

### Grades K-12 Afterschool Snack Program (ASP) Menu Planning Template-Five Day

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|                                                          |                      | Day 1                                               | Day 2                                                        | Day 3                                           | Day 4                                     | Day 5                                                      |
|----------------------------------------------------------|----------------------|-----------------------------------------------------|--------------------------------------------------------------|-------------------------------------------------|-------------------------------------------|------------------------------------------------------------|
| COMPONENTS<br>(Offer 2 Daily) ↓                          | MENU NAME →          | Monday                                              | Tuesday                                                      | Wednesday                                       | Thursday                                  | Friday                                                     |
| <b>Fluid Milk</b><br>Minimum: 1 cup                      | Flavor & Fat content | 1% or Fat-Free Milk<br>(flavored or unflavored)     |                                                              | 1% or Fat-Free Milk<br>(flavored or unflavored) |                                           | 1% or Fat-Free Milk<br>(flavored or unflavored)            |
|                                                          | Portion in oz.       | 8 fl. oz.                                           |                                                              | 8 fl. oz.                                       |                                           | 8 fl. oz.                                                  |
| <b>Vegetables</b><br><b>100% Juice</b><br>Minimum: ¾ cup | Item                 |                                                     |                                                              | Carrots and Celery<br>Sticks                    |                                           |                                                            |
|                                                          | Portion in cups      |                                                     |                                                              | ¾ cup                                           |                                           |                                                            |
| <b>Fruits</b><br><b>100 % Juice</b><br>Minimum: ¾ cup    | Item                 |                                                     | Fresh Berries                                                |                                                 |                                           | Apple Slices                                               |
|                                                          | Portion in cups      |                                                     | 3/4 cup                                                      |                                                 |                                           | 3/4 cup                                                    |
| <b>Grains</b><br>Minimum: 1 oz. eq.                      | Item                 | Mini Muffin<br>(whole grain or whole<br>grain rich) |                                                              |                                                 | Whole Grain Savory<br>Crackers            | Cereal Choice<br>(whole grain or whole<br>grain rich)      |
|                                                          | Portion in oz.       | 2 oz.<br>(credit 1 oz. eq.)                         |                                                              |                                                 | 0.8 oz.                                   | 1 ounce<br>(no more than 6 g added<br>sugar per dry ounce) |
| <b>Meats/<br/>Meat Alternates</b><br>Minimum: 1 oz. eq.  | Item                 |                                                     | Yogurt<br>(no more than 8 grams<br>added sugar per 4 ounces) | Peanut or Sunflower<br>Butter                   | Natural Cheese<br>(Sticks, Cubes, Slices) |                                                            |
|                                                          | Portion size or oz.  |                                                     | 4 oz. container<br>(1/2 cup)                                 | 2 Tbsp.<br>(1 oz.)                              | 1 oz.                                     |                                                            |
| <b>Other Foods &amp;<br/>Condiments</b>                  | Item                 |                                                     | Water                                                        |                                                 | Water                                     |                                                            |
|                                                          | Portion size         |                                                     | 8 fl. oz.                                                    |                                                 | 8 fl. oz.                                 |                                                            |

Notes