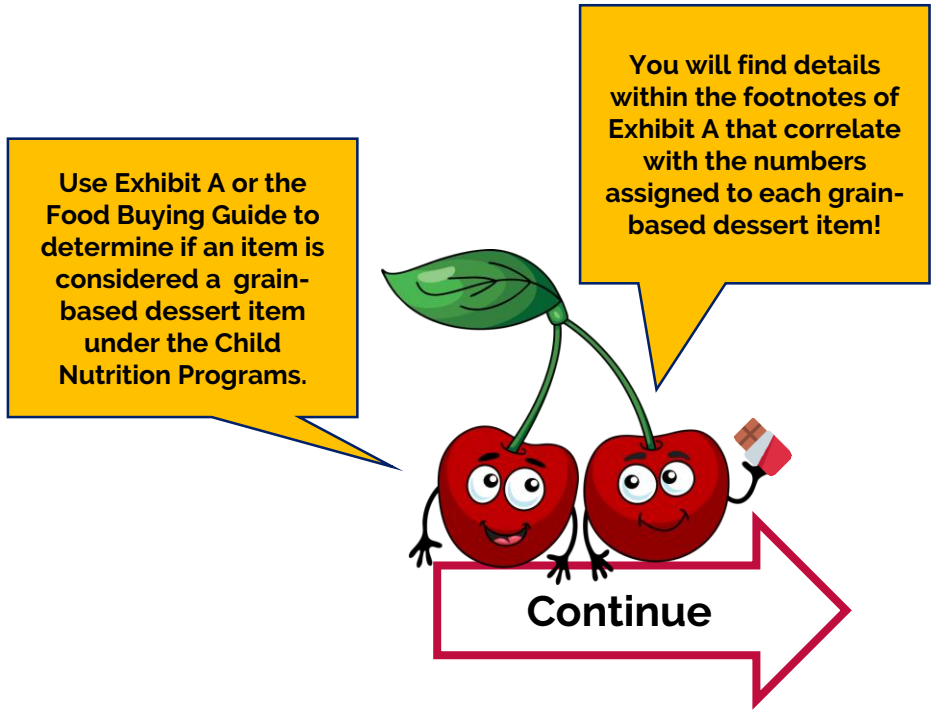


How to Read the Meal Pattern Chart

Grain-Based Desserts

Since no more than two grain-based dessert items may be served in one week, it is important for menu planners to understand how to identify grain-based desserts. Some examples include:

- Granola bars
- Doughnuts
- Cake
- Toaster pastries
- Sweet rolls
- Cookies



How to Read the Meal Pattern Chart

Special Note From ADE

ADE has recently taken the initiative in helping School Food Authorities (SFAs) with successful ideas on how to influence positive dietary behaviors in students and to promote healthier lunch trays in Arizona.

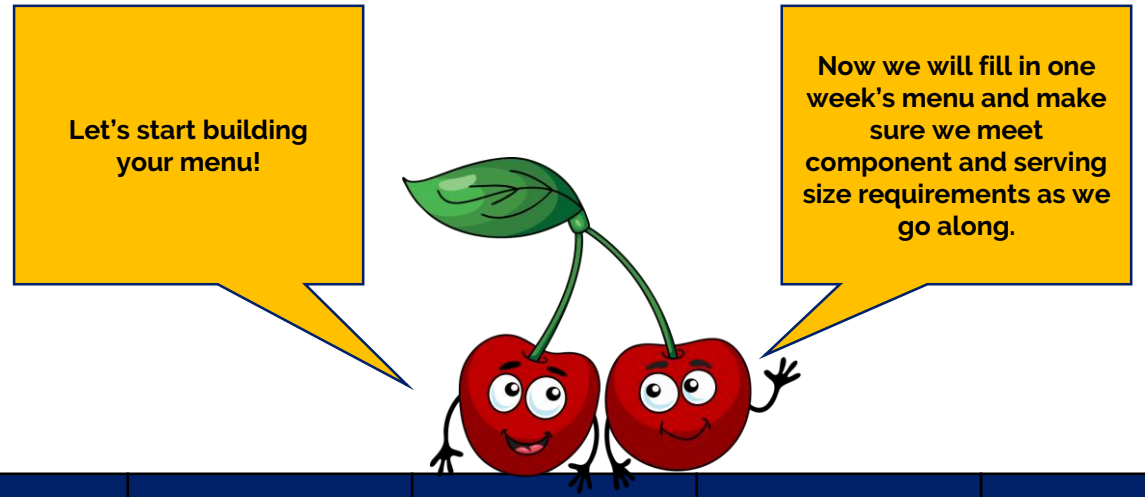
Snack is an extra opportunity in school to offer fresh fruits and vegetables, milk, and whole grains! To get inspired and learn about these initiatives, visit ADE's upLIFT Webpage and tune in for our monthly upLIFT webinars!



Planning the Menu

Planning the Menu

Fill in One Week's Menu

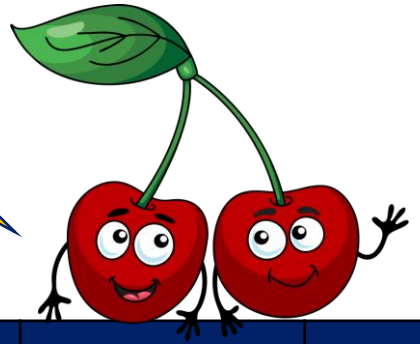


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk					
Vegetable, Fruit, or 100% Full-Strength Juice					
Grains/Breads					
Meat/Meat Alternates					

Planning the Menu

Determining Your Age Group

The first detail that must be determined is which age group the menu will be planned for. For this menu, we will be planning for ages 6-18.
Let's start planning!



Ages 6-18
1 cup
¾ cup
1 slice 1 serving ¾ cup or 1 oz ½ cup
1 oz 1 oz 1 egg or ½ cup ¼ cup 2 Tbsp 1 oz

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk					
Vegetable, Fruit, or 100% Full-Strength Juice					
Grains/Breads					
Meat/Meat Alternates					

Planning the Menu

Planning the First Component for Monday

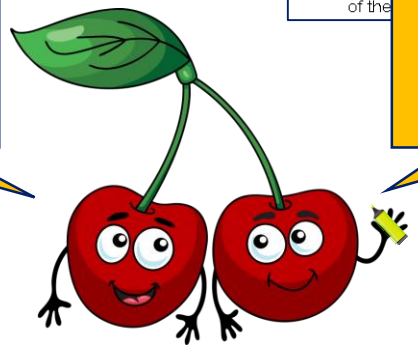
Meal Pattern for Snack:

- **Select 2 of the 4 components to offer per snack**
- **No more than two dessert items may be served in one week**
- **It is recommended to offer larger portions for older children (ages 13-18) based on their higher total energy requirements**

Components	Ages 1-2	Ages 3-5	Ages 6-18
Fluid milk (cups)	½ cup	½ cup	1 cup
Vegetable, Fruit, or 100% Full-Strength Juice*	½ cup	½ cup	¾ cup
Grains/Breads (whole grain or enriched) Including: • Bread • Cornbread, rolls, muffins, or biscuits • Cold dry cereal (volume or weight, whichever is less) • Cooked cereal, pasta, noodle products, or cereal grains	½ slice ½ serving ¼ cup or ⅓ oz ¼ cup	½ slice ½ serving ⅓ cup or ½ oz ¼ cup	1 slice 1 serving ¾ cup or 1 oz ½ cup
Meat or Meat Alternates Including: • Lean meat, fish or poultry (edible portion as served) • Cheese** • Egg o • Cook • Peanu seed • Peanu • Any e of the	½ oz ½ oz egg or ¼ cup ⅛ cup 1 Tbsp ½ oz	½ oz ½ oz ½ egg or ¼ cup ⅛ cup 1 Tbsp ½ oz	1 oz 1 oz 1 egg or ½ cup ¼ cup 2 Tbsp 1 oz

The best snacks include a fruit and/or vegetable, so let's start there!

According to our chart, we need to offer at least ¾ cup for the fruit/vegetable component.



Planning the Menu

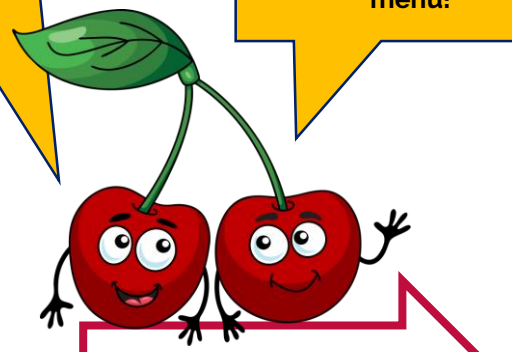
Planning a Fruit for Monday

	MONDAY
Milk	
Vegetable, Fruit, or 100% Full-Strength Juice	Fresh strawberries *¾ cup*
Grains/Breads	
Meat/Meat Alternates	

What should I plan for this snack? I love fresh strawberries… Let's start with those!

I know from the chart that I need to offer at least ¾ cup for the fruit/vegetable component for our age group.

Remember for a snack to be reimbursable, at least two of the four components must be menued. Looks like we still need to add to our menu!



Adding a Component

Planning the Menu

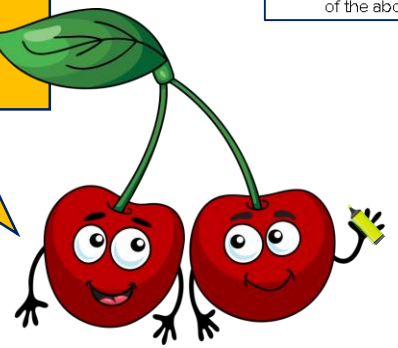
Planning the Second Component for Monday

Meal Pattern for Snack:
- Select 2 of the 4 components to offer per snack
- No more than two dessert items may be served in one week
- It is recommended to offer larger portions for older children (ages 13-18) based on their higher total energy requirements

Components	Ages 1-2	Ages 3-5	Ages 6-18
Fluid milk (cups)	½ cup	½ cup	1 cup
Vegetable, Fruit, or 100% Full-Strength Juice*	½ cup	½ cup	¾ cup
Grains/Breads (whole grain or enriched) Including: • Bread • Cornbread, rolls, muffins, or biscuits • Cold dry cereal (volume or weight, whichever is less) • Cooked cereal, pasta, noodle products, or cereal grains	 ½ slice ½ serving ¼ cup or ⅓ oz ¼ cup	 ½ slice ½ serving ⅓ cup or ½ oz ¼ cup	 1 slice 1 serving ¾ cup or 1 oz ½ cup
Meat or Meat Alternates Including: • Lean meat, fish or poultry (edible portion as served) • Cheese** • Egg or yogurt • Cooked dry beans or peas*** • Peanut butter, soy nut butter or other nut or seed butters • Peanuts, soy nuts, tree nuts or seeds • Any equivalent quantities of any combination of the above meat/meat alternates	 ½ oz ½ oz ½ egg or ¼ cup ⅛ cup 1 Tbsp ½ oz	 ½ oz ½ oz ½ egg or ¼ cup ⅛ cup 1 Tbsp ½ oz	 1 oz 1 oz 1 egg or ½ cup ¼ cup 2 Tbsp 1 oz

Yogurt goes great with fruit! We could even turn our snack into a parfait.

