After School Snack Pack



A Resource for the After School Snack Program

Alaska Child Nutrition Services
National School Lunch Program
August 2006

After School Care Snacks
In the
National School Lunch Program

FACT SHEET

Eligible Programs:

To be eligible to qualify for reimbursement under the School Lunch Program, after school care programs must meet the following three criteria:

1. A school district or residential childcare facility (RCCI) which participates in the National School Lunch Program (NSLP) must operate the after school care program. The program does not have to use the school district's personnel or regular school facilities. The school district or RCCI must retain final administrative and management responsibility for the program, including the program site. The school district or RCCI must be the party that enters into the agreement with the Child Nutrition Services at the Alaska Department of Education and Early Development and must assume full responsibility for meeting all program requirements.

2. The purpose of the program must be to provide care in after school settings. The program must be organized to provide children with regularly scheduled activities in a setting that is structured and supervised. By "regularly scheduled" it does not mean the program must occur daily. Moreover, while eligible programs would not need to establish formal enrollment procedures, they must have a means of determining if children are present on a given day, such as a roster or sign-in sheet.

3. Eligible programs must include educational or enrichment activities in a supervised structured environment. Any extracurricular activities such as the school choir, debate team, and drama society, et al. can qualify to participate under this provision only if their basic purpose is to provide after school care as defined above. It must be emphasized that under no circumstances can organized athletic programs engaged in interscholastic sports be approved as after school care programs under this provision.

Eligible Sites:

Schools qualify for snack reimbursement based on the numbers of paid, free and reduced-price children enrolled in the school.

Snacks Claimed as Free based on "Area Eligibility"

Sites located in areas served by a school or in a RCCI, in which at least 50 percent of the enrolled children are eligible for free or reduced price meals:

- Are eligible to receive reimbursement at the free rate for snacks served to all children eligible for snacks, regardless of each individual child's eligibility for free or reduced price lunches.
- Must document, using the most recent September claim data, that the site is located at a school, RCCI or in the attendance area of a school where at least 50 percent of the enrolled children are eligible for free or reduced price meals.
- Cannot charge children for snacks.

Snacks Claimed as Free/Reduced/Paid based on "Non-Area Eligibility"

Sites located in areas served by a school or in a RCCI in which less than 50 percent of the enrolled children are certified eligible for free or reduced price meal benefits:

- Must count snacks and claim reimbursement by type: free, reduced price and paid.
- Cannot charge children for snacks claimed at the free reimbursement rate.

Non-Area Eligible Sites have the option of implementing either a Pricing Program or a Non-Pricing Program.

In a Pricing Program - students are charged a fee for the snack based on their eligibility status; free eligible students receive their snack at no charge, reduced price eligible students may be charged no more than 15 cents and paid students pay the price determined by the school/facility.

In a Non-Pricing Program - all students receive their snacks at no separate charge and snacks are claimed in their respective categories - paid, free, and reduced.

Reimbursement:

Schools may claim reimbursement for one snack, per child, per day. Children are eligible to participate through the age of 18, and if a child's nineteenth birthday occurs during the school year, reimbursement may be claimed for that student during the remainder of the school year.

Times of Operation:

Snacks cannot be reimbursed in programs operated before or during the child's school day. Schools and RCCIs are not eligible to receive reimbursement for snacks served on weekends or holidays, including vacation periods. Sites located in areas served by a school or in a RCCI would follow the public school's calendar.

A child's eligibility is based on when their scheduled school day ends, and not on whether or not the school continues in session. For example, if a kindergarten program ends at noon but the children remain in school under a care program as described above, snacks served to these children may be reimbursed under this provision. The same would be true of older children enrolled in schools that have split sessions. If children remain on-site to participate in an approved after school care program, they may receive reimbursable snacks even though the school continues to operate later into the afternoon.

