

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

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

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**September 2022  
Week 1**

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

COMPONENTS		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<b>Milk</b> Minimum: 1 cup	Flavor & Fat content	Low Fat or 1% Milk (White and Chocolate)			Low Fat or 1% Milk (White and Chocolate)	Low Fat or 1% Milk (White and Chocolate)
	Portion in oz.					
<b>Fruits/Vegetables</b> <b>100% Juice</b> Minimum: 3/4 cup	Item		100% Juice	100% Juice		100% Juice
	Portion in cups	¾ Cup	¾ Cup	¾ cup	¾ Cup	¾ Cup
<b>Grains</b> Minimum: 1 oz. eq.	Item	WGR Vanilla Gold Fish Grahams	WGR Graham Crackers	WGR Cheez Its	WGR Sun Chips	WGR Gold Fish colors
	Portion in oz.	1 oz	1 oz	1 oz	1.25 oz	1 oz
<b>Meats/ Meat Alternates</b> Minimum: 1 oz. eq.	Item					
	Portion size or oz.					
<b>Other Foods &amp; Condiments</b>	Item					
	Portion size					
	Item					
	Portion size					

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**Week 2**

Sponsor #	Sponsor	Contact Name	Ages
			6-12

COMPONENTS		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<b>Milk</b> Minimum: 1 cup	Flavor & Fat content	Low Fat or 1% Milk (White and Chocolate)			Low Fat or 1% Milk (White and Chocolate)	Low Fat or 1% Milk (White and Chocolate)
	Portion in oz.					
<b>Fruits/Vegetables</b> <b>100% Juice</b> Minimum: 3/4 cup	Item		100% Juice	100% Juice		
	Portion in cups	¾ Cup	¾ Cup	¾ cup	¾ Cup	¾ Cup
<b>Grains</b> Minimum: 1 oz. eq.	Item	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
<b>Meats/ Meat Alternates</b> Minimum: 1 oz. eq.	Item					
	Portion size or oz.					
<b>Other Foods &amp; Condiments</b>	Item					
	Portion size					
	Item					
	Portion size					

**Week 3**

Abbreviations: oz. eq. = ounce equivalent, WGR = whole grain-rich, M/MA = meats/meat alternates Effective July 1, 2019 | FDACS Rev. 4/2019

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**Children Ages 6-12**

Sponsor #	Sponsor	Contact Name	Ages
			6-12

COMPONENTS		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<b>Milk</b> Minimum: 1 cup	Flavor & Fat content	Low Fat or 1% Milk (White and Chocolate)			Low Fat or 1% Milk (White and Chocolate)	
	Portion in oz.					
<b>Fruits/Vegetables</b> <b>100% Juice</b> Minimum: 3/4 cup	Item		100% Juice	100% Juice		100% Juice
	Portion in cups	¾ Cup	¾ Cup	¾ cup	¾ Cup	¾ cup
<b>Grains</b> Minimum: 1 oz. eq.	Item	WGR Emoji Graham Crackers	WGR Blueberry Muffins	WGR Cheez Its	WGR Poptarts (1pck)	WGR Graham Crackers
	Portion in oz.	1 oz	1 oz	1 oz	1 oz	1 oz
<b>Meats/ Meat Alternates</b> Minimum: 1 oz. eq.	Item					
	Portion size or oz.					
<b>Other Foods &amp; Condiments</b>	Item					
	Portion size					
	Item					
	Portion size					

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**week 4**

Sponsor #	Sponsor	Contact Name	Ages
			6-12

COMPONENTS		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<b>Milk</b> Minimum: 1 cup	Flavor & Fat content	Low Fat or 1% Milk (White and Chocolate)	Low Fat or 1% Milk (White and Chocolate)			Low Fat or 1% Milk (White and Chocolate)
	Portion in oz.					
<b>Fruits/Vegetables</b> <b>100% Juice</b> Minimum: 3/4 cup	Item			100% Juice	100% Juice	100% Juice
	Portion in cups		¾ Cup	¾ cup	¾ cup	¾ Cup
<b>Grains</b> 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
<b>Meats/ Meat Alternates</b> Minimum: 1 oz. eq.	Item					
	Portion size or oz.					
<b>Other Foods &amp; Condiments</b>	Item					
	Portion size					
	Item					
	Portion size					

**Week 5**

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Sponsor #	Sponsor	Contact Name	Ages
			6-12

COMPONENTS		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<b>Milk</b> Minimum: 1 cup	Flavor & Fat content		Low Fat or 1% Milk (White and Chocolate)		Low Fat or 1% Milk (White and Chocolate)	Low Fat or 1% Milk (White and Chocolate)
	Portion in oz.					
<b>Fruits/Vegetables 100% Juice</b> Minimum: 3/4 cup	Item	100% Juice		100% Juice		
	Portion in cups	¾ Cup	¾ Cup	¾ cup	¾ Cup	¾ Cup
<b>Grains</b> 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
<b>Meats/ Meat Alternates</b> Minimum: 1 oz. eq.	Item					
	Portion size or oz.					
<b>Other Foods &amp; Condiments</b>	Item					
	Portion size					
	Item					
	Portion size					