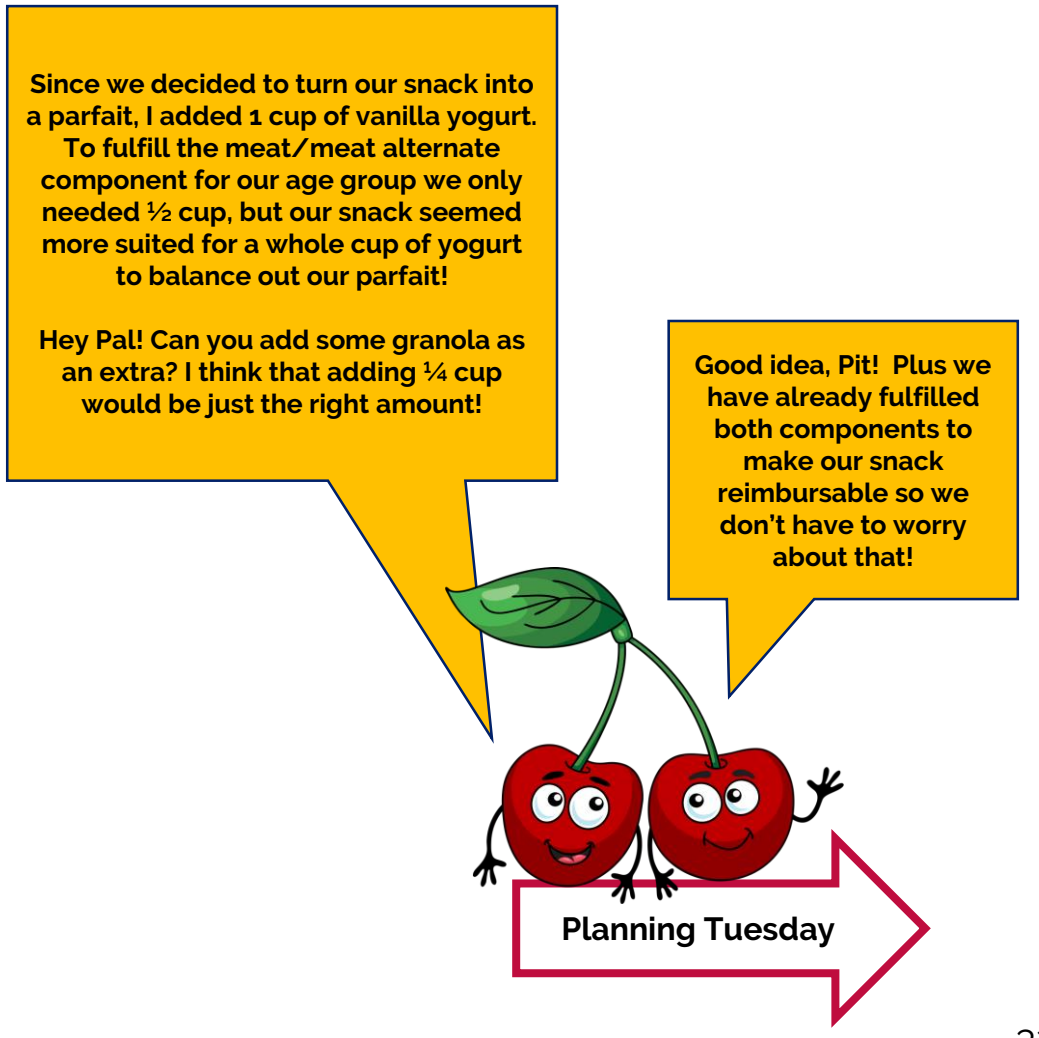
According to our chart, we need to offer at least ½ cup to fulfill the minimum component of meat/meat alternate.



Planning the Menu

Planning a Fruit for Monday

	MONDAY
Milk	
Vegetable, Fruit, or 100% Full-Strength Juice	Fresh strawberries *¾ cup*
Grains/Breads	Granola *¼ cup*
Meat/Meat Alternates	FF vanilla yogurt *1 cup*



Planning the Menu

Planning the First Component for Tuesday

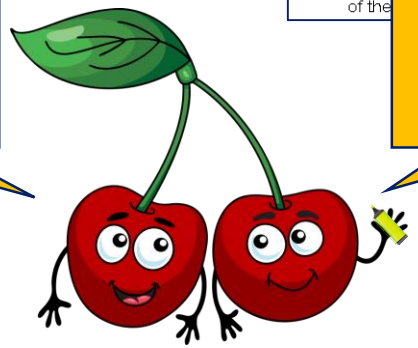
Meal Pattern for Snack:

- **Select 2 of the 4 components to offer per snack**
- **No more than two dessert items may be served in one week**
- **It is recommended to offer larger portions for older children (ages 13-18) based on their higher total energy requirements**

Components	Ages 1-2	Ages 3-5	Ages 6-18
Fluid milk (cups)	½ cup	½ cup	1 cup
Vegetable, Fruit, or 100% Full-Strength Juice*	½ cup	½ cup	¾ cup
Grains/Breads (whole grain or enriched) Including: • Bread • Cornbread, rolls, muffins, or biscuits • Cold dry cereal (volume or weight, whichever is less) • Cooked cereal, pasta, noodle products, or cereal grains	½ slice ½ serving ¼ cup or ⅓ oz ¼ cup	½ slice ½ serving ⅓ cup or ½ oz ¼ cup	1 slice 1 serving ¾ cup or 1 oz ½ cup
Meat or Meat Alternates Including: • Lean meat, fish or poultry (edible portion as served) • Cheese** • Egg o • Cook • Peanu seed • Peanu • Any e of the	½ oz ½ oz egg or ¼ cup ⅛ cup 1 Tbsp ½ oz	½ oz ½ oz ½ egg or ¼ cup ⅛ cup 1 Tbsp ½ oz	1 oz 1 oz 1 egg or ½ cup ¼ cup 2 Tbsp 1 oz

We already have a fruit on our menu for Monday. Let's plan a vegetable!

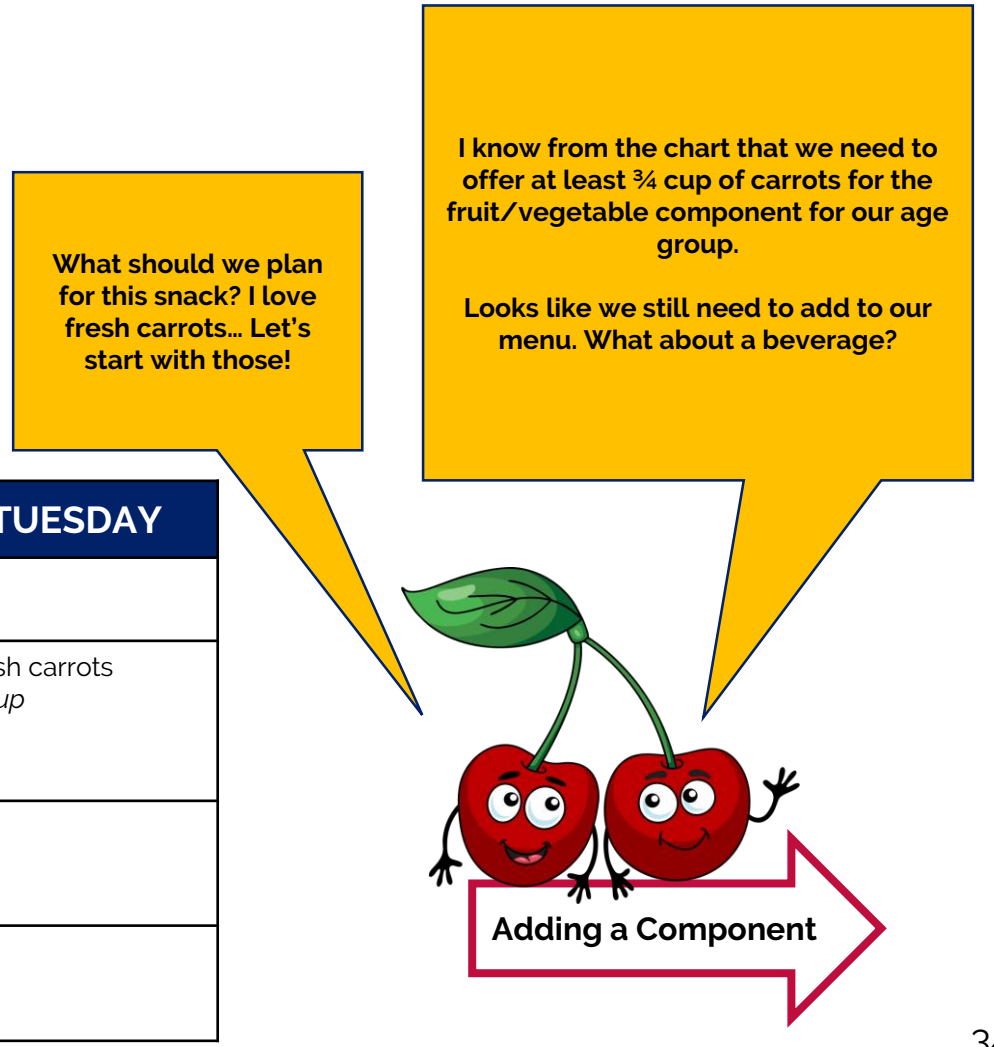
According to our chart, we need to offer at least ¾ cup for the fruit/vegetable component.



Planning the Menu

Planning a Vegetable for Tuesday

	MONDAY	TUESDAY
Milk		
Vegetable, Fruit, or 100% Full-Strength Juice	Fresh strawberries *¾ cup*	Fresh carrots *¾ cup*
Grains/Breads	Granola *¼ cup*	
Meat/Meat Alternates	FF vanilla yogurt *1 cup*	



Planning the Menu

Planning the Second Component for Tuesday

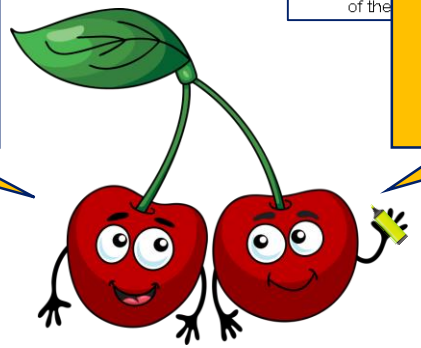
Meal Pattern for Snack:

- **Select 2 of the 4 components to offer per snack**
- **No more than two dessert items may be served in one week**
- **It is recommended to offer larger portions for older children (ages 13-18) based on their higher total energy requirements**

Components	Ages 1-2	Ages 3-5	Ages 6-18
Fluid milk (cups)	½ cup	½ cup	1 cup
Vegetable, Fruit, or 100% Full-Strength Juice*	½ cup	½ cup	¾ cup
Grains/Breads (whole grain or enriched) Including: • Bread • Cornbread, rolls, muffins, or biscuits • Cold dry cereal (volume or weight, whichever is less) • Cooked cereal, pasta, noodle products, or cereal grains	½ slice ½ serving ¼ cup or ⅓ oz ¼ cup	½ slice ½ serving ⅓ cup or ½ oz ¼ cup	1 slice 1 serving ¾ cup or 1 oz ½ cup
Meat or Meat Alternates Including: • Lean meat, fish or poultry (edible portion as served) • Cheese** • Egg o • Cook • Peanu seed • Peanu • Any e of the	½ oz ½ oz egg or ¼ cup ⅛ cup 1 Tbsp ½ oz	½ oz ½ oz ½ egg or ¼ cup ⅛ cup 1 Tbsp ½ oz	1 oz 1 oz 1 egg or ½ cup ¼ cup 2 Tbsp 1 oz

We're not going to add a juice because we already fulfilled our fruit/vegetable component. Let's add milk!

