# Afterschool Snack Program – 5-Day Menu Production Record for Grades K-121

Dates: from \_\_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_ Food Preparation Site \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Serving site \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## **Two of four components required for snack**

# (Serving sizes based on requirements for children 6 to 18 years)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Grains/Breads2**(1 oz equivalent or 16.25 grams whole and 14.75 grams for enriched grains) | **Juice3 or Fruit4 or Vegetable4**(¾ cup) | **Meat or Meat Alternate5**(1 ounce) | **Milk6**(1/2 pint) | **Total Children Served** |
| **Menu** | **Record food items offered and total amount of food prepared for daily snacks** |
| SAMPLE | Gold fish Crackers,.7 oz Serving (55 pieces)**14 servings** | Apple juice, ½ cup and Carrot Coins, ¼ cup**14 servings** |  |  | **12** |
| Monday |  |  |  |  |  |
| Tuesday |  |  |  |  |  |
| Wednesday |  |  |  |  |  |
| Thursday |  |  |  |  |  |
| Friday |  |  |  |  |  |

1 Meal pattern requirements apply to Afterschool Snacks served under NSLP and apply to pre-K students when they are served at the same time and place as older students.

2 No Whole Grain-Rich requirement. Sweet grains - cookies, toaster pastries, doughnuts, sweet rolls, cakes, brownies, granola bars, and fruit turnover may only be served up to 2 times per week. Credited on ounce equivalents. Enriched flour required.

3 Pasteurized, full-strength juice may not be served when milk is served as the only other component

4 Fruits and Vegetables are credited based on volume served – ¼ cup raisins = ¼ cup Fruit; ½ cup lettuce pieces = ½ cup vegetable. This different from NSLP/SBP.

5 Yogurt may be used as a meat/meat alternate--4 ounces or ½ cup volume equals 1 ounce meat/meat alternates; 2 ounces or ¼

 cup fulfills the equivalent of ½ ounce of meat/meat alternate. Yogurt has no sugar limit.

6Milk type must be unflavored low-fat (1%), unflavored fat-free (skim), or flavored fat-free (skim) milk for participants Grade K- 12.