

SFSP Five Day Snack Menu Planning Template

Components (Must offer 2, may offer 3 or 4 components)	Minimum Quantities	Notes & Best Practices	†Non-Creditable*
Fluid Milk (Whole, reduced fat, low-fat, fat free)	1 cup (½-pint, 8 fluid ounces)	Milk served as a beverage. Must be pasteurized. Can be shelf stable and served chilled. - Recommend two or more choices daily to increase participation. May include: - Unflavored or flavored whole milk, reduced-fat (2%) milk, low-fat (1%) milk, fat-free milk, buttermilk, lactose-free or lactose-reduced milk, or acidophilus milk. Best Practice: offer 2 or more choices from fat free and low-fat options. - Fat-free or low-fat (1% fat content) is recommended for age 2 and older.	“Dairy beverage” “Milk drink” - Chocolate drink - Milkshakes
Fruits, Vegetables, 100% Juices	¾ cup (6 fluid ounces for Juices)	- May serve this component entirely from one ¾ cup item or 6 fluid ounce 100% juice. - Juice may not be served when milk is served as the only other component. Best Practice: Serve two or more kinds of fruits/vegetables for the full combined component. - For example, 4 oz. fortified apple juice + ¼ c. baby carrots or ½ c. strawberries + ¼ c. bananas.	“Fruit drinks” “Fruit beverages” - Juice cocktails “Fruit snacks” “Veggie Straws”
Meats Meat Alternates	1 oz. eq.	Contribution in ounce equivalent (oz. eq.) is the cooked or edible amount. Suggested 1 oz. equivalent portions: 1 oz. lean meat/poultry/fish 1 oz. cheese (Best Practice: look for low or reduced fat and/or reduced sodium options) 1/2 large egg 1/4 cup of mature beans, dried peas, lentils, or legumes 2 tablespoons peanut butter or other nut butters 4 oz (1/2 cup) yogurt – all types/flavors 1.22 oz ham with 15% added water (refer to Food Buying Guide)	- Bacon~ - Cream cheese~ - Imitation cheese (main ingredient is oil) - Turkey Deli Meat (needs CN Label or PFS) - Peanut butter spread (less than 90% peanuts) ~High fat/low protein
Grains, Breads, Cereals	1 slice or 1 serving	Creditable grains and breads must be whole grain, whole grain-rich or enriched, or made from whole grain or enriched flour or meal. Best Practice: offer whole grain choices daily. One serving or more from items such as: - Sliced bread, buns, or rolls (25 grams or 0.9 oz.) - Biscuits or tortillas/wraps (25 grams or 0.9 oz.) - Muffins (50 grams or 1.8 oz.) - Cereal, cereal grain [oatmeal, grits], rice (1/2 cup cooked) - Grain-based desserts (63 grams or 2.2 oz.)	- Potato chips - Potatoes - Popcorn

Creditable – a food item that meets program requirements as a reimbursable meal component that is allowed for “credit” toward meeting one of the required meal or snack components necessary to meet the minimum portion sizes.

†Non-creditable - a food or food item, such as condiment, sauce, topping, dressing, etc., or low nutrient dense food, such as bacon, cream cheese, cheese sauce, juice drinks, etc., that is not allowed for service and “credit” toward meeting one of the required meal or snack components, but is allowed for service to complement or enhance the reimbursable meal or snack.

*This list is not exhaustive, please see the USDA Food Buying Guide for more information.

For Submission to State Agency

If your sponsorship would like to have your menu plans reviewed for approval by a Registered Dietitian for adequate components and acceptable products, please contact your FNW Program Eligibility Specialist for more information.

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		Day 1	Day 2	Day 3	Day 4	Day 5
COMPONENTS ↓ (Serve 2 or more)	MENU NAME →	Celery w/PB	Milk & Graham Crackers	Apples & Yogurt	Milk & Bagel	Pretzels w/Cheese & Juice
Milk Minimum: 8 fluid oz.	Type		Flavored or Unflavored Milk		Flavored or Unflavored Milk	
	Fat Content		Fat-Free		Fat-Free	
	Portion in oz.		8 fl. oz.		8 fl. oz.	
Fruits Vegetables 100% Juices Minimum: 3/4 cup	Item	Celery Sticks		Apple Slices		100% Grape Juice
	Portion in cups	½ cup		¾ cup		¾ cup or 6 fl. oz.
	2 nd Item if planned	Raisins				
	Portion in cups	¼ cup				
Grains Breads Cereals Minimum: 1 serving	Item		Graham Crackers		Mini Bagel	Pretzels
	Portion in oz. or grams		4 squares (30 gm)		1.5 oz.	1 pack (26 gm)
	Contribution (servings)		1 serving		1.5 servings	1.25 servings
	2 nd Item if planned					
	Portion in oz. or grams					
	Contribution (servings)					
Meats Meat Alternates Minimum: 1 oz. eq.	Item	Peanut Butter		Low-fat Yogurt		Mozzarella Cheese Stick
	Portion size or wt.	2 TBSP		4 oz. or ½ cup		1 stick = 1 oz.
	Contribution (oz. eq.)	1 oz. eq.		1 oz. eq.		1 oz. eq.
	2 nd Item if planned					
	Portion size or wt.					
	Contribution (oz. eq.)					
Other Foods/ Condiments	Item	Water		Water	Fruit Spread	
	Portion size	8 fl. oz.		8 fl. oz.	1 each	

Notes

SFSP Five Day Snack Menu Planning Template

		Day 6	Day 7	Day 8	Day 9	Day 10
COMPONENTS ↓ (Serve 2 or more)	MENU NAME →	Milk & Muffin	Saltines & Cheese	Milk & Carrot Sticks	Milk & PB Banana Wrap	Fruit Kabob & Yogurt
Milk Minimum: 8 fluid oz.	Type	Flavored or Unflavored Milk		Flavored or Unflavored Milk	Flavored or Unflavored Milk	
	Fat Content	Fat-Free		Fat-Free	Fat-Free	
	Portion in oz.	8 fl. oz.		8 fl. oz.	8 fl. oz.	
Fruits Vegetables 100% Juices Minimum: 3/4 cup	Item			Carrot Sticks	Banana Slices	Fresh Fruit Kabob
	Portion in cups			¾ cup	¼ cup	¾ cup
	2 nd Item if planned					
	Portion in cups					
Grains Breads Cereals Minimum: 1 serving	Item	Blueberry Muffin	Saltine Crackers		6" WW Soft Tortilla	
	Portion in oz. or grams	1.8 oz.	7 each (0.7 oz.)		0.9 oz.	
	Contribution (servings)	1 serving	1 serving		1 serving	
	2 nd Item if planned					
	Portion in oz. or grams					
	Contribution (servings)					
Meats Meat Alternates Minimum: 1 oz. eq.	Item		American Cheese		Peanut Butter	Low-fat Yogurt
	Portion size or wt.		2 = 1 oz.		2 TBSP	4 oz. or ½ cup
	Contribution (oz. eq.)		1 oz. eq.		1 oz. eq.	1 oz. eq.
	2 nd Item if planned					
	Portion size or wt.					
	Contribution (oz. eq.)					
Other Foods/ Condiments	Item		Water	Low-Fat Ranch Dip		Water
	Portion size		8 fl. oz.	1 oz.		8 fl. oz.

Notes