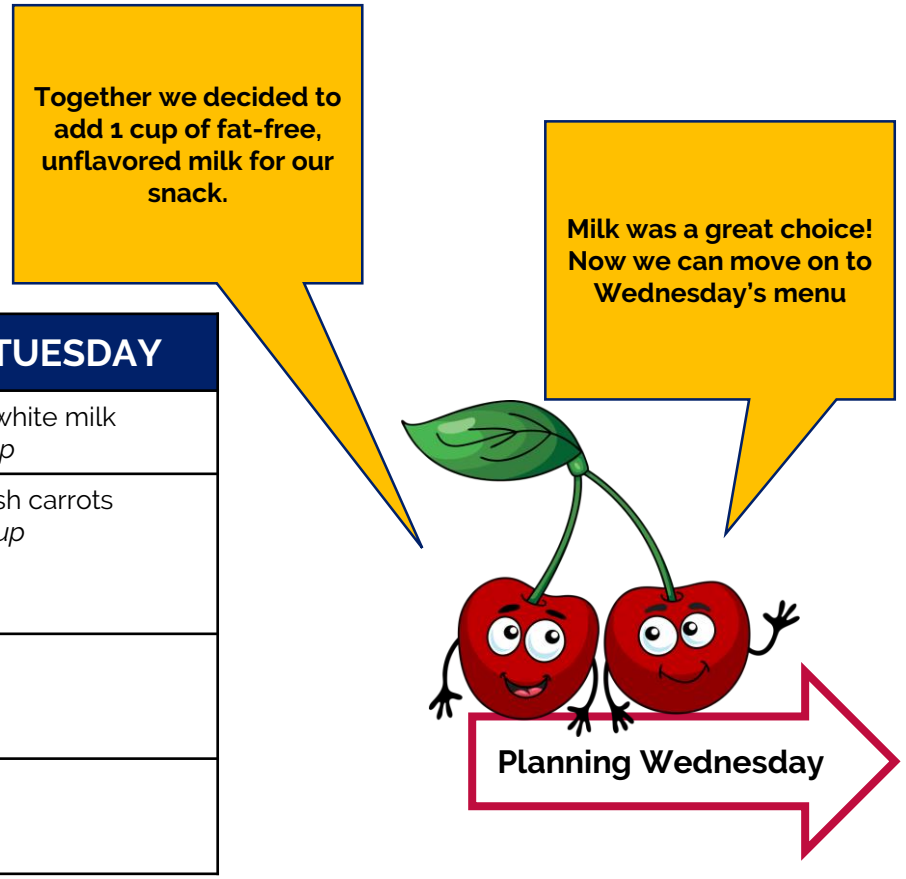
According to our chart, we need to offer at least 1 cup for the milk component.



Planning the Menu

Planning a Milk for Tuesday

	MONDAY	TUESDAY
Milk		FF white milk *1 cup*
Vegetable, Fruit, or 100% Full-Strength Juice	Fresh strawberries *¾ cup*	Fresh carrots *¾ cup*
Grains/Breads	Granola *¼ cup*	
Meat/Meat Alternates	FF vanilla yogurt *1 cup*	



Planning the Menu

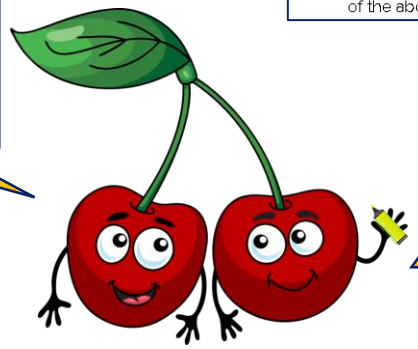
Planning the First Component for Wednesday

Meal Pattern for Snack:

- **Select 2 of the 4 components to offer per snack**
- **No more than two dessert items may be served in one week**
- **It is recommended to offer larger portions for older children (ages 13-18) based on their higher total energy requirements**

Components	Ages 1-2	Ages 3-5	Ages 6-18
Fluid milk (cups)	½ cup	½ cup	1 cup
Vegetable, Fruit, or 100% Full-Strength Juice*	½ cup	½ cup	¾ cup
Grains/Breads (whole grain or enriched) Including: • Bread • Cornbread, rolls, muffins, or biscuits • Cold dry cereal (volume or weight, whichever is less) • Cooked cereal, pasta, noodle products, or cereal grains	½ slice ½ serving ¼ cup or ⅓ oz ¼ cup	½ slice ½ serving ⅓ cup or ½ oz ¼ cup	1 slice 1 serving ¾ cup or 1 oz ½ cup
Meat or Meat Alternates Including: • Lean meat, fish or poultry (edible portion as served) • Cheese** • Egg or yogurt • Cooked dry beans • Peanut butter, soy seed butters • Peanuts, soy nuts, • Any equivalent qua of the above meat/	½ oz	½ oz	1 oz 1 oz or ½ cup cup Tbsp 1 oz

Hey Pal! We haven't offered our students many grains yet.

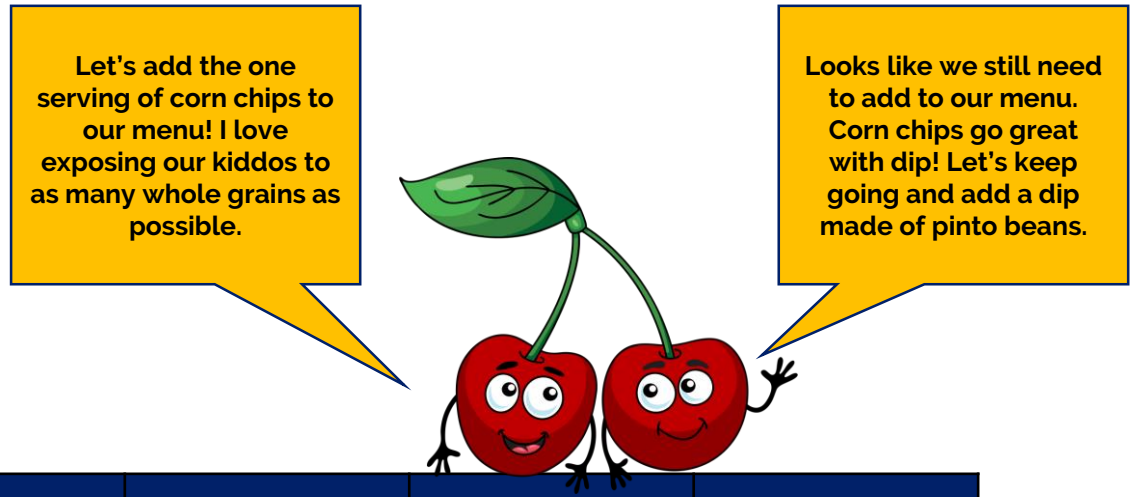


You're right, Pit! How about some corn chips? Corn chips go great with a lot of different options and they can credit as a whole grain!

According to our chart, we need at least one serving of grain. Based on the chips we purchased, one serving is fourteen chips.

Planning the Menu

Planning a Grain for Wednesday



	MONDAY	TUESDAY	WEDNESDAY
Milk		FF white milk *1 cup*	
Vegetable, Fruit, or 100% Full-Strength Juice	Fresh strawberries *¾ cup*	Fresh carrots *¾ cup*	
Grains/Breads	Granola *¼ cup*		Corn chips *1 serving*
Meat/Meat Alternates	FF vanilla yogurt *1 cup*		

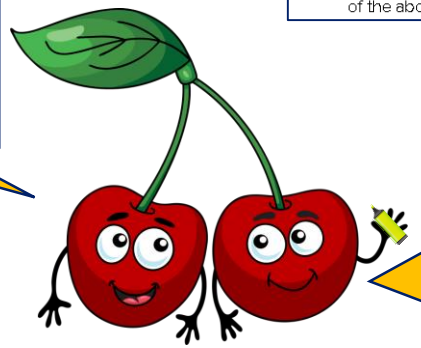
Planning the Menu

Planning the Second Component for Wednesday

Meal Pattern for Snack:
- Select 2 of the 4 components to offer per snack
- No more than two dessert items may be served in one week
- It is recommended to offer larger portions for older children (ages 13-18) based on their higher total energy requirements

Components	Ages 1-2	Ages 3-5	Ages 6-18
Fluid milk (cups)	½ cup	½ cup	1 cup
Vegetable, Fruit, or 100% Full-Strength Juice*	½ cup	½ cup	¾ cup
Grains/Breads (whole grain or enriched) Including: • Bread • Cornbread, rolls, muffins, or biscuits • Cold dry cereal (volume or weight, whichever is less) • Cooked cereal, pasta, noodle products, or cereal grains	 ½ slice ½ serving ¼ cup or ⅓ oz ¼ cup	 ½ slice ½ serving ⅓ cup or ½ oz ¼ cup	 1 slice 1 serving ¾ cup or 1 oz ½ cup
Meat or Meat Alternates Including: • Lean meat, fish or poultry (edible portion as served) • Cheese** • Egg or yogurt • Cooked dry beans or peas*** • Peanut butter, soy nut butter or other nut or seed butters • Peanuts, soy nuts, t • Any equivalent qua of the above meat/	 ½ oz ½ oz ½ egg or ¼ cup ⅛ cup 1 Tbsp	 ½ oz ½ oz ½ egg or ¼ cup ⅛ cup 1 Tbsp	 1 oz 1 oz 1 egg or ¼ cup ¼ cup 2 Tbsp 1 oz

If we add a pinto bean dip, do we add it as a fruit/vegetable or a meat/meat alternate? We <u>can't</u> use it as both on the same day, but how should we credit it?

