

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

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					
	Portion in cups					
Fruits 100 % Juice Minimum: ¾ cup	Item			Diced Peaches		
	Portion in cups			¾ cup		
Grains Minimum: 1 oz. eq.	Item	Whole Grain Rich Crackers	Whole Grain Soft Pretzel		Mini Muffin (whole grain or whole grain rich)	Whole Grain Tortilla Chips
	Portion in oz.	1 oz.	1 oz.		2 oz. = 1 oz. eq.	1 oz
Meats/ Meat Alternates Minimum: 1 oz. eq.	Item	Peanut or Sunflower Butter		Cottage Cheese or Yogurt (no more than 8 grams added sugar per 4 ounces)		Black Bean Salad
	Portion size or oz.	2 Tbsp./1 oz.		4 oz. container (1/2 cup)		½ cup
Other Foods & Condiments	Item	Water				Water
	Portion size	8 fl. oz.				8 fl. oz.

Notes