After School Care Snack Meal Pattern:

Snacks served under this provision must meet the meal pattern requirements for snacks set forth in 7 CFR section 210.10. See the attached "After School Snack Meal Pattern Minimum Quantities." In order to be reimbursed, the snacks must contain at least two different components of the following four: a serving of fluid milk, a serving of meat or meat alternate, a serving of vegetable(s) or fruits(s) or full strength vegetable or fruit juice, a serving of whole grain or enriched bread and/or cereal. Daily production records documenting what food components have been served to meet snack meal pattern requirements are required. See the attached "Daily Snack Production Record."

Additional Requirements:

School districts and RCCIs must notify Nutrition Services at NDE of their intent to participate in the after school snack program. An explanation of the educational or enrichment component of the program must also be submitted to Nutrition Services. Each program site that is eligible to participate in the after school care snack program must complete the appropriate section of both the system and site applications of their annual on-line agreement.

Record Keeping:

At a minimum, school districts and RCCIs participating under this provision must maintain the following records.

- If all meals will be claimed free, the program site must be located in an area served by a school or RCCI in which at least 50 percent of the enrolled students are eligible for free and reduced price meals as indicated on the most recent Annual Membership Report.
- For all other sites, documentation of free and reduced price eligibility for children whom free and reduced price snacks are claimed must be maintained.
- Meal counts:
  Snacks claimed as Free based on Area Eligibility:
  - ✓ Total count of snacks served daily for each site qualifying for free reimbursement for all children.

  Snacks claimed as Free/Reduced/Paid based on Non-Area Eligibility:
  - ✓ Daily snack count by individual student name. See attached Monthly Snack Participation for Snacks Claimed as Free/Reduced/Paid.
- Documentation of individual children's attendance on a daily basis.
- Completed Daily Production Records to document compliance with meal pattern requirements.
- On-Site Review for After School Care Snack Programs (2 required annually). See attached on-site review form.

AFTER SCHOOL SNACK MEAL PATTERN

MINIMUM QUANTITIES FOR AFTER SCHOOL SNACK MEAL PATTERN

SELECT ONE SERVING FROM TWO DIFFERENT FOOD COMPONENTS

	Required Grade Group
Food Components	Grades K-12[1]
Milk: fluid as beverage or on cereal (include low fat choices)	8 fluid ounces
Fruit/Vegetable: May be fruit and/or vegetable; OR full strength fruit juice OR full strength vegetable juice (Includes potatoes but not potato chips. Includes commodity spaghetti sauce and commodity salsa, but other brands **do not credit** as vegetable without a Child Nutrition (CN) label.)	 ¾ cup
Grains/Breads: Must be enriched or whole grain flour (read label) A serving is a slice of bread OR ½ cup of rice or pasta (cooked) OR ¾ cup or 1 ounce of dry cereal OR an equivalent serving of other grain-based items as listed on the "Grains/Breads List"[2])	 1 serving
Meat/Meat Alternate: Meat, poultry, fish (cooked) Cheese, aged or processed Alternate protein products[3] Egg (large) Cooked dry beans/peas Yogurt (commercially prepared) Peanut butter or other nut/seed butter Peanuts, soy nuts, tree nuts, seeds (Bacon, imitation cheese, canned or powdered cheese/sauce, and tofu **do not credit** as meat/meat alternate components.)	 1 ounce 1 ounce 1 ounce ½ ¼ cup ½ cup 2 Tbsp. 1 ounce

[1] Children are eligible through the age of 18, or through the school year in which they turn 19 years old.
[2] FNS Instruction 783-1, Rev. 2
[3] Alternate protein products must meet USDA requirements.

IMPORTANT:
Serving sizes may be exceeded.
Snacks with **ONLY** the following **are NOT reimbursable:**

- ✓ Yogurt and milk
- ✓ Two fluids (e.g. milk and fruit juice).
- ✓ Two foods from the same food component (e.g. fruit juice and carrots)

AFTER SCHOOL SNACK PROGRAM
DAILY PRODUCTION RECORD (Snacks Claimed On School Days ONLY