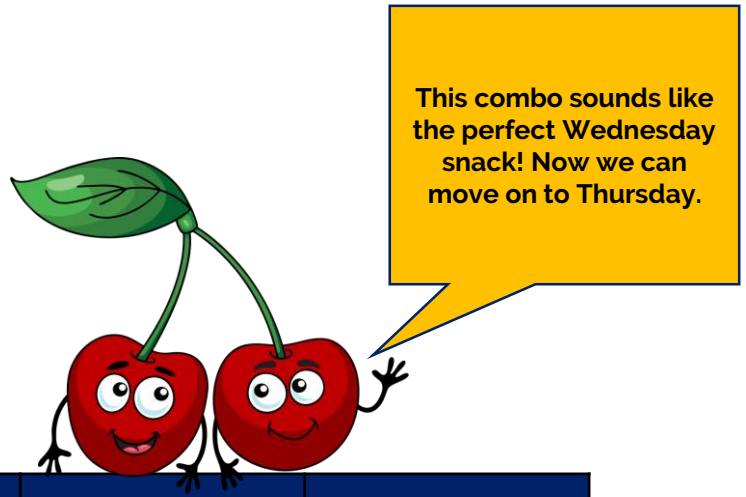


That is correct! Pinto beans can be a vegetable or a meat/meat alternate. We could always count this as a vegetable, but in this situation the minimum serving size for meat/meat alternate fits better with this recipe. Let's leave it as a meat/meat alternate.

According to our chart, we need to offer ¼ cup for the of meat/meat alternate component.

Planning the Menu

Planning a Meat/Meat Alternate for Wednesday



	MONDAY	TUESDAY	WEDNESDAY
Milk		FF white milk *1 cup*	
Vegetable, Fruit, or 100% Full-Strength Juice	Fresh strawberries *¾ cup*	Fresh carrots *¾ cup*	
Grains/Breads	Granola *¼ cup*		Corn chips *1 serving*
Meat/Meat Alternates	FF vanilla yogurt *1 cup*		Pinto bean dip *¼ cup*

Planning the Menu

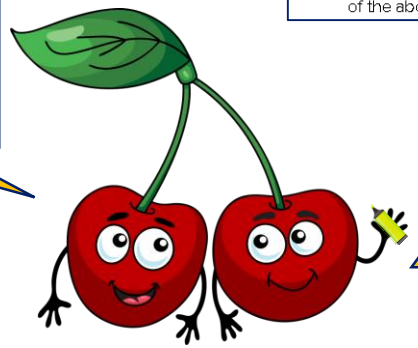
Planning the First Component for Thursday

Meal Pattern for Snack:

- **Select 2 of the 4 components to offer per snack**
- **No more than two dessert items may be served in one week**
- **It is recommended to offer larger portions for older children (ages 13-18) based on their higher total energy requirements**

Components	Ages 1-2	Ages 3-5	Ages 6-18
Fluid milk (cups)	½ cup	½ cup	1 cup
Vegetable, Fruit, or 100% Full-Strength Juice*	½ cup	½ cup	¾ cup
Grains/Breads (whole grain or enriched) Including: • Bread • Cornbread, rolls, muffins, or biscuits • Cold dry cereal (volume or weight, whichever is less) • Cooked cereal, pasta, noodle products, or cereal grains	½ slice ½ serving ¼ cup or ⅓ oz ¼ cup	½ slice ½ serving ⅓ cup or ½ oz ¼ cup	1 slice 1 serving ¾ cup or 1 oz ½ cup
Meat or Meat Alternates Including: • Lean meat, fish or poultry (edible portion as served) • Cheese** • Egg or yogurt • Cooked dry beans • Peanut butter, soy seed butters • Peanuts, soy nuts, • Any equivalent qua of the above meat/	½ oz ½ oz	½ oz ½ oz	1 oz 1 oz or ½ cup cup Tbsp 1 oz

Since there isn't much prep for our staff on Thursdays because of pizza day at lunch, let's get a little creative for snack!

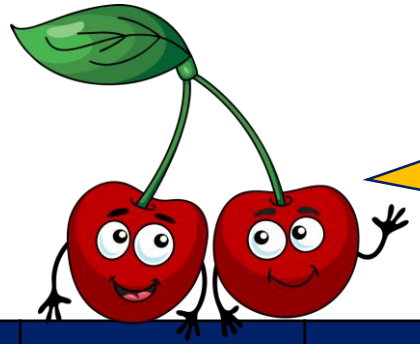


I like the way you think, Pit! I remember seeing a creative snack online one time… It's called "Banana Sushi". It includes banana, peanut butter, and soft tortilla. Since we have a lot of students that are allergic to tree nuts, we could substitute the peanut butter for some sunflower seed butter. Banana is the main ingredient; let's menu that first.

According to our chart, we need to offer ¾ cup of the fruit/vegetable component.

Planning the Menu

Planning a Fruit for Thursday



When I used the Food Buying Guide to credit my banana, I found that 1.5 bananas must be used to fulfill the ¾ cup of fruit/vegetable.

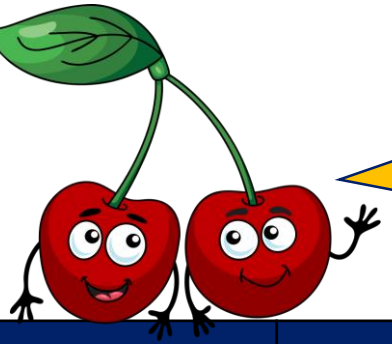
This should fit in our tortilla just fine, but we will need to make sure the kitchen staff follow the recipe!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Milk		FF white milk *1 cup*		
Vegetable, Fruit, or 100% Full-Strength Juice	Fresh strawberries *¾ cup*	Fresh carrots *¾ cup*		Fresh banana *¾ cup*
Grains/Breads	Granola *¼ cup*		Corn chips *1 serving*	
Meat/Meat Alternates	FF vanilla yogurt *1 cup*		Pinto bean dip *¼ cup*	

Planning the Menu

Planning the Meat/Meat Alternate for Thursday

Before moving on to our second component, I'm going to add the sunflower seed butter.



When looking at the chart we need 2 Tbsp. to fulfill the meat/meat alternate component, but I don't think we need that much for this recipe.

Let's add 1 Tbsp. of sunflower seed butter to our menu!

Now we need to focus on a second component in its minimum required amount to ensure we create a reimbursable snack for Thursday.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Milk		FF white milk *1 cup*		
Vegetable, Fruit, or 100% Full-Strength Juice	Fresh strawberries *¾ cup*	Fresh carrots *¾ cup*		Fresh banana *¾ cup*
Grains/Breads	Granola *¼ cup*		Corn chips *1 serving*	
Meat/Meat Alternates	FF vanilla yogurt *1 cup*		Pinto bean dip *¼ cup*	Sunflower seed butter *1 Tbsp.*

Planning the Menu

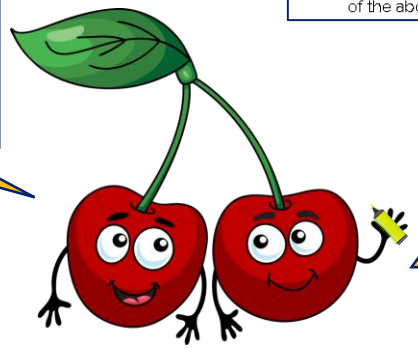
Planning the Second Component for Thursday

Meal Pattern for Snack:

- **Select 2 of the 4 components to offer per snack**
- **No more than two dessert items may be served in one week**
- **It is recommended to offer larger portions for older children (ages 13-18) based on their higher total energy requirements**

Components	Ages 1-2	Ages 3-5	Ages 6-18
Fluid milk (cups)	½ cup	½ cup	1 cup
Vegetable, Fruit, or 100% Full-Strength Juice*	½ cup	½ cup	¾ cup
Grains/Breads (whole grain or enriched) Including: • Bread • Cornbread, rolls, muffins, or biscuits • Cold dry cereal (volume or weight, whichever is less) • Cooked cereal, pasta, noodle products, or cereal grains	½ slice ½ serving ¼ cup or ⅓ oz ¼ cup	½ slice ½ serving ⅓ cup or ½ oz ¼ cup	1 slice 1 serving ¾ cup or 1 oz ½ cup
Meat or Meat Alternates Including: • Lean meat, fish or poultry (edible portion as served) • Cheese** • Egg or yogurt • Cooked dry beans • Peanut butter, soy seed butters • Peanuts, soy nuts, • Any equivalent qua of the above meat/	½ oz	½ oz	1 oz 1 oz or ½ cup cup Tbsp 1 oz

The last item we need to menu is the soft tortilla you were talking about, Pal!

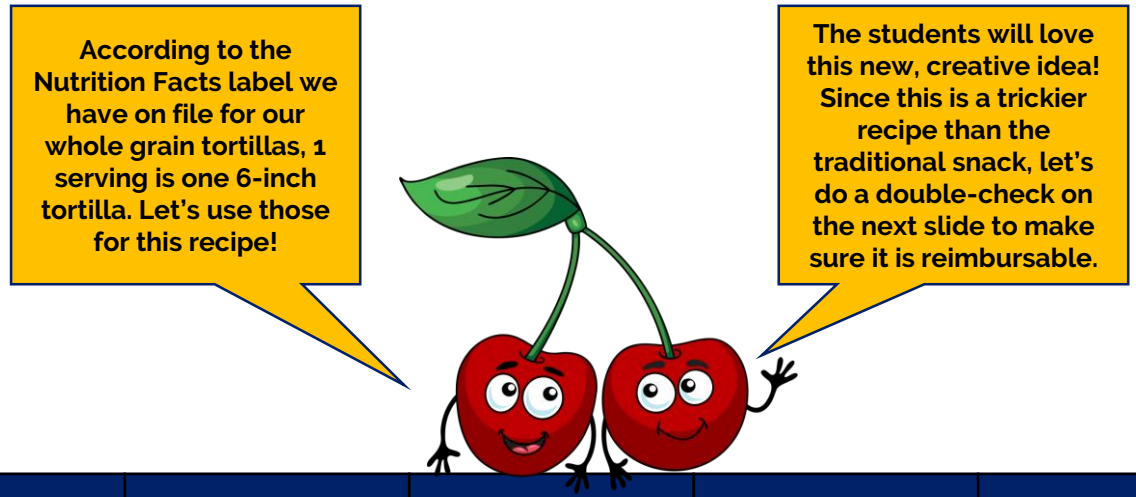


Yes it is, Pit! Since we only have one full component for Thursday so far, we will need to make sure the tortilla meets the minimum serving amount for grains.

According to our chart, we need to offer 1 serving of the grain component.

Planning the Menu

Planning a Grain for Thursday

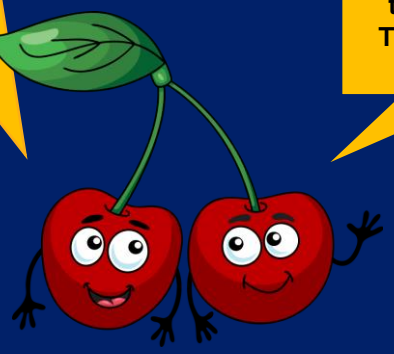


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Milk		FF white milk *1 cup*		
Vegetable, Fruit, or 100% Full-Strength Juice	Fresh strawberries *¾ cup*	Fresh carrots *¾ cup*		Fresh banana *¾ cup*
Grains/Breads	Granola *¼ cup*		Corn chips *1 serving*	WG tortilla *1 serving*
Meat/Meat Alternates	FF vanilla yogurt *1 cup*		Pinto bean dip *¼ cup*	Sunflower seed butter *1 Tbsp.*

Is Thursday's menu a reimbursable snack?

