

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	Cherry Tomato and Cucumber Slices				
	Portion in cups	¾ cup (total combined)				
Fruits 100 % Juice Minimum: ¾ cup	Item			100% Juice Choice	Fresh Fruit Cup	
	Portion in cups			6 fl. oz.	¾ cup	
Grains Minimum: 1 oz. eq.	Item		Whole Grain Rich Biscuit	Whole Grain Mini Bagel w/Cream Cheese		Whole Grain Crackers
	Portion in oz.		1 oz.	1 oz.		1 oz.
Meats/ Meat Alternates Minimum: 1 oz. eq.	Item	Reduced Fat Mozzarella Cheese Stick			Low-Fat Yogurt	Natural Cheese (Sticks, Cubes, Slices)
	Portion size or oz.	1 oz.			½ cup	1 oz.
Other Foods & Condiments	Item	Water	Honey or Jelly		Water	
	Portion size	8 fl. oz.	1 packet		8 fl. oz.	

Notes