



## Alabama State Department of Education Child Nutrition School Meals Program



ASSP Meal Pattern Standards						
Meal Components <sup>1</sup>	Minimum Quantities <sup>2</sup>					
Fluid milk <sup>3</sup>	8 fluid ounces.					
Meats/Meat Alternates <sup>4</sup>	1 ounce equivalent.					
Vegetables <sup>5</sup>	³/₄cup.					
Fruits 5	³/₄cup.					
Grains <sup>6</sup>	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. 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.





## Alabama State Department of Education Child Nutrition School Meals Program Guidance for After School Snack Program

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





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