Let's look this through together before we make a decision.

Pal, can you highlight each component's serving size then put a check mark next to the serving size we menued if it is equal to or less than the minimum amounts?



Sure thing, Pit! We only need two of the four components in their minimum amounts each day. As long as we have two check marks on Thursday's menu, it is reimbursable.

THURSDAY
Fresh banana *¾ cup*
WG tortilla *1 serving*
Sunflower seed butter *1 Tbsp.*

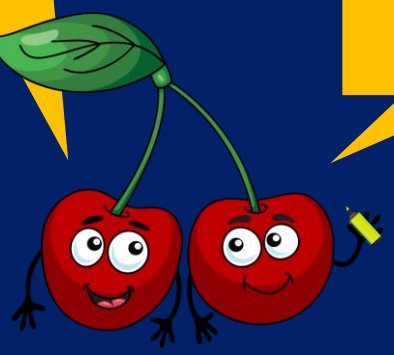
Meal Pattern for Snack:
- **Select 2 of the 4 components to offer per snack**
- **No more than two dessert items may be served in one week**
- **It is recommended to offer larger portions for older children (ages 13-18) based on their higher total energy requirements**

Components	Ages 1-2	Ages 3-5	Ages 6-18
Fluid milk (cups)	½ cup	½ cup	1 cup
Vegetable, Fruit, or 100% Full-Strength Juice*	½ cup	½ cup	¾ cup
Grains/Breads (whole grain or enriched) Including: • Bread • Cornbread, rolls, muffins, or biscuits • Cold dry cereal (volume or weight, whichever is less) • Cooked cereal, pasta, noodle products, or cereal grains	½ slice ½ serving ¼ cup or ½ oz ¼ cup	½ slice ½ serving ½ cup or ½ oz ¼ cup	1 slice 1 serving ¾ cup or 1 oz ½ cup
Meat or Meat Alternates Including: • Lean meat, fish or poultry (edible portion as served) • Cheese** • Egg or yogurt • Cooked dry beans or peas*** • Peanut butter, soy nut butter or other nut or seed butters • Peanuts, soy nuts, tree nuts or seeds • Any equivalent quantities of any combination of the above meat/meat alternates	½ oz ½ oz ½ egg or ¼ cup ⅛ cup 1 Tbsp ½ oz	½ oz ½ oz ½ egg or ¼ cup ⅛ cup 1 Tbsp ½ oz	1 oz 1 oz 1 egg or ½ cup ¼ cup 2 Tbsp 1 oz

Is Thursday's menu a reimbursable snack?

Let's start with the banana!

According to the chart, we need ¾ cup to fulfill the fruit/vegetable component.



On our menu, we have ¾ of fresh banana which is a banana and a half.

Perfect!

THURSDAY
Fresh banana *¾ cup* ✓
WG tortilla *1 serving*
Sunflower seed butter *1 Tbsp.*

Meal Pattern for Snack:

- **Select 2 of the 4 components to offer per snack**
- **No more than two dessert items may be served in one week**
- **It is recommended to offer larger portions for older children (ages 13-18) based on their higher total energy requirements**

Components	Ages 1-2	Ages 3-5	Ages 6-18
Fluid milk (cups)	½ cup	½ cup	1 cup
Vegetable, Fruit, or 100% Full-Strength Juice*	½ cup	½ cup	¾ cup
Grains/Breads (whole grain or enriched) Including: • Bread • Cornbread, rolls, muffins, or biscuits • Cold dry cereal (volume or weight, whichever is less) • Cooked cereal, pasta, noodle products, or cereal grains	½ slice ½ serving ¼ cup or ½ oz ¼ cup	½ slice ½ serving ½ cup or ½ oz ¼ cup	1 slice 1 serving ¾ cup or 1 oz ½ cup
Meat or Meat Alternates Including: • Lean meat, fish or poultry (edible portion as served) • Cheese** • Egg or yogurt • Cooked dry beans or peas*** • Peanut butter, soy nut butter or other nut or seed butters • Peanuts, soy nuts, tree nuts or seeds • Any equivalent quantities of any combination of the above meat/meat alternates	½ oz ½ oz ½ egg or ¼ cup ⅛ cup 1 Tbsp ½ oz	½ oz ½ oz ½ egg or ¼ cup ⅛ cup 1 Tbsp ½ oz	1 oz 1 oz 1 egg or ½ cup ¼ cup 2 Tbsp 1 oz

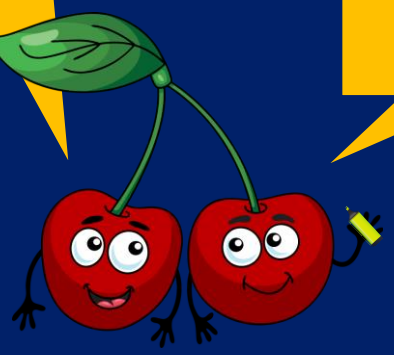
Is Thursday's menu a reimbursable snack?

THURSDAY
Fresh banana *¾ cup* ✓
WG tortilla *1 serving* ✓
Sunflower seed butter *1 Tbsp.*

Now let's move on to the tortilla! According to the chart, we need 1 serving to fulfill the grain component.

On our menu, we have 1 serving of WG tortilla.

Fantastic!



Meal Pattern for Snack:
- **Select 2 of the 4 components to offer per snack**
- **No more than two dessert items may be served in one week**
- **It is recommended to offer larger portions for older children (ages 13-18) based on their higher total energy requirements**

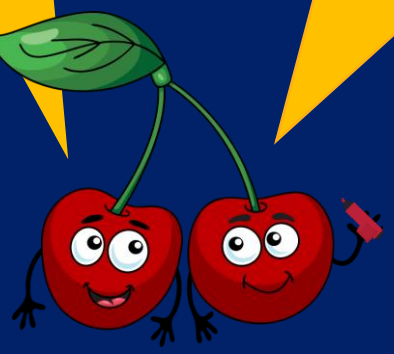
Components	Ages 1-2	Ages 3-5	Ages 6-18
Fluid milk (cups)	½ cup	½ cup	1 cup
Vegetable, Fruit, or 100% Full-Strength Juice*	½ cup	½ cup	¾ cup
Grains/Breads (whole grain or enriched) Including: • Bread • Cornbread, rolls, muffins, or biscuits • Cold dry cereal (volume or weight, whichever is less) • Cooked cereal, pasta, noodle products, or cereal grains	½ slice ½ serving ¼ cup or ½ oz ¼ cup	½ slice ½ serving ⅓ cup or ½ oz ¼ cup	1 slice 1 serving ¾ cup or 1 oz ½ cup
Meat or Meat Alternates Including: • Lean meat, fish or poultry (edible portion as served) • Cheese** • Egg or yogurt • Cooked dry beans or peas*** • Peanut butter, soy nut butter or other nut or seed butters • Peanuts, soy nuts, tree nuts or seeds • Any equivalent quantities of any combination of the above meat/meat alternates	½ oz ½ oz ½ egg or ¼ cup ⅛ cup 1 Tbsp ½ oz	½ oz ½ oz ½ egg or ¼ cup ⅛ cup 1 Tbsp ½ oz	1 oz 1 oz 1 egg or ½ cup ¼ cup 2 Tbsp 1 oz

Is Thursday's menu a reimbursable snack?

Hold on, Pal! We already have two check marks, but there's more items on our menu. We can stop, right?

We could stop, but let's check the sunflower seed butter to see!

According to the chart we need 2 Tbsp. to fulfill the meat/meat alternate component. On our menu we only have 1 Tbsp. of sunflower seed butter. Good thing we have two other components in their minimum amounts to make it reimbursable!



THURSDAY
Fresh banana *¾ cup* ✓
WG tortilla *1 serving* ✓
Sunflower seed butter *1 Tbsp.* ✗

Meal Pattern for Snack:

- **Select 2 of the 4 components to offer per snack**
- **No more than two dessert items may be served in one week**
- **It is recommended to offer larger portions for older children (ages 13-18) based on their higher total energy requirements**

Components	Ages 1-2	Ages 3-5	Ages 6-18
Fluid milk (cups)	½ cup	½ cup	1 cup
Vegetable, Fruit, or 100% Full-Strength Juice*	½ cup	½ cup	¾ cup
Grains/Breads (whole grain or enriched) Including: • Bread • Cornbread, rolls, muffins, or biscuits • Cold dry cereal (volume or weight, whichever is less) • Cooked cereal, pasta, noodle products, or cereal grains	½ slice ½ serving ¼ cup or ½ oz ¼ cup	½ slice ½ serving ½ cup or ½ oz ¼ cup	1 slice 1 serving ¾ cup or 1 oz ½ cup
Meat or Meat Alternates Including: • Lean meat, fish or poultry (edible portion as served) • Cheese** • Egg or yogurt • Cooked dry beans or peas*** • Peanut butter, soy nut butter or other nut or seed butters • Peanuts, soy nuts, tree nuts or seeds • Any equivalent quantities of any combination of the above meat/meat alternates	½ oz ½ oz ½ egg or ¼ cup ⅛ cup 1 Tbsp ½ oz	½ oz ½ oz ½ egg or ¼ cup ⅛ cup 1 Tbsp ½ oz	1 oz 1 oz 1 egg or ½ cup ¼ cup 2 Tbsp 1 oz

Planning the Menu

Planning the First Component for Friday

Meal Pattern for Snack:

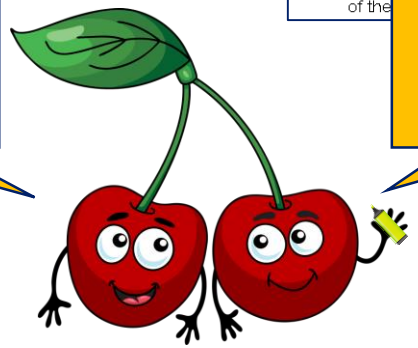
- **Select 2 of the 4 components to offer per snack**
- **No more than two dessert items may be served in one week**
- **It is recommended to offer larger portions for older children (ages 13-18) based on their higher total energy requirements**

Components	Ages 1-2	Ages 3-5	Ages 6-18
Fluid milk (cups)	½ cup	½ cup	1 cup
Vegetable, Fruit, or 100% Full-Strength Juice*	½ cup	½ cup	¾ cup
Grains/Breads (whole grain or enriched) Including: • Bread • Cornbread, rolls, muffins, or biscuits • Cold dry cereal (volume or weight, whichever is less) • Cooked cereal, pasta, noodle products, or cereal grains	½ slice ½ serving ¼ cup or ⅓ oz ¼ cup	½ slice ½ serving ⅓ cup or ½ oz ¼ cup	1 slice 1 serving ¾ cup or 1 oz ½ cup
Meat or Meat Alternates Including: • Lean meat, fish or poultry (edible portion as served) • Cheese** • Egg o • Cook • Peanu seed • Peanu • Any e of the	½ oz ½ oz egg or ¼ cup ⅛ cup 1 Tbsp ½ oz	½ oz ½ oz ½ egg or ¼ cup ⅛ cup 1 Tbsp ½ oz	1 oz 1 oz 1 egg or ½ cup ¼ cup 2 Tbsp 1 oz

Friday is the end of the week and not as many students participate in snack this day. Let's make up a quick and easy snack for Friday!

