

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



Health and Nutrition Services
Arizona Department of Education





Disclaimer

This training was developed by the Arizona Department of Education (ADE) Health and Nutrition Services Division (HNS). The content in this training is intended for professionals operating one or more USDA Child Nutrition Programs in Arizona under the direction of ADE. The information in this training is subject to change. Attendees are encouraged to access professional development materials directly from the training library to prevent use of outdated content.

Intended Audience

This training is intended for **School Food Authorities (SFAs)** operating the **National School Lunch Program (NSLP)**.

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.

TRAINING HOURS

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 Code: 1110

Length: 45 minutes



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.

Quiz Time



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 answers available within the guide.

The question mark icon below will indicate a comprehension quiz question.



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

How to Read the Afterschool Care Snack Program Meal Pattern Chart

SECTION 1



Meal Pattern Chart

AFTERSCHOOL CARE SNACK PROGRAM

The meal pattern chart for the Afterschool Care Snack Program (ASCSP) includes meal pattern requirements for children of all ages. The chart shows the daily requirements for each component.

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

National School Lunch Program				
Afterschool Care Snack Program Meal Pattern				
Reimbursement for snacks served in afterschool care programs is available for schools operating NSLP under the Afterschool Care Snack Program. Snacks served must meet the meal pattern requirements below.				
Required Components at Snack: Select any two components to serve at snack. Only one of the two components may be a creditable beverage, such as milk or juice.				
Food Components	Required <i>minimum</i> serving size by age group			Additional Information
	Ages 1-2	Ages 3-5	Ages 6-18	
Fluid Milk	4 fl oz or 1/2 cup	4 fl oz or 1/2 cup	8 fl oz or 1 cup	Fluid milk must be pasteurized. Participants 12-23 months must be served whole milk; participants 24 months and older must be served 1% or fat-free milk. Participants ages 6+ may be served flavored low-fat or fat-free milk.
Meat/Meat Alternates	1/2 oz	1/2 oz	1 oz	Yogurts must contain no more than 12 grams added sugars per 6 ounces (2 grams of sugar per ounce). Alternate protein products must meet the requirements in Appendix A to Part 226 . Meat/Meat Alternate is now being measured in ounce equivalents (oz eq).
Lean meat, poultry, fish	1/2 oz	1/2 oz	1 oz	
Tofu, soy product, or alternate protein products	1/2 oz	1/2 oz	1 oz	
Cheese	1/2 oz	1/2 oz	1 oz	
Large egg	1/2	1/2	1/2	
Cooked dry beans/peas	1/8 cup	1/8 cup	1/4 cup	
Nut/seed butters	1 tbsp	1 tbsp	2 tbsp	
Yogurt	2 oz; 1/4 cup	2 oz; 1/4 cup	4 oz; 1/2 cup	
Nuts or seeds	1/2 oz	1/2 oz	1 oz	
Grains	1/2 oz eq	1/2 oz eq	1 oz eq	At least 80 percent of grains offered weekly (by ounce equivalents) must be whole grain-rich, as defined in CFR § 210.2, and the remaining grain items offered must be enriched. Grain-based desserts do not count towards meeting the grains requirements. Breakfast cereals , including hot cereal and ready-to-eat cereal, must contain no more than 6 grams of added sugar per dry oz. Grains are credited using ounce equivalents (oz eq).
Vegetables	1/2 cup	1/2 cup	3/4 cup	If juice is served, it must be 100% full-strength juice and may only be served once per day.
Fruits	1/2 cup	1/2 cup	3/4 cup	If juice is served, it must be 100% full-strength juice and may only be served once per day.

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Afterschool Care Snack Program Meal Pattern Chart

Meal Pattern Chart

READING THE CHART

- 1

Meal Pattern Reminders
The chart includes an explanation of the meal pattern requirements.
- 2

Components
This chart outlines the allowable components in the ASCSP meal pattern.
- 3

Age Groups
The chart shows the required amounts for the different age groups in each column.
- 4

Minimum Required Serving Sizes
This chart outlines the minimum required serving size for each component by age group.