Site Name: _____ Week:_____ Year: _____

MEAL PATTERN	MENU	SERV. SIZE	QUANT. PREP.	NUMBER SNACKS
MONDAY: SNACK (Select 2 of 4 food groups) Milk, Fluid (1 CUP) Juice or Fruit or Veg. (3/4 C) Grains/Breads (1 SERVING) Meat or Meat Alternate (1 OZ)				Students: Adults:
TUESDAY: SNACK (Select 2 of 4 food groups) Milk, Fluid (1 CUP) Juice or Fruit or Veg. (3/4 C) Grains/Breads (1 SERVING) Meat or Meat Alternate (1 OZ)				Students: Adults:
WEDNESDAY: SNACK (Select 2 of 4 food groups) Milk, Fluid (1 CUP) Juice or Fruit or Veg. (3/4 C) Grains/Breads (1 SERVING) Meat or Meat Alternate (1 OZ)				Students: Adults:
THURSDAY: SNACK (Select 2 of 4 food groups) Milk, Fluid (1 CUP) Juice or Fruit or Veg. (3/4 C) Grains/Breads (1 SERVING) Meat or Meat Alternate (1 OZ)				Students: Adults:
FRIDAY: SNACK (Select 2 of 4 food groups) Milk, Fluid (1 CUP) Juice or Fruit or Veg. (3/4 C) Grains/Breads (1 SERVING) Meat or Meat Alternate (1 OZ)				Students: Adults:

After School Snack Ideas (K- 12 grades)

Pumpkin bread/muffin - 1.8 oz. slice or larger Pineapple juice - ¾ cup	Toasted cheese on whole wheat bread (1 slice bread .9 oz & 1 oz cheese)
Broccoli, carrot and cauliflower pieces - ¾ cup total vegetables w/dip Wheat crackers - 8 shredded wheat type or .7 oz	Lowfat yogurt – ½ cup Fruit slices – ¾ cup (strawberry, apple, kiwi, or other)
Soft pretzel 1 - .9 oz or larger Apple juice – ¾ cup	Baked apple with raisins – 1 medium apple + ¼ cup raisins Cheese cube -1 oz.
Refried beans – 2 Tbsp + (cheese .5 oz) Tortilla chips - .9 oz	Watermelon – ¾ cup Sweet cinnamon roll unfrosted - 1.8 oz
Tuna, egg or ham salad – 1 oz meat or ½ egg Pita pockets - .9 oz	Bran muffin - 1.8 oz Pear (fresh or canned) - 3/4 cup
Lowfat yogurt – 4 fl. oz Wheat crackers – 8 shredded wheat type or .7 oz	Bagel and cream cheese - .9 oz bagel Juice – ¾ cup
Cornbread muffins - 1.1 oz Milk – 1 cup	2 T peanut butter & 8 saltine crackers - .7 oz
Cheese sticks or cubes – 1 oz Seedless grapes – ¾ cup	English muffin - .9 oz Pineapple orange juice - ¾ cup
Vegetable juice – ¾ cup String cheese – 1 oz.	Fresh fruit salad – ¾ cup Pancake - 1.1 oz
Blueberry muffin - 1.8 oz Cottage cheese – ¼ cup	Cantaloupe – ¾ cup Saltines - 8 crackers or 7 oz
Banana slices - ¾ cup Graham crackers squares - .9 oz	Applesauce - ¾ cup Graham crackers squares - .9 oz
Hard boiled egg – ½ egg Grape juice – ¾ cup	Fried rice – ½ cup Peach (fresh or canned) – ¾ cup
Cereal mix – ¾ cup Milk – 1 cup	Oatmeal cookie - 1.1oz. Strawberry/peach/pineapple kabobs - ¾ c.
Whole wheat toast - .9 oz Orange slices – ¾ cup	Plain granola bar - 1.8 oz Cheese stick – 1 oz
Hard bread stick - .7 oz Cheese cubes – 1 oz	French toast - 2.2 oz Melon balls – ¾ cup
Biscuits - .9 oz Pineapple chunks - ¾ cup	Strawberries - ¾ cup Cinnamon grahams - .9 oz
Banana muffin - 1.8 oz Milk - 1 cup	Cornbread - 1.1 oz piece Baked apples – ¾ cup
Whole grain bread - .9 oz Mandarin oranges – ¾ cup	Soft pretzel - .9 oz Pears - ¾ cup
Muffin - 1.8 oz Juice – ¾ cup	Bran muffin - 1.8 oz Apple slices - ¾ cup
Purchased cinnamon roll - 1.8 oz unfrosted Pineapple juice – ¾ cup	English muffin – .9 oz Fruit cocktail – ¾ cup
Rice – ½ cup Peaches – ¾ cup	French bread –.9 oz Pears – ¾ cup diced