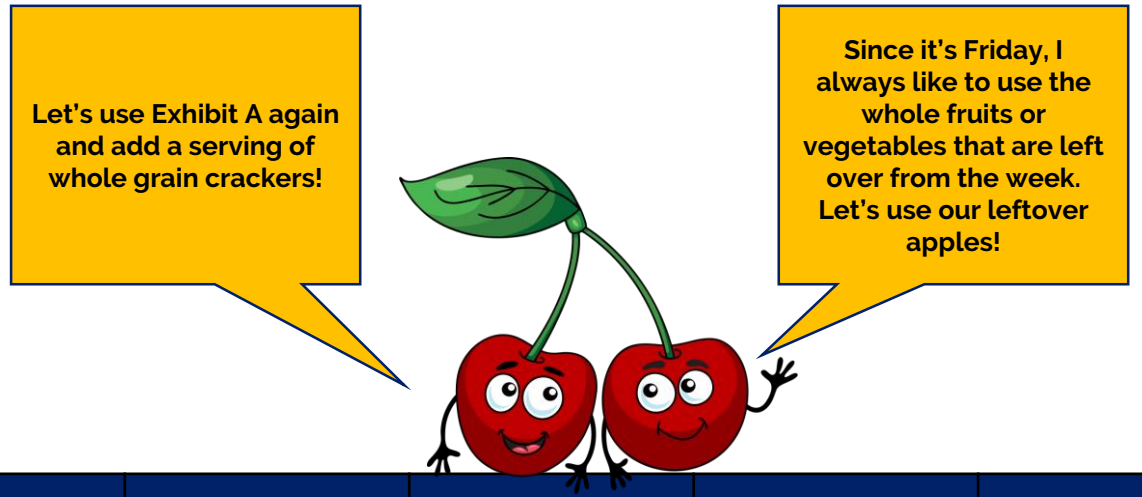
How about some whole grain crackers?

According to our chart, we need to offer 1 serving of the grain component.



Planning the Menu

Planning a Grain for Friday



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk		FF white milk *1 cup*			
Vegetable, Fruit, or 100% Full-Strength Juice	Fresh strawberries *¾ cup*	Fresh carrots *¾ cup*		Fresh banana *¾ cup*	
Grains/Breads	Granola *¼ cup*		Corn chips *1 serving*	WG tortilla *1 serving*	WG crackers *1 serving*
Meat/Meat Alternates	FF vanilla yogurt *1 cup*		Pinto bean dip *¼ cup*	Sunflower seed butter *½ cup*	

Planning the Menu

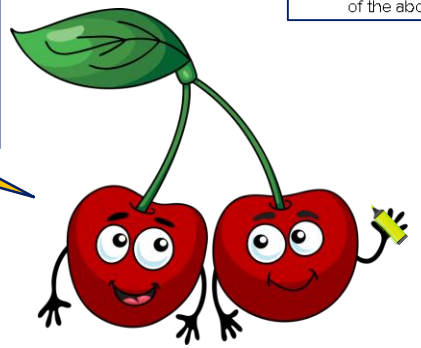
Planning the Second Component for Friday

Meal Pattern for Snack:

- **Select 2 of the 4 components to offer per snack**
- **No more than two dessert items may be served in one week**
- **It is recommended to offer larger portions for older children (ages 13-18) based on their higher total energy requirements**

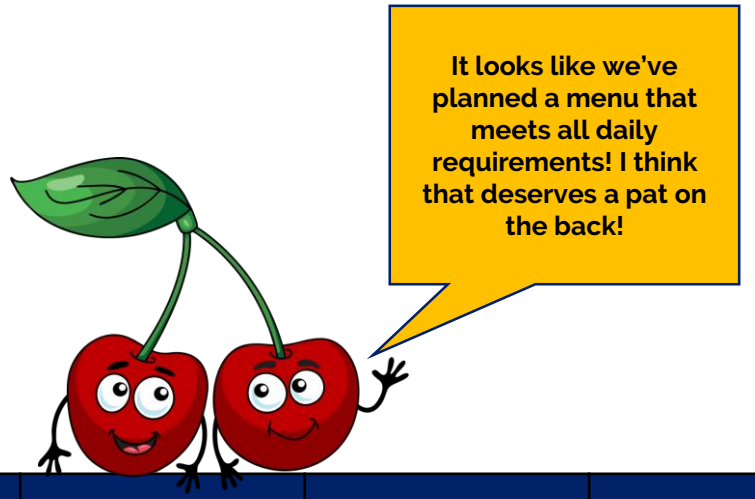
Components	Ages 1-2	Ages 3-5	Ages 6-18
Fluid milk (cups)	½ cup	½ cup	1 cup
Vegetable, Fruit, or 100% Full-Strength Juice*	½ cup	½ cup	¾ cup
Grains/Breads (whole grain or enriched) Including: • Bread • Cornbread, rolls, muffins, or biscuits • Cold dry cereal (volume or weight, whichever is less) • Cooked cereal, pasta, noodle products, or cereal grains	 ½ slice ½ serving ¼ cup or ⅓ oz ¼ cup	 ½ slice ½ serving ⅓ cup or ½ oz ¼ cup	 1 slice 1 serving ¾ cup or 1 oz ½ cup
Meat or Meat Alternates Including: • Lean meat, fish or poultry (edible portion as served) • Cheese** • Egg or yogurt • Cooked dry beans or peas*** • Peanut butter, soy nut butter or other nut or seed butters • Peanuts, soy nuts, tree nuts or seeds • Any equivalent quantities of any combination of the above meat/meat alternates	 ½ oz ½ oz ½ egg or ¼ cup ⅛ cup 1 Tbsp ½ oz	 ½ oz ½ oz ½ egg or ¼ cup ⅛ cup 1 Tbsp ½ oz	 1 oz 1 oz 1 egg or ½ cup ¼ cup 2 Tbsp 1 oz

According to our chart, we need to offer ¾ cup of the fruit/vegetable component.



Planning the Menu

Finalizing the Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk		FF white milk *1 cup*			
Vegetable, Fruit, or 100% Full-Strength Juice	Fresh strawberries *¾ cup*	Fresh carrots *¾ cup*		Fresh banana *¾ cup*	Whole apple *1 cup*
Grains/Breads	Granola *¼ cup*		Corn chips *1 serving*	WG tortilla *1 serving*	WG crackers *1 serving*
Meat/Meat Alternates	FF vanilla yogurt *1 cup*		Pinto bean dip *¼ cup*	Sunflower seed butter *½ cup*	

True or False: When planning a snack menu, weekly requirements must be met.

A) True
B) False

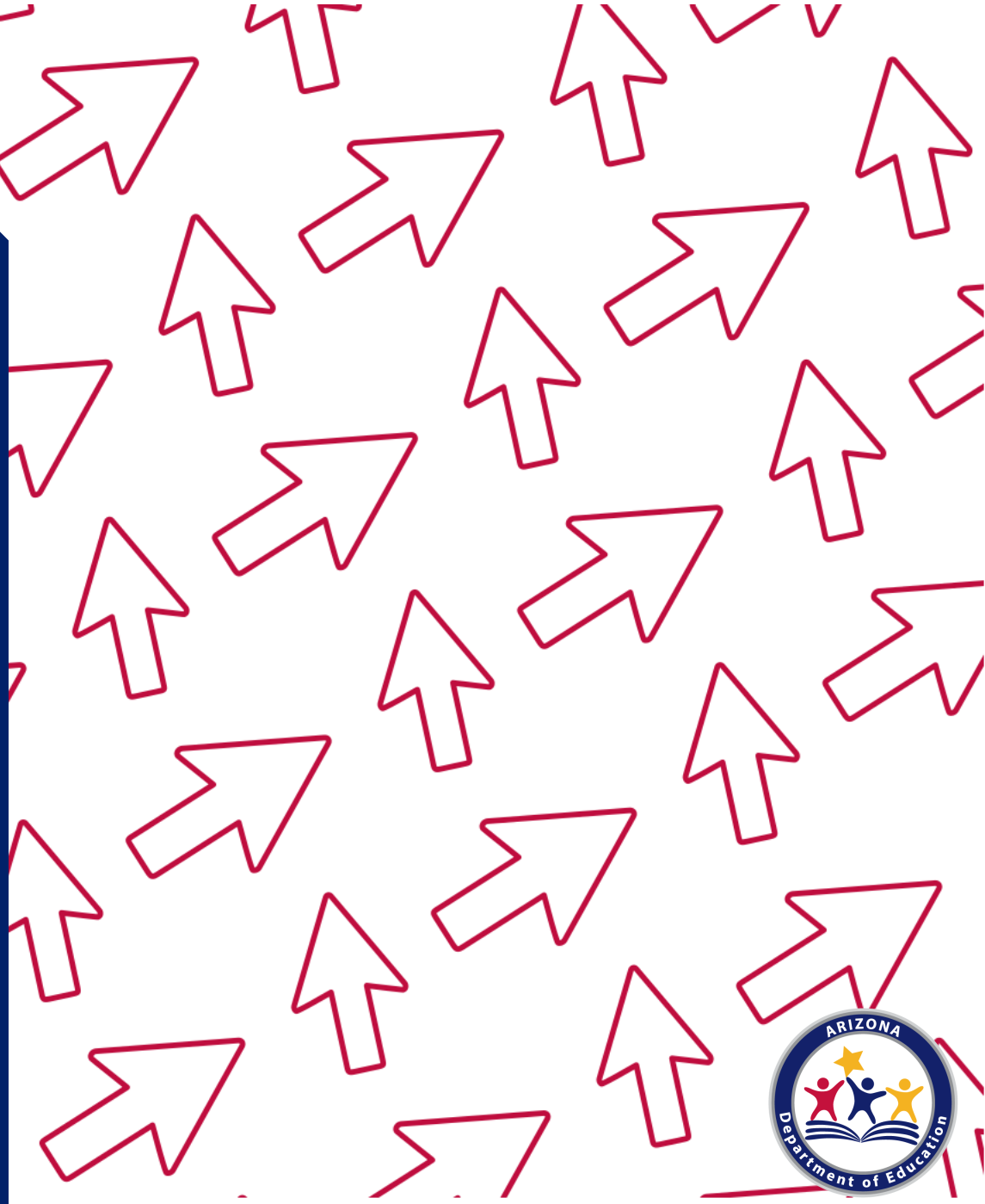


True or False: When planning a snack menu, weekly requirements must be met.

A) True
B) False

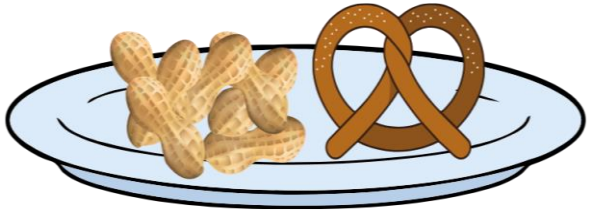
Snack menus only need to be compliant with daily requirements based on the ASCSP meal pattern chart. Unlike breakfast and lunch, there are no weekly minimums or maximums that are required to be met.

