



Alabama State Department of Education

Child Nutrition School Meals Program

Guidance for After Snack Program

ASSP Meal Pattern Standards

Meal Components ¹	Minimum Quantities ²
Fluid milk ³	8 fluid ounces.
Meats/Meat Alternates ⁴	1 ounce equivalent.
Vegetables ⁵	$\frac{3}{4}$ cup.
Fruits ⁵	$\frac{3}{4}$ cup.
Grains ⁶	1 ounce equivalent.
1. Must serve two of the five components for a reimbursable afterschool snack. Only one of the two components may be a beverage.	
2. May need to serve larger portions to children ages 13 through 18 to meet their nutritional needs.	
3. Must be fat-free (skim) or low-fat (1 percent fat or less). Milk may be unflavored or flavored.	
4. Yogurt must contain no more than 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce).	
5. Juice must be pasteurized, full-strength juice. No more than half of the weekly fruit or vegetable offerings may be in the form of juice.	
6. At least 80 percent of grains offered weekly (by ounce equivalents) must be whole grain-rich and the remaining grains items offered must be enriched. Grain-based desserts may not be used to meet the grains requirement. Breakfast cereal must have no more than 6 grams of added sugars per dry ounce. <i>Note from the ALSDE: According to the Exhibit A Grains Tool, graham crackers, animal crackers, and muffins are allowable in the ASSP. The following grains are considered a grain-based dessert and are unallowable: cookies, pies, cobbler, fruit turnovers, doughnuts, cereal bars, breakfast bars, granola bars, sweet rolls, toaster pastries, cake, coffee cake, and brownies.</i>	



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ASSP Creditable Grains

WF item	PFG Item	Description	Serving Size	Grain Credit	WG	Snack Idea
Breakfast Breads						serve with milk or fruit
16103	16103	Bulk Pancakes	2 each	2 oz	y	
16104	16104	Bulk French Toast Sticks	4 each	2 oz	y	
16105	16105	Bulk Waffle Sticks	4 each	2.25 oz	y	
16107	16107	Mini Maple Pancakes	each	2 oz	y	
16109	16109	Mini Berry Waffles	each	2 oz	y	
16116	16116	Mini French Toast	each	2 oz	y	
16121	16121	Mini Chocolate Chip French Toast	each	2 oz	y	
16122	16122	Mini Maple Waffles	each	2 oz	y	
16123	N/A	Mini Berry French Toast	each	2 oz	y	
16128	N/A	Bulk Eggo Waffles	each	2 oz	y	
16131	N/A	Fruit Loops Waffle	each	2 oz	y	
Breads						
14000	14000	Loaf Bread	1 slice	1 oz	y	cheese or turkey sandwich
14001	14001	Hamburger Bun	each	2 oz	y	deli sandwich
14002	14002	Hot Dog Bun	each	2 oz	y	cinnamon sticks w/ berries
14003	14003	Hoagie Bun	each	2 oz	y	pizza sticks, cheesy pull-apart
14005	14005	Parker house Roll	each	1 oz	y	w/ chicken tender
14006	14006	Hawaiian Roll	each	1 oz	y	cheese and tomato toast
14008	14008	Breadsticks	each	1 oz	y	garlic sticks w/ marinara
14010	14010	Plain Bagel	each	2 oz	y	cheese toast, bagel sandwich
14011	14011	Flat Bread	each	2 oz	y	cinnamon bites w/ applesauce, mini pizza
14012	14012	Flour Tortilla	each	1.75 oz	y	wrap, pizza, fruit pizza
14015	14015	2 oz Biscuit	each	2 oz	y	cheese biscuit
14016	14016	1 oz Biscuit	each	1 oz	y	strawberry shortcake
14017	14017	Southern Style Biscuit	each	2 oz	n*	*80% grains served must be WG
14036	14036	Cornbread Muffin	each	2 oz	y	w/ salad or slaw
14040	N/A	Garlic Knot	each	2 oz	y	w/ cherry tomatoes or marinara
14029	14029	Slider Bun	each	1 oz	y	garlic bread w/ cucumber salad
14020	14020	Apple Muffin	each	2 oz	y	w/ milk
14021	14021	Blueberry Muffin	each	2 oz	y	w/ milk
14022	14022	Banana Muffin	each	2 oz	y	w/ milk
14024	14024	Chocolate Chip Muffin	each	2 oz	y	w/ milk
18203	18203	Soft Pretzel	each	1 oz	y	w/ hummus
14004	14004	Hushpuppies	3 pieces	1.5 oz	y	w/ coleslaw or salad



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Crackers/Chips						serve with fruit or veggie dippers & ranch
18006	18006	Cheese Curls	each	1 oz	y	
18007	18007	Nacho Cheese Doritos	each	1 oz	y	
18008	18008	Ranch Doritos	each	1 oz	y	
18010	18010	Cheddar Sun Chips	each	1 oz	y	
18013	18013	Salsa Sun Chips	each	1 oz	y	
18017	18017	Bulk Tortilla Chips	1 oz	1 oz	y	
18019	18019	Spicy Hot Cheese Curls	each	1 oz	y	
18020	18020	Spicy Sweet Chili Doritos	each	1 oz	y	
18022	18022	Flamas Tortilla Chips	each	1 oz	y	
18023	18023	Chips, Tortilla Crispy Round	each	1 oz	y	
14202	14202	Cheez-Its	each	1 oz	y	
18303	18303	Chocolate Grahams	each	1 oz	y	w/ milk
18304	18304	Honey Grahams	each	1 oz	y	w/ milk
Cereals						serve w/ milk or fruit
14100	14100	Granola (bulk)	1/2 cup	2 oz	y	yogurt parfait
14102	14102	Cinnamon Toast Crunch	each	1 oz	y	
14103	14103	Fruit Loops Pouch	each	1 oz	y	
14105	14105	Trix	each	1 oz	y	
14106	14106	Golden Grahams	each	1 oz	y	
14107	14107	Frosted Flakes	each	1 oz	y	
14109	14109	Cheerios	each	1 oz	y	
14112	14112	Cinnamon Chex	each	2 oz	y	
14113	14113	Apple Jacks Pouch	each	1 oz	y	
14116	14116	Granola, Single Packets	each	1 oz	y	w/ yogurt cup
14118	14118	Cinnamon Toast Crunch	each	2 oz	y	
14119	14119	Cocoa Puffs	each	2 oz	y	
14120	14120	Honey Nut Cheerios	each	2 oz	y	
14121	14121	Lucky Charms	each	2 oz	y	
14122	14122	Honey Cheerios	each	2 oz	y	
14123	14123	Blueberry Chex	each	2 oz	y	
currently does not meet added sugar standards						