Whole wheat toast 1 slice - .9 oz Tomato juice – ¾ cup	Saltine – 8 crackers or .7 oz Cheese – 1 oz
Waffles – 1 frozen (1 serving - 1.1 oz or larger) Strawberries – ¾ cup	Homemade cheese pizza – (crust .9 oz or larger) with cheese (1 oz)
Grain fruit bar - 2.2 oz Cocoa (made with fluid milk) – 1 cup	Pig in a blanket – biscuit (.9 oz or larger) + hot dog (1 oz.)
Graham crackers – .9 oz Apricots - ¾ cup canned	Fruit cup – ¾ cup Cheese – 1 oz
Raisin toast - .9 oz slice Orange Juice – ¾ cup	Assorted cereal mix – ¾ cup Juice = ¾ cup
Peanut butter cookies – 1.1 oz. Milk – 1 cup	½ sandwich (1 slice whole wheat bread) 1 oz meat
Oatmeal muffin - 1.8 oz Melon balls – ¾ cup	Apple rings – ¾ cup Peanut butter – 2 Tbsp
Ginger snaps – 1.1 oz. Applesauce – ¾ cup	Graham crackers - .9 oz Milk – 1 cup
Saltines – 8 squares or .9 oz Vegetable sticks – 9 carrot sticks (4”x ½”) + 6 celery sticks (3” x ¾”) Ranch dressing dip (extra)	Cucumber and carrot coins – ¾ cup total Cottage cheese - ¼ cup
Toast – .9 oz Peanut butter – 2 Tbsp	Whole wheat hard bread sticks - .7 oz total Fruit salad or cocktail – ¾ cup
Hard breadsticks - .7 oz total Tomato juice – ¾ cup	Cottage cheese – ¼ cup Crushed pineapple – ¾ cup
Granola bar – 1.8 oz Grape juice – ¾ cup	Fruit kabobs – ¾ cup total Cheese sticks – 1 oz
Cinnamon toast – 1 slice or .9 oz Pineapple juice – ¾ cup	Deviled eggs – ½ egg Wheat thins - .7 oz
Bagel - .9 oz Orange slices - ¾ cup	Homemade cinnamon roll -.9 oz unfrosted Milk -1 cup
Graham cracker square - .9 oz Fruit cocktail – ¾ cup	Scrambled egg - (1/2 egg = 1 oz) Tortilla – 8 inch
Cottage cheese – ¼ cup Corn chips - .9 oz	Pineapple chunks or grapes – ¾ cup Animal crackers - .9 oz
Apple slices – ¾ cup Cheese slice – 1 oz	Pancake - 1.1 oz Peanut butter – 2 Tbsp.
Strawberries – ¾ cup (or other fruit) Cereal – ¾ cup	Pear slices – ¾ cup Swiss cheese – 1 oz
Shaved ham – 1 oz. Saltine crackers – 8 squares or .9 oz	Fortune cookies (extra) Mandarin oranges – ¾ cup Fried rice – ½ cup
Soft pretzel - .9 oz Homemade Cheese Sauce - 1 oz meat alternative	Ants on a log (celery, peanut butter, raisins) 2 Tbsp. Peanut butter + 12 - 3 ¾” celery sticks
Peanut butter cookie - 1.1 oz total Milk – 1 cup	Milk shakes (made with 1 c. fluid milk) Sugar cookie - 1.1 oz
Blueberry muffins – 1.8 oz. Cantaloupe – ¾ cup	Waffles - 1.1 oz Applesauce – ¾ cup

After School Care Snack Program

CREDITABLE AND NON-CREDITABLE FOODS

When planning snack menus, be sure the foods used to meet meal pattern requirements are creditable. The following list is not all-inclusive and only is provided as a guide. Please contact Child Nutrition Services if you have questions regarding how a particular food item contributes to the meal pattern.