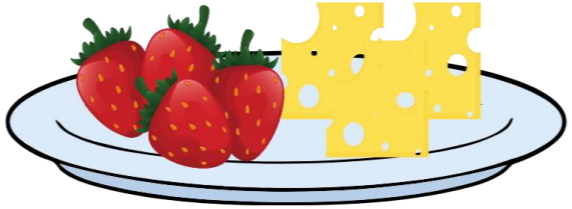
Tips to Help You Menu Plan Like a Pro



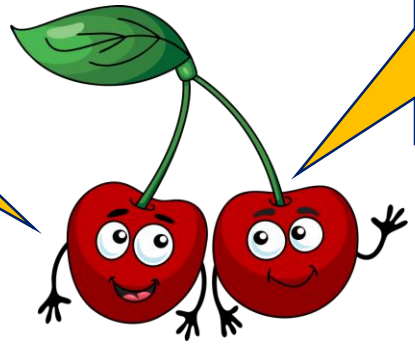
Tips to Help You Menu Plan Like a Pro

Pro Tip: Think Color and Variety





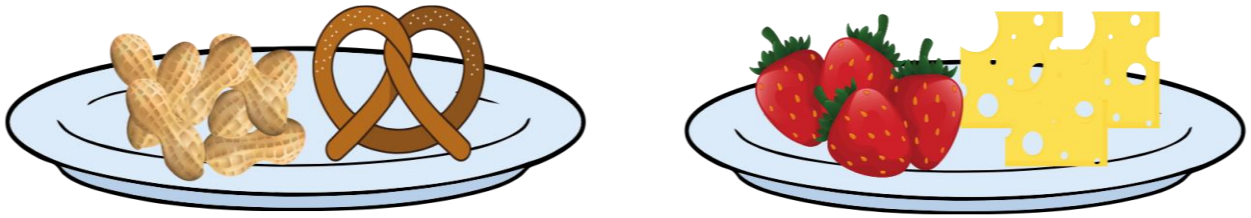
Try to plan snacks that offer variety in color and texture to make the snacks more appealing and tasty!

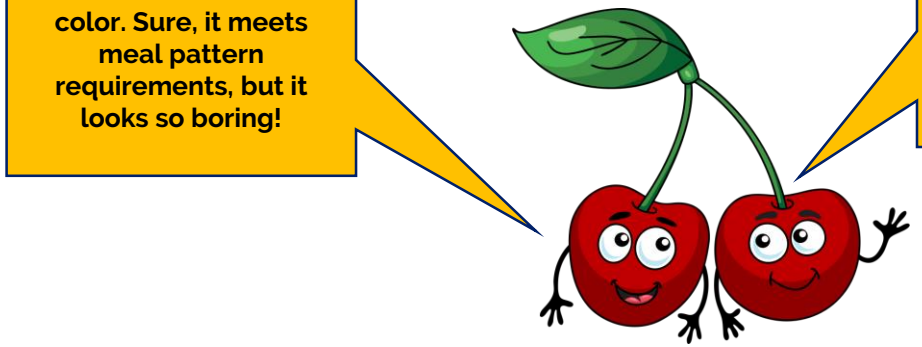


Which of these snacks looks more appetizing to you?

Tips to Help You Menu Plan Like a Pro

Pro Tip: Think Color and Variety



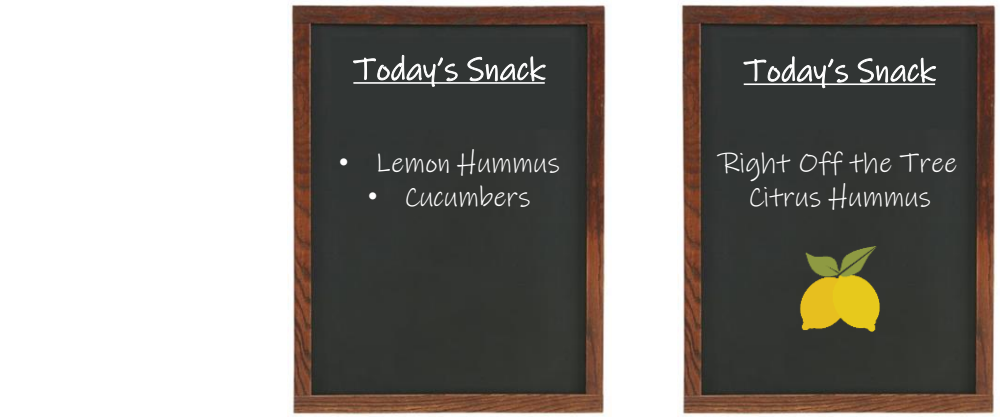


The snack on the left is all the same brown color. Sure, it meets meal pattern requirements, but it looks so boring!

The snack on the right has color and has a good combination of salty and sweet! I'd pick the snack on the right for sure!

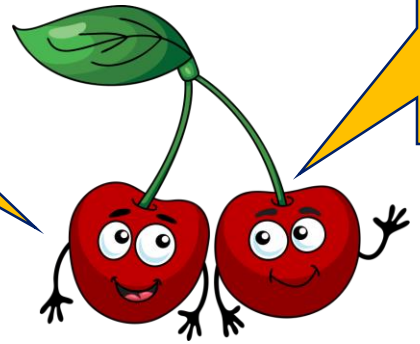
Tips to Help You Menu Plan Like a Pro

Pro Tip: Use Creative Names



Students like trendy and catchy names. Here are some examples of ways to name your snack choices so they sound appealing too!

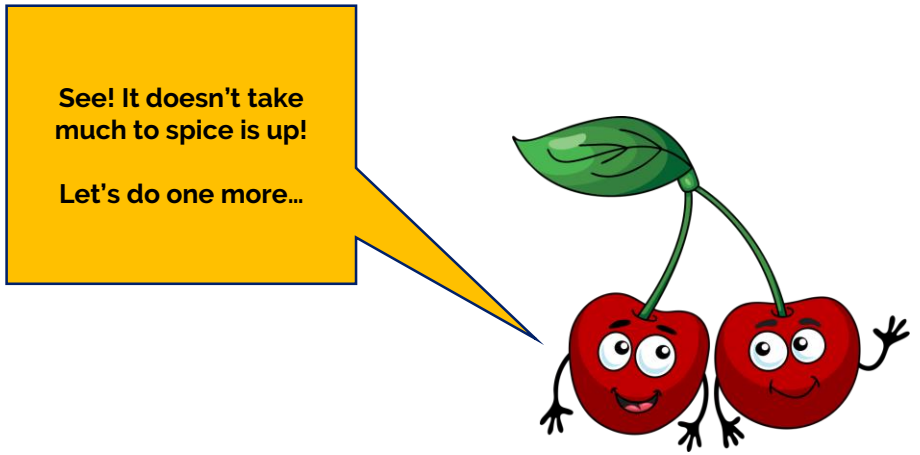
How can you rename your snacks on your menu?



Tips to Help You Menu Plan Like a Pro

Pro Tip: Use Creative Names

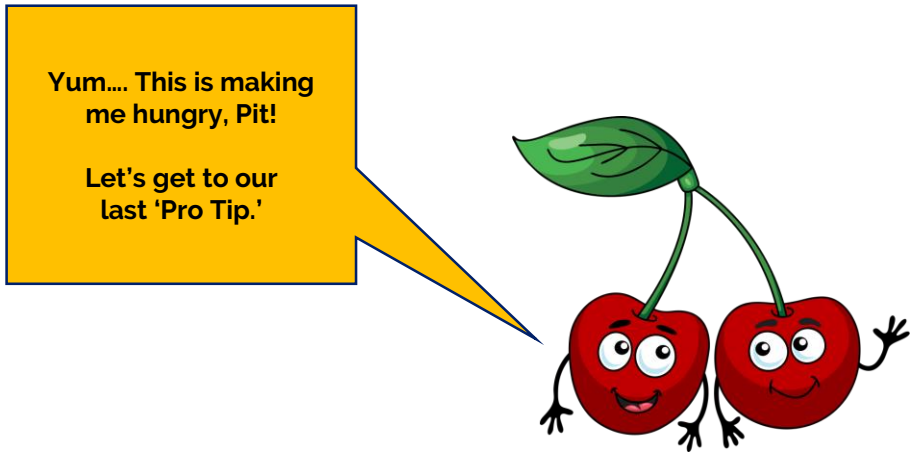




Tips to Help You Menu Plan Like a Pro

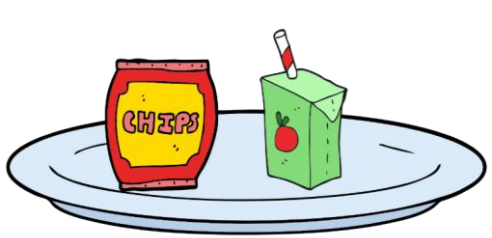
Pro Tip: Use Creative Names

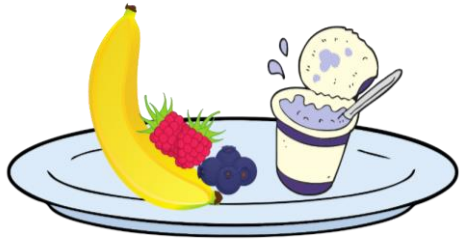




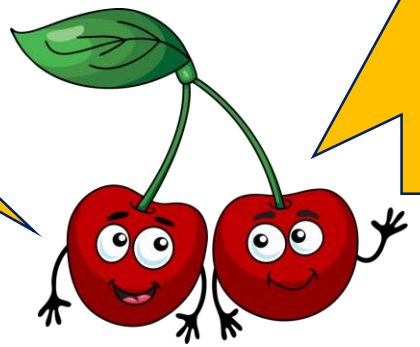
Tips to Help You Menu Plan Like a Pro

Pro Tip: Focus on Healthy Over Convenient





It's ok to avoid spending too much time on snack preparation. However, it is important to make healthy snacks a priority while trying to save time.



The good news is that many of the healthiest snacks take the same amount of time to prepare as the packaged and processed snacks that many of us think of when we hear the word "snack."

Stay tuned for ADE's monthly upLIFT webinars to help you focus on serving your students the most nutritious menus out there!

Tips to Help You Menu Plan Like a Pro

Pro Tip: How to Plan a Snack Menu Summary

National School Lunch Program

Afterschool Care Snack Program (ASCSP)

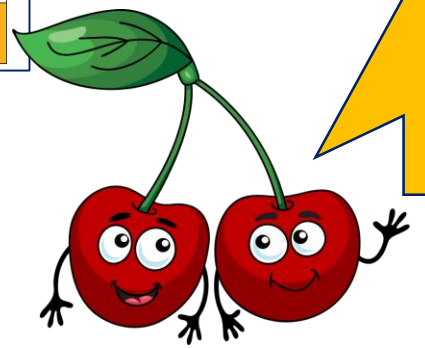
Reimbursement for snacks served in after school care programs is available for schools operating NSLP under the ASCSP. Snacks served under the ASCSP must meet the following meal pattern requirements.

