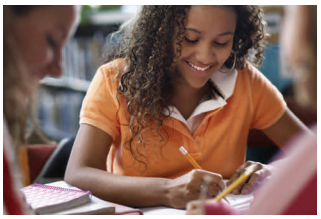

Utah State Office of Education Child Nutrition Programs

After School Snack Program

Minimum Serving Sizes, Ages 6-12

Milk *8 fluid oz.*

Meat/Meat Alt. *1 oz.*

Fruit/Veg. *3/4 cup*

Bread/Grain *1 serving*

Crackers 20 grams

Bread 25 grams

Muffin 50 grams

Snack Ideas

Pretzels and grapes
Yogurt and apples
Fruit and graham crackers
Milk and muffin
Bagel and peanut butter
Cheese stick and crackers
Vegetables and hummus

Site Monitoring

Each after school snack program must be reviewed by the sponsor two times each school year. The first review must take place during the first four weeks of snack service. For a site monitoring form, contact the State Office.

Creditable After School Program Foods

The After School Snack Program uses the Food-Based menu components regardless of whether you use nutrient standard or food-based lunch menu planning system. A nutrient analysis is not required for the snack program. Students must be offered and take two of the four food components to count the snack for reimbursement.

Meat/Meat Alternates. Yogurt, cheese, nut butters, beans, eggs, and meats fulfill this requirement. The *Food Buying Guide* is a great resource to determine creditable foods and amounts needed to meet this component requirement.

Breads/Grains. A bread/grain component must be made with enriched or whole grains or flours. Sweet-type snack foods should not be served more than twice a week, in single servings. Breads/grains are divided into specific categories. The *Menu Planner for Healthy School Meals*, Appendix 4 has a chart grouping various breads and grains. Minimum portion sizes for single servings are listed.

Fruits/Vegetables. Creditable components may consist of 100% fruit/vegetable juice, canned, fresh, or frozen fruits and vegetables.

Milk. Eight ounces of fluid milk may count as one of the components. Milk and juice may not be served together to meet both the Fruit/ Vegetable and Milk requirements.

If you have specific questions, contact your Child Nutrition Specialist.

Resources

ASSP http://schools.utah.gov/cnp/After-School-Snack-Program.aspx

FRAC http://www.frac.org

School Nutrition Association http://www.schoolnutrition.org

Action for Healthy Kids http://www.actionforhealthykids.org

Bulletins

02-11 & 15-10 Expanded Learning Time

12-11 Fluid Milk Requirements

14-11 & 27-11 Water Availability

This institution is an equal opportunity provider.