Creditable

Milk and Milk Products:
Cocoa – made from fluid milk
Flavored and unflavored milk
Milk shakes – made with 8 oz. fluid milk

Fruits and Vegetables:
100% Juice
Juice Blends if blend of 100% juice
Vegetable Juice Blends if 100% juice
Gelatin -made with 100% juice or fruit added
Fruit Leather – if CN labeled available
Dried Fruit
Dried Beans/Peas – counts as either fruit/veg or meat/meat alternate but not both
Olives/Pickles- high in sodium-limit usage
Potatoes

Grains and Breads: (refer to Grains/Breads List for weight equal to one serving.)
Cereal – dry or cooked
Cereal Bars
Grain Fruit Bars/Granola Bars
Cookies/Bars/Brownies/Cake/Crisps
Breads/Crackers
Nacho Chips/Pretzels/Corn Chips

Meat/Meat Alternate:
Cottage Cheese –1/4 cup = 1 oz. meat/meat alt.
Yogurt, plain/flavored ½ cup = 1 oz. m/m alt.
Dried Beans/Peas – counts as either fruit/veg or meat/meat alternate but not both
Peanuts, Nuts, Seeds, or Butters made from them
Cheese, Natural or Processed-

Non Creditable

Milk and Milk Products:
Cocoa mix made with water
Custard/Ice Cream/Ice Milk/Sherbet/Sorbet
Pudding/Pudding Pops
Sour Cream
Yogurt (credits as meat/meat alternate)

Fruits and Vegetables:
Cocktails/Fruit "Drinks"/Fruit Flavored Powders/Punches/Lemonade/Nectar
Jello, gelatin
Potato Chips or sticks
Fruit in cookies/poptarts or commercial yogurt
Fruit rollups, fruit shapes, gummies

Grains and Breads:
Carmel Corn
Popcorn
Hominy
Potatoes- credits as a vegetable, not a grain

Meat/Meat Alternate:
Bacon/bacon bits
Canned Soup
Cheese products (imitation, canned, powdered)
Cream Cheese
Tofu
Yogurt Bars, frozen commercial product
Yogurt covered fruits/nuts
Cheese Products



Monthly Snack Participation Record For Snacks Claimed as Free/Reduced/Paid

Site: _____ A- Absent S- Snack Participation N-Present, No Snack

Month & Year: _____ Date:																									
Child's Full Name																									
1																									
2																									
3																									
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19																									
20																									
Daily Totals																									
Free																									
Reduced																									
Paid																									
Adults – Enter # of adults daily																									

Number of Days Snacks Served: _____

Number of Reimbursable Snacks Served for the Month Free: _____ Reduced: _____ Paid: _____

Signature of person completing form: _____ Date: _____

National School Lunch Program & Child and Adult Care Food Program On-Site Review for At-Risk & After School Snack Programs

Child Nutrition Programs
Finance & Support Services
P.O. Box 110500
Juneau, Alaska 99811-0500
Phone (907) 465-8709
Fax (907) 465-8910

Sponsor's must review the after school snack and At-risk meal program ***two times*** per school year at each site.

The ***first review*** is to be conducted during the ***first four weeks*** of the snack program s operation. The second review sometime during the remainder of the school year (7CFR.210.9 (7)).When both reviews are complete, record the information on the **Afterschool Snack & At-Risk Meal Summary form** and submit it to the State Agency by the last day of the school year or ***June 1st***. Use this form for documenting both the first and second review and maintain on file for audit/review purposes.