Meal Pattern for Snack:

- **Select 2 of the 4 components to offer per snack**
- **No more than two dessert items may be served in one week**
- **It is recommended to offer larger portions for older children (ages 13-18) based on their higher total energy requirements**

Components	Ages 1-2	Ages 3-5	Ages 6-18
Fluid milk (cups)	½ cup	½ cup	1 cup
Vegetable, Fruit, or 100% Full-Strength Juice*	½ cup	½ cup	¾ cup
Grains/Breads (whole grain or enriched) Including: • Bread • Cornbread, rolls, muffins, or biscuits • Cold dry cereal (volume or weight, whichever is less) • Cooked cereal, pasta, noodle products, or cereal grains	½ slice ½ serving ¼ cup or ⅓ oz ¼ cup	½ slice ½ serving ⅓ cup or ½ oz ¼ cup	1 slice 1 serving ¾ cup or 1 oz ½ cup
Meat or Meat Alternates Including: • Lean meat, fish or poultry (edible portion as served) • Cheese** • Egg or yogurt • Cooked dry beans or peas*** • Peanut butter, soy nut butter or other nut or seed butters • Peanuts, soy nuts, tree nuts or seeds • Any equivalent quantities of any combination of the above meat/meat alternates	½ oz ½ oz ½ egg or ¼ cup ⅛ cup 1 Tbsp ½ oz	½ oz ½ oz ½ egg or ¼ cup ⅛ cup 1 Tbsp ½ oz	1 oz 1 oz 1 egg or ½ cup ¼ cup 2 Tbsp 1 oz

*Juice may not be served when milk is served as the other component.
**natural or processed only
***In the same meal service, dried beans or dried peas may only be used as a meat alternate or as a vegetable; however, such use does not satisfy the requirement for both components



When planning a snack menu, first make sure you plan enough of at least two of the four components to meet the daily requirements. Then, look for ways to refine and enhance your menu to make it appealing, appetizing, and nutritious for students.

Be sure to visit the Afterschool Care Snack Program Webpage for tools and resources to help you plan and review your menu.

Technical Assistance

If you have any questions related to the ASCSP meal pattern, visit the Afterschool Care Snack Program Webpage at:

http://www.azed.gov/hns/nslp/ascsp/

You can also contact your School Nutrition Programs Specialist if you have additional questions about the Afterschool Care Snack Program and menu planning.



Congratulations

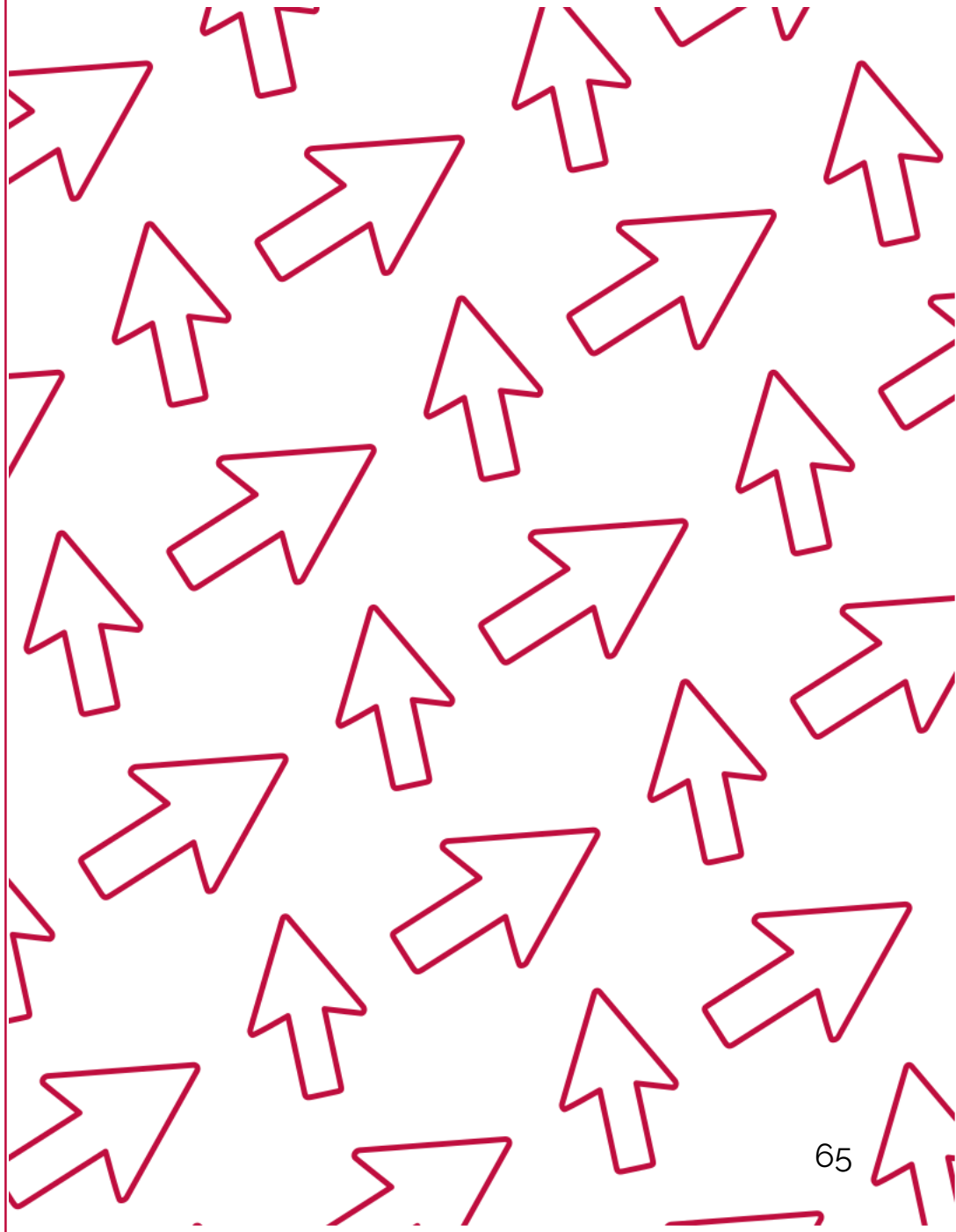
You have completed the Step by Step Instruction: ***How to Plan a Snack Menu for the Afterschool Care Snack Program***

In order to count this training towards your Professional Standards training hours, the training content must align with your job duties.

Information to include when documenting this training for Professional Standards:

- **Training Title:** How to Plan a Snack Menu for the Afterschool Care Snack Menu
- **Learning Code:** 1110
- **Key Area:** 1000 – Nutrition
- **Length:** 45 minutes

Please note, attendees must document the amount of training hours indicated on the training despite the amount of time it takes to complete it.



Training Certificate

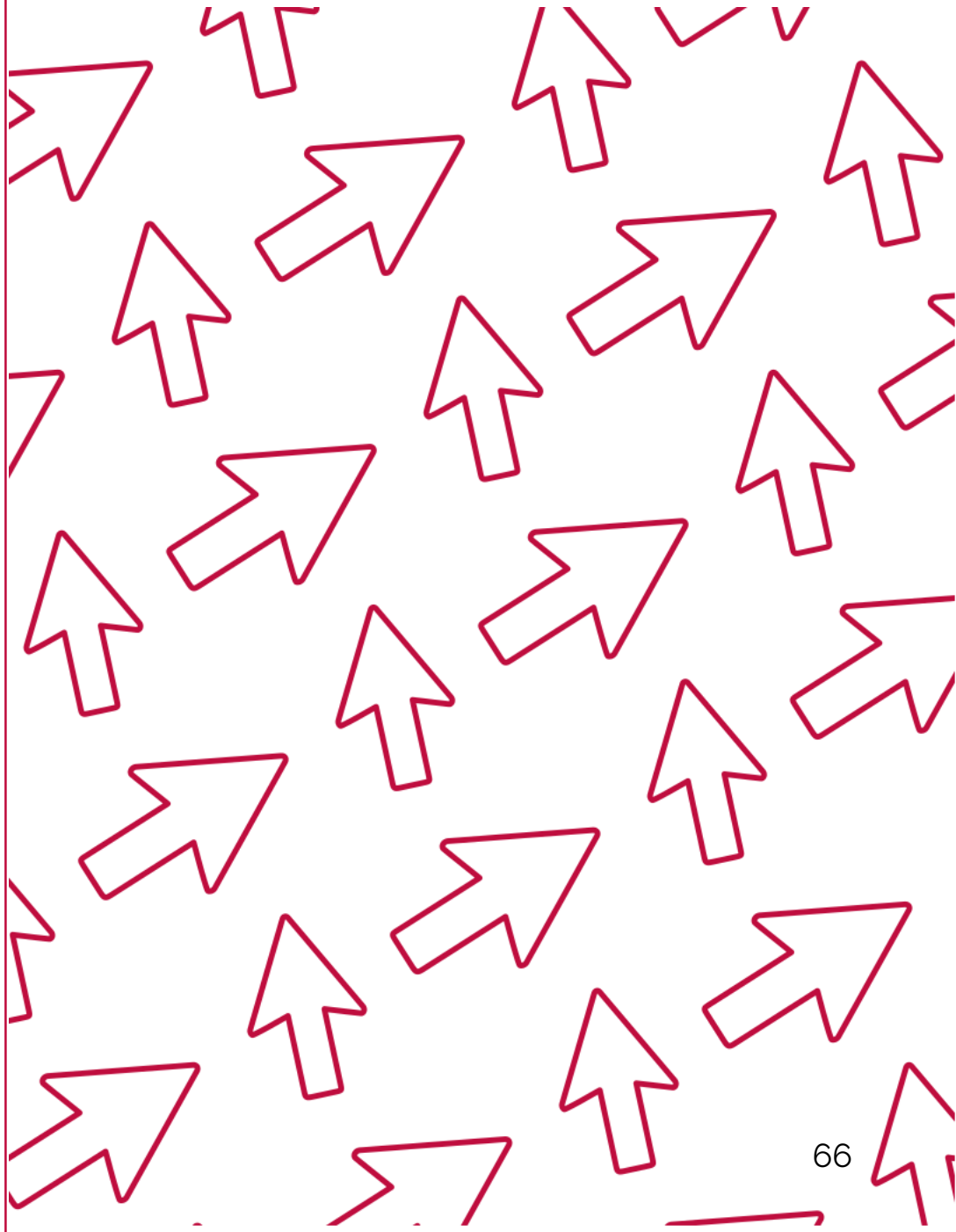
Please click on the link below to complete a brief survey about this training. Once the survey is complete, you will be able to print your certificate of completion from Survey Money.

**This will not appear in your Event Management System (EMS) Account.*

https://www.surveymonkey.com/r/OnlineHowToGuides

The information below is for your reference when completing the survey:

- Training Title: ***How to Plan a Snack Menu for the Afterschool Care Snack Program***
- Professional Standards Learning Code: **1100**





In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, 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.

This institution is an equal opportunity provider.