National School Lunch Program Afterschool Care Snack Program Meal Pattern				
Reimbursement for snacks served in after school care programs is available for schools operating NSLP under the Afterschool Care Snack Program. 3 & 4 Snacks served must meet the meal pattern requirements below.				
Required Components at Snack: Select any two components to serve at snack. Only one of the two components may be a creditable beverage, such as milk or juice.				
Food Components	Required <u>minimum</u> serving size by age group			Additional Information
	Ages 1-2	Ages 3-5	Ages 6-18	
Fluid Milk	4 fl oz or 1/2 cup	4 fl oz or 1/2 cup	8 fl oz or 1 cup	Fluid milk must be pasteurized. Participants 12-23 months must be served whole milk; participants 24 months and older must be served 1% or fat-free milk. Participants ages 6+ may be served flavored low-fat or fat-free milk.
Meat/Meat Alternates	1/2 oz	1/2 oz	1 oz	Yogurts must contain no more than 12 grams added sugars per 6 ounces (2 grams of sugar per ounce). Alternate protein products must meet the requirements in Appendix A to Part 226 . Meat/Meat Alternate is now being measured in ounce equivalents (oz eq).
Lean meat, poultry, fish	1/2 oz	1/2 oz	1 oz	
Tofu, soy product, or alternate protein products	1/2 oz	1/2 oz	1 oz	
Cheese	1/2 oz	1/2 oz	1 oz	
Large egg	1/2	1/2	1/2	
Cooked dry beans/peas	1/8 cup	1/8 cup	1/4 cup	
Nut/seed butters	1 tbsp	1 tbsp	2 tbsp	
Yogurt	2 oz; 1/4 cup	2 oz; 1/4 cup	4 oz; 1/2 cup	
Nuts or seeds	1/2 oz	1/2 oz	1 oz	
Grains	1/2 oz eq	1/2 oz eq	1 oz eq	At least 80 percent of grains offered weekly (by ounce equivalents) must be whole grain-rich, as defined in CFR § 210.2, and the remaining grain items offered must be enriched. Grain-based desserts do not count towards meeting the grains requirements. Breakfast cereals , including hot cereal and ready-to-eat cereal, must contain no more than 6 grams of added sugar per dry oz. Grains are credited using ounce equivalents (oz eq).
Vegetables	1/2 cup	1/2 cup	3/4 cup	If juice is served, it must be 100% full-strength juice and may only be served once per day.
Fruits	1/2 cup	1/2 cup	3/4 cup	If juice is served, it must be 100% full-strength juice and may only be served once per day.

Quiz Time

How many components are there in the ASCSP meal pattern?

- A** Two.
- B** Three.
- C** Four.
- D** Five.



Quiz Time

How many components are there in the ASCSP meal pattern?

A Two.

B Three.

C Four.

D Five.

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

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



Quiz Time

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.



Quiz Time

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.



ASCSP Meal Pattern

SERVING SIZES

The meal pattern chart includes the minimum required serving size for each component and age range. The unit of measurement varies from component to component, depending on the food item.

- For example, milk is measured in cups, and bread is measured in slices.

CREDITING

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 ounce equivalents (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.

ASCSP Meal Pattern

COMBINING FOOD ITEMS

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 $\frac{1}{4}$ of fresh fruit to meet the minimum amount required for one of the two components that must be offered at snack.



Fruit, vegetable, grains, and meat/meat alternates can all be combined within the component.

Quiz Time

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

- A** Peppers and Carrots
- B** Yogurt and Cheese
- C** Cereal and Toast
- D** Apple Slices and 100% Fruit Juice
- E** All of the above



Quiz Time

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

- A** Peppers and Carrots
- B** Yogurt and Cheese
- C** Cereal and Toast
- D** Apple Slices and 100% Fruit 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.



ASCSP Meal Pattern

ADDITIONAL REQUIREMENTS

Now that you have learned the meal pattern, it is important to understand some additional menu planning requirements.

- 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 half of the weekly fruit or vegetable offerings may be in the form of juice.
- At least 80 percent of grains offered weekly must be whole grain-rich, as defined in § 210.2, and the remaining grains items offered must be enriched.
- It is recommended that schools offer larger portions for older children (ages 13-18) based on their greater food energy requirements.

National School Lunch Program Afterschool Care Snack Program Meal Pattern			
Reimbursement for snacks served in afterschool care programs is available for schools operating NSLP under the Afterschool Care Snack Program. Snacks served 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 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 ¼ cup 1 Tbsp ½ oz	½ oz ½ oz ½ egg or ¼ cup ¼ 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			
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Afterschool Care Snack Program Meal Pattern Chart



For convenience, these additional requirements are listed at the bottom of the meal pattern chart.