Please keep this form on file for your records. *Do Not Submit*

Name of Sponsor/Serving Site: _____

Name and Address of Sponsor/Serving Site: _____

Name and Title of Person Reviewing Site: _____

Days of Operation for Snack/Meal Program: Monday Tuesday Wednesday Thursday Friday

Indicate if site is: Pricing *(free, reduced, paid)* **or** Non-pricing *(all free)* **or** CACFP At-Risk *(All free)*

Indicate if site is: Not area eligible *(less than 50% F&R)* **or** Area Eligibility *(Greater than 50% F&R)*

Date of 1st Review: _____ **Date of 2nd Review:** _____

	First Review			Second Review		
1. Is the program operating after school hours?	Yes	No	N/A	Yes	No	N/A
2. Is an education or enrichment activity included?	Yes	No	N/A	Yes	No	N/A
3. Are attendance records being maintained?	Yes	No	N/A	Yes	No	N/A
4. Do they support the claim?	Yes	No	N/A	Yes	No	N/A
5. Is this program serving supper?	Yes	No	N/A	Yes	No	N/A
6. Are snack counts taken at the point of service?	Yes	No	N/A	Yes	No	N/A
7. Are supper counts taken at the point of service?	Yes	No	N/A	Yes	No	N/A
8. If the site is not area eligible , does the system to record snacks provide an accurate count of snacks served by eligibility categories?	Yes	No	N/A	Yes	No	N/A
9. Is documentation of snack menus maintained?	Yes	No	N/A	Yes	No	N/A
10. Is documentation of supper menus maintained?	Yes	No	N/A	Yes	No	N/A

	First Review			Second Review		
11. Do menus for all snacks offered, meet or exceed the minimum meal pattern requirements?	Yes	No	N/A	Yes	No	N/A
12. Do menus for all supper offered, meet or exceed the minimum meal pattern requirements?	Yes	No	N/A	Yes	No	N/A
13. Are only those snacks or suppers (if applicable) served that meet or exceed the meal pattern requirements counted for reimbursement?	Yes	No	N/A	Yes	No	N/A
14. Do production records/delivery receipts support the number of snacks or suppers (if applicable) claimed?	Yes	No	N/A	Yes	No	N/A
15. Is there overt identification of a student s eligibility category at any time during the snack process? *(E.g. serving, recording of counts, payment collection procedures or ticket distribution in a non-area eligible site, especially if a pricing program?)*	Yes	No	N/A	Yes	No	N/A
16. Is the And Justice for All poster posted in the eating areas?	Yes	No	N/A	Yes	No	N/A
17. Does the site collect data by racial/ethnic groups?	Yes	No	N/A	Yes	No	N/A
18. Is there any separation by race, color, age, sex, national origin or disability?	Yes	No	N/A	Yes	No	N/A
a) In the eating area?	Yes	No	N/A	Yes	No	N/A
b) In the serving lines?	Yes	No	N/A	Yes	No	N/A
c) In the seating arrangements?	Yes	No	N/A	Yes	No	N/A
d) In the assignment of eating period?	Yes	No	N/A	Yes	No	N/A
19. Is staff aware of the district/RCCI non-discrimination policy?	Yes	No	N/A	Yes	No	N/A
20. Is the non-discrimination statement on all informational materials, for example the menu?	Yes	No	N/A	Yes	No	N/A

Sponsors are required to report any civil rights complaints to USDA and to CNP and the resolutions that may have occurred.

20. Were there any complaints?	Yes	No	N/A	Yes	No	N/A

If yes, please complete the Civil Rights Complaint Records and submit to CNP.

1st Review

Compliance Determination Yes No

Comments:_____

_____

Print Name of Reviewer:_____

Signature: _____ Date: _____

2nd Review

Compliance Determination Yes No

Comments: _____

_____

Print Name of Reviewer: _____

Signature:_____Date: _____

National School Lunch Program

On-Site Review Summary
Afterschool Snack Program & At-Risk Meals

Finance & Support Services
Child Nutrition Program
P.O. Box 110500
Juneau, Alaska 99811-0500
(907) 465-8709 • Fax (907) 465-8910

School District/RCCI _____ Print Reviewing Official and Title/Position _____

Summary Report Date_____ Signature of Reviewing Official_____

Name of School /Serving Site	Date of First Review	Compliant Y / N	List Compliance Comments below:	Date of 2nd Review	Compliant Y / N	List Compliance Comments below:

Due to SA by the last day of school orJune 1st.