

**After School Snack Program (ASSP) Menu Planning Template-5 Day
Children Ages 6-12**

Offer at least <u>TWO</u> of the Four Meal Components	
Meal Components	Minimum quantities per day
Fluid Milk May be flavored or unflavored, low-fat (1%) or fat-free Only one of the components selected may be a beverage (milk or juice).	8 fluid ounces
Meats or Meat Alternates Lean meat/poultry or fish, alternate protein products, nuts and/or seeds, cheese	1 ounce
Large egg	1/2 large egg
Peanut or other nut or seed butters	2 tablespoons
Mature, cooked dried beans and peas	1/4 cup
Yogurt	4 ounces or 1/2 cup
Grains <i>(Whole grain or enriched allowed)</i> Bread or an equivalent serving of cornbread, biscuits, roll, muffin, etc.	1 slice or 1 serving
Cold dry cereal <i>(May be whole grain, enriched or fortified)</i>	3/4 cup or 1 ounce
Cooked cereal, cereal grains, cooked pasta or noodle products	1/2 cup or 1 ounce
Fruits and/or Vegetables and/or 100% Juice Only one of the components selected may be a beverage (juice or milk).	3/4 cup Total (can be from 1 or more items)

After School Snack Program (ASSP) Menu Planning Template-5 Day
Children Ages 6-12

October 2022

Week 1 (Oct 3-7)

Sponsor #	Sponsor	Contact Name	Ages
	Academy Prep Tampa		6-12

COMPONENTS		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Milk Minimum: 1 cup	Flavor & Fat content					
	Portion in oz.					
Fruits/Vegetables 100% Juice Minimum: 3/4 cup	Item	100% Juice	100% Juice	100% Juice	100% Juice	100% Juice
	Portion in cups	¾ Cup	¾ Cup	¾ cup	¾ Cup	¾ Cup
Grains Minimum: 1 oz. eq.	Item	WGR Vanilla Gold Fish Grahams	WGR Birthday Grahamz	WGR Cheez Its	WGR Sun Chips	WGR Gold Fish colors
	Portion in oz.	1 oz	1 oz	1 oz	1.25 oz	1 oz
Meats/ Meat Alternates Minimum: 1 oz. eq.	Item					
	Portion size or oz.					
Other Foods & Condiments	Item					
	Portion size					
	Item					
	Portion size					

**After School Snack Program (ASSP) Menu Planning Template-5 Day
Children Ages 6-12**

Week 2 (Oct 10-14)

Sponsor #	Sponsor	Contact Name	Ages
			6-12

COMPONENTS		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Milk Minimum: 1 cup	Flavor & Fat content					
	Portion in oz.					
Fruits/Vegetables 100% Juice Minimum: 3/4 cup	Item	100% Juice	100% Juice	100% Juice	100% Juice	100% Juice
	Portion in cups	¾ Cup	¾ Cup	¾ cup	¾ Cup	¾ Cup
Grains Minimum: 1 oz. eq.	Item	WGR Blueberry Muffins	WGR Birthday Grahamz	WGR Cheez Its	WGR Goldfish Grahams	WGR Sun Chips
	Portion in oz.	1 oz	1 oz	1 oz	1 oz	1.25 oz
Meats/ Meat Alternates Minimum: 1 oz. eq.	Item					
	Portion size or oz.					
Other Foods & Condiments	Item					
	Portion size					
	Item					
	Portion size					

**After School Snack Program (ASSP) Menu Planning Template-5 Day
Children Ages 6-12**

week 3 (Oct 17-21)

Sponsor #	Sponsor	Contact Name	Ages
			6-12

COMPONENTS		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Milk Minimum: 1 cup	Flavor & Fat content					
	Portion in oz.					
Fruits/Vegetables 100% Juice Minimum: 3/4 cup	Item	100% Juice	100% Juice	100% Juice	100% Juice	100% Juice
	Portion in cups	¾ Cup	¾ Cup	¾ cup	¾ Cup	¾ cup
Grains Minimum: 1 oz. eq.	Item	WGR Emoji Graham Crackers	WGR Blueberry Muffins	WGR Cheez Its	WGR Poptarts (1pc)	WGR Sun Chips
	Portion in oz.	1 oz	1 oz	1 oz	1 oz	1 oz
Meats/ Meat Alternates Minimum: 1 oz. eq.	Item					
	Portion size or oz.					
Other Foods & Condiments	Item					
	Portion size					
	Item					
	Portion size					

**After School Snack Program (ASSP) Menu Planning Template-5 Day
Children Ages 6-12**

week 4 (Oct 24-28)

Sponsor #	Sponsor	Contact Name	Ages
			6-12

COMPONENTS		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Milk Minimum: 1 cup	Flavor & Fat content					
	Portion in oz.					
Fruits/Vegetables 100% Juice Minimum: 3/4 cup	Item	100% Juice	100% Juice	100% Juice	100% Juice	100% Juice
	Portion in cups		¾ Cup	¾ cup	¾ cup	¾ Cup
Grains Minimum: 1 oz. eq.	Item	WGR Birthday Grahamz	WGR Animal Crackers	WGR Cheez Its	WGR Sun Chips	WGR Blueberry Muffins
	Portion in oz.	1 oz	1 oz	1 oz	1.25 oz	1 oz
Meats/ Meat Alternates Minimum: 1 oz. eq.	Item					
	Portion size or oz.					
Other Foods & Condiments	Item					
	Portion size					
	Item					
	Portion size					

**After School Snack Program (ASSP) Menu Planning Template-5 Day
Children Ages 6-12**

Week 5 (Oct 31-Sept 4)

Sponsor #	Sponsor	Contact Name	Ages
			6-12

COMPONENTS		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Milk Minimum: 1 cup	Flavor & Fat content					
	Portion in oz.					
Fruits/Vegetables 100% Juice Minimum: 3/4 cup	Item	100% Juice	100% Juice	100% Juice	100% Juice	100% Juice
	Portion in cups	¾ Cup	¾ Cup	¾ cup	¾ Cup	¾ Cup
Grains Minimum: 1 oz. eq.	Item	WGR Graham Bug Bites	WGR Animal Crackers	WGR Cheez Its	WGR Goldfish Grahamz	WGR Poptarts
	Portion in oz.	1 oz	1 oz	1 oz	1 oz	1 oz
Meats/ Meat Alternates Minimum: 1 oz. eq.	Item					
	Portion size or oz.					
Other Foods & Condiments	Item					
	Portion size					
	Item					
	Portion size					