ASCSP Meal Pattern

GRAIN BASED-DESSERTS

Grain-based desserts **may not** be used to meet the grains requirement. Menu planners need to understand how to identify grain-based desserts to ensure they are excluded from the menu.

Some examples of grain-based desserts include:

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

Use Exhibit A or the Food Buying Guide to determine if an item is considered a grain-based dessert item under the Child Nutrition Programs.

Attachment A

Exhibit A: School Lunch and Breakfast

Whole Grain-Rich Ounce Equivalency (Oz Eq) Requirements for School Meal Programs^{1,2}

GROUP A	OZ EQ FOR GROUP A
• Bread type coating • Bread sticks (hard) • Chow mein noodles • Savory crackers (saltines and snack crackers) • Croutons • Pretzels (hard) • Stuffing (dry) Note: Weights apply to bread in stuffing.	1 oz eq = 22 g or 0.8 oz 3/4 oz eq = 17 g or 0.6 oz 1/2 oz eq = 11 g or 0.4 oz 1/4 oz eq = 6 g or 0.2 oz
GROUP B	OZ EQ FOR GROUP B
• Bagels • Batter type coating • Biscuits • Breads (sliced whole wheat, French, Italian) • Buns (hamburger and hot dog) • Sweet crackers⁴ (graham crackers - all shapes, animal crackers) • Egg roll skins • English muffins • Pita bread (whole wheat or whole grain-rich) • Pizza crust • Pretzels (soft) • Rolls (whole wheat or whole grain-rich) • Tortillas (whole wheat or whole corn) • Tortilla chips (whole wheat or whole corn) • Taco shells (whole wheat or whole corn)	1 oz eq = 28 g or 1.0 oz 3/4 oz eq = 21 g or 0.75 oz 1/2 oz eq = 14 g or 0.5 oz 1/4 oz eq = 7 g or 0.25 oz
GROUP C	OZ EQ FOR GROUP C
• Cookies³ (plain - includes vanilla wafers) • Cornbread • Corn muffins • Croissants • Pancakes • Pie crust (dessert pies,³ cobbler,³ fruit turnovers,⁴ and meat/meat alternate pies) • Waffles	1 oz eq = 34 g or 1.2 oz 3/4 oz eq = 26 g or 0.9 oz 1/2 oz eq = 17 g or 0.6 oz 1/4 oz eq = 9 g or 0.3 oz

¹ The following food quantities from Groups A-G, must contain at least 16 grams of whole grain or can be made with 8 grams of whole grain and 8 grams of enriched meal and/or enriched flour to be considered whole grain-rich.

² Some of the following grains may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

³ Allowed only as dessert at lunch as specified in §210.10.

⁴ Allowed for desserts at lunch as specified in §210.10, and for breakfasts served under the SBP.

continued on next page

Whole Grain Resource 23

⁵ Refer to program regulations for the appropriate serving size for supplements served to children ages 1 through 5 in the National School Lunch Program; and meals served to children ages 1 through 5 and adult participants in the Child and Adult Care Food Program. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

⁶ Cereals must be whole grain, or whole grain and enriched or fortified cereal.

24 Whole Grain Resource

Exhibit A



You will find details within the footnotes of Exhibit A that correlate with the numbers assigned to each grainbased dessert item!

Planning the Menu

SECTION 2



Planning the Menu

STEPS TO CREATING A MENU FOR THE ASCSP

-  **Determine Your Age Group**
Identify which age group(s) the menu will be planned for.
-  **Plan the First Component and Food Item**
Review the meal pattern chart and select one of the five components to include on your menu. Once the component is selected, identify what food item(s) from that component category you will serve. Then, identify the minimum required serving size for the food item and age range being served by referencing the Meal Pattern Chart.
-  **Plan the Second Component and Food Item**
Complete the prior step for a second component/food item(s). Remember for a snack to be reimbursable, at least two of the five components must be on the menu.

