

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 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 1/2 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

After School Snack Ideas (K- 12 grades)

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| Whole wheat toast 1 slice - .9 oz Tomato juice - $\frac{3}{4}$ cup | Saltine - 8 crackers or .7 oz Cheese - 1 oz |
| Waffles - 1 frozen (1 serving - 1.1 oz or larger) Strawberries - $\frac{3}{4}$ 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 - $\frac{3}{4}$ cup canned | Fruit cup - $\frac{3}{4}$ cup Cheese - 1 oz |
| Raisin toast - .9 oz slice Orange Juice - $\frac{3}{4}$ cup | Assorted cereal mix - $\frac{3}{4}$ cup Juice = $\frac{3}{4}$ cup |
| Peanut butter cookies - 1.1 oz. Milk - 1 cup | $\frac{1}{2}$ sandwich (1 slice whole wheat bread) 1 oz meat |
| Oatmeal muffin - 1.8 oz Melon balls - $\frac{3}{4}$ cup | Apple rings - $\frac{3}{4}$ cup Peanut butter - 2 Tbsp |
| Ginger snaps - 1.1 oz. Applesauce - $\frac{3}{4}$ cup | Graham crackers - .9 oz Milk - 1 cup |
| Saltines - 8 squares or .9 oz Vegetable sticks - 9 carrot sticks (4" x $\frac{1}{2}$ ") + 6 celery sticks (3" x $\frac{3}{4}$ ") Ranch dressing dip (extra) | Cucumber and carrot coins - $\frac{3}{4}$ cup total Cottage cheese - $\frac{1}{4}$ cup |
| Toast - .9 oz Peanut butter - 2 Tbsp | Whole wheat hard bread sticks - .7 oz total Fruit salad or cocktail - $\frac{3}{4}$ cup |
| Hard breadsticks - .7 oz total Tomato juice - $\frac{3}{4}$ cup | Cottage cheese - $\frac{1}{4}$ cup Crushed pineapple - $\frac{3}{4}$ cup |
| Granola bar - 1.8 oz Grape juice - $\frac{3}{4}$ cup | Fruit kabobs - $\frac{3}{4}$ cup total Cheese sticks - 1 oz |
| Cinnamon toast - 1 slice or .9 oz Pineapple juice - $\frac{3}{4}$ cup | Deviled eggs - $\frac{1}{2}$ egg Wheat thins - .7 oz |
| Bagel - .9 oz Orange slices - $\frac{3}{4}$ cup | Homemade cinnamon roll - .9 oz unfrosted Milk - 1 cup |
| Graham cracker square - .9 oz Fruit cocktail - $\frac{3}{4}$ cup | Scrambled egg - (1/2 egg = 1 oz) Tortilla - 8 inch |
| Cottage cheese - $\frac{1}{4}$ cup Corn chips - .9 oz | Pineapple chunks or grapes - $\frac{3}{4}$ cup Animal crackers - .9 oz |
| Apple slices - $\frac{3}{4}$ cup Cheese slice - 1 oz | Pancake - 1.1 oz Peanut butter - 2 Tbsp. |
| Strawberries - $\frac{3}{4}$ cup (or other fruit) Cereal - $\frac{3}{4}$ cup | Pear slices - $\frac{3}{4}$ cup Swiss cheese - 1 oz |
| Shaved ham - 1 oz. Saltine crackers - 8 squares or .9 oz | Fortune cookies (extra) Mandarin oranges - $\frac{3}{4}$ cup Fried rice - $\frac{1}{2}$ 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 $\frac{3}{4}$ " 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 |

After School Snack Ideas (K- 12 grades)

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