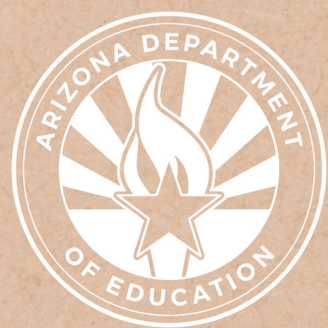# How to Plan a Snack Menu for the Afterschool Care Snack Program

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are encouraged to access professional development materials directly from the training library to prevent use of outdated content.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.

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.

Table of Contents

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

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 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 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

It is recommended to print the Meal Pattern chart before advancing in this training.

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
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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

1 → *juice may not be served when milk is served as the other component
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***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

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

- **Milk**
- **Vegetable, 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 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.

Quiz Time

Which of the following can be menued together to be <u>one</u> full component?

A   **Peppers and Apple Slices**

B   **Yogurt and Cheese**

C   **Cereal and Toast**

D   **Cucumbers and Juice**

E   **All of the above**

Quiz Time

Which of the following can be menued together to be <u>one</u> 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.

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 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

National School Lunch Program
Afterschool Care Snack Program Meal Pattern
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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
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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

Since no more than two grain-based dessert items may be served in one week, menu planners need to understand how to identify grain-based desserts.

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.

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 four 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 four 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, FRUIT, OR 100% FULL-STRENGTH JUICE	Fresh Strawberries	Fresh Carrots		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, FRUIT, OR 100% FULL-STRENGTH JUICE	Fresh Strawberries 3/4 Cup	Fresh Carrots 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, 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.

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

	MONDAY
MILK	
VEGETABLE, 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

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 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.

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.

TAKE SURVEY

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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1. mail:
   U.S. Department of Agriculture
   Office of the Assistant Secretary for Civil Rights
   1400 Independence Avenue, SW
   Washington, D.C. 20250-9410; or

2. fax:
   (833) 256-1665 or (202) 690-7442; or

3. email:
   Program.Intake@usda.gov

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