Planning the Menu

EXAMPLE MENU

The following is a sample menu that complies with the component requirements in the ASCSP Meal Pattern.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MILK		FF White Milk			
VEGETABLE OR 100% FULL-STRENGTH JUICE		Fresh Carrots			
FRUIT OR 100% FULL-STRENGTH JUICE	Fresh Strawberries			Fresh Banana	Whole Apple
GRAINS/BREADS	Granola (extra)		Corn Chips	WG Tortilla	WG Crackers
MEAT/MEAT ALTERNATES	FF Vanilla Yogurt		Pinto Bean Dip	Sunflower Seed Butter (extra)	

Planning the Menu

EXAMPLE MENU: FINALIZING THE MENU

The sample menu introduced earlier has been updated to include the minimum required serving sizes if it were being served to a group of students in the 6-18 age range.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MILK		FF White Milk 1 Cup			
VEGETABLE OR 100% FULL-STRENGTH JUICE		Fresh Carrots 3/4 Cup			
FRUIT OR 100% FULL-STRENGTH JUICE	Fresh Strawberries 3/4 Cup			Fresh Banana 3/4 Cup	Whole Apple 1 Cup
GRAINS/BREADS	Granola (extra) 1/4 Cup		Corn Chips 1 Serving*	WG Tortilla 1 Serving*	WG Crackers 1 Serving*
MEAT/MEAT ALTERNATES	FF Vanilla Yogurt 1 Cup		Pinto Bean Dip 1/4 Cup	Sunflower Seed Butter (extra) 1 Tbsp	

* Remember to use Exhibit A when determining the serving size of grain items.

Quiz Time

Compare the menu to the right to the ASCSP meal pattern chart. This menu is being served to students ages 6-18. Is Monday’s menu a reimbursable snack?

- A Yes, it is reimbursable.
- B No, it is not reimbursable.

	MONDAY
MILK	
VEGETABLE OR 100% FULL-STRENGTH JUICE	
FRUIT OR 100% FULL-STRENGTH JUICE	Fresh Strawberries 3/4 Cup
GRAINS/BREADS	Granola (extra) 1/4 Cup
MEAT/MEAT ALTERNATES	FF Vanilla Yogurt 1 Cup



Quiz Time

Compare the menu to the right to the ASCSP meal pattern chart. This menu is being served to students ages 6-18. Is Monday’s menu a reimbursable snack?

- A** Yes, it is reimbursable.
- B** No, it is not reimbursable.

	MONDAY
MILK	
VEGETABLE OR 100% FULL-STRENGTH JUICE	
FRUIT OR 100% FULL-STRENGTH JUICE	Fresh Strawberries 3/4 Cup
GRAINS/BREADS	Granola (extra) 1/4 Cup
MEAT/MEAT ALTERNATES	FF Vanilla Yogurt 1 Cup

This snack menu complies with both the component and serving size requirements. It is reimbursable.



Quiz Time

True or False. When planning a snack menu for the ASCSP, weekly requirements must be met.

A True.

B False.



Quiz Time

True or False. When planning a snack menu for the ASCSP, 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.



Afterschool Care Snack Program Menu Planning Tips

SECTION 3



Menu Planning Tips

-  **Color and Variety**
Try to plan snacks that offer variety in color and texture to make the snacks more appealing.
-  **Use Creative Names**
Students appreciated trendy and catchy names. Try to creatively name your snack choices to generate interest and appeal. For example, instead of labeling a snack Guacamole and Corn Chips, try something like I know, Guac is Extra!
-  **Focus on Nutrient-Density Over Convenience**
It's okay to avoid spending too much time on snack preparation. However, it is important to make healthy snacks a priority while trying to save some 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!

Menu Planning Tips

SUMMARY

When planning a snack menu, first make sure you plan enough of at least two of the five 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.



CONTACT US

If you have a question or require additional assistance, please contact your assigned specialist or contact HNS.



602-542-8700



ContactHNS@azed.gov



www.azed.gov/hns





Congratulations

**You have completed the Online Course:
How to Plan a Snack Menu for the Afterschool
Care Snack Program.**

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 Code: 1100
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.

Certificate

Requesting a training certificate

Please click the button to complete a brief survey about this online training. Once the survey is complete, you will be able to print your certificate of completion from Survey Monkey.



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 Code: 1100

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.





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2. **Fax:** (202) 690-7442; or
3. **Email:** program.intake@usda.gov.

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