

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

Sponsor #	Sponsor	Contact Name
1234	Our School	Our Site Manager

		Day 1	Day 2	Day 3	Day 4	Day 5
COMPONENTS (Offer 2 Daily) ↓	MENU NAME →	Monday	Tuesday	Wednesday	Thursday	Friday
Fluid Milk Minimum: 1 cup	Flavor & Fat content		1% or Fat-Free Milk (flavored or unflavored)		1% or Fat-Free Milk (flavored or unflavored)	
	Portion in oz.		8 fl. oz.		8 fl. oz.	
Vegetables 100% Juice Minimum: ¾ cup	Item					Veggie Dippers
	Portion in cups					¾ cup (total combined)
Fruits 100 % Juice Minimum: ¾ cup	Item	Fresh Fruit Cup		100% Juice Choice		
	Portion in cups	¾ cup		6 fl. Oz.		
Grains Minimum: 1 oz. eq.	Item		Whole Grain Mini Bagel w/Cream Cheese	Whole Grain Pita Bread	Cereal Choice (whole grain or whole grain rich)	
	Portion in oz.		1 oz.	1 oz.	1 oz.	
Meats/ Meat Alternates Minimum: 1 oz. eq.	Item	Yogurt (no more than 8 grams added sugar per 4 ounces)		Hummus		Natural Cheese (Sticks, Cubes, Slices)
	Portion size or oz.	4 oz. container (1/2 cup)		¼ cup		1 oz.
Other Foods & Condiments	Item	Water				Ranch Dressing
	Portion size	8 fl. oz.				1 oz

Notes