

III. After-School Snack

The snack served to students in the After-School Snack Program is administered through the National School Lunch Program guidelines. It is extremely important that the site coordinator and the food service manager stay in close communication as to the number of snacks needed and the student acceptance of the foods served.

An approved After-School Snack Schedule has been developed for the month. This schedule is very general, however if you find that a change needs to be made, contact the Food Service Specialist at 955-6939. Due to the more stringent guidelines, all changes to the schedule must be approved. On "School's Choice" days, the attached Approved After-School Snack List is used to choose the correct food items to serve. The snack served will consist of two required food components from the table below.

Select two of the following four components**

Snack Pattern:

Fluid Milk	1 cup
Juice, fruit, or vegetable	$\frac{3}{4}$ cup
Meat or meat alternate	1 ounce
Bread, bread alternate, or cereal	1 slice

**For a snack, juice may not be served when milk is served as the only other component. If one food meets the guidelines from two components, a drink of fruit punch or water may be offered.

The total snack food cost should not exceed \$.40 per child per day on the average (some snacks will be more expensive and some less). The \$.40 does not include non-food supplies (napkin, straw, cup, etc.), administrative costs and labor.

For every three snacks claimed, one meal equivalent is used to compute staffing hours and manager hours.

School Food Service Manager/employees and the After-School Coordinator will work together. The following guidelines are to be used daily:

1. Site coordinator duties include:
 - a. Communicate the type of snacks to serve and quantity to order.
 - b. Ensure an EDEP staff member will distribute snack at roll call (Point of Sale).
 - c. Ensure that every student takes the entire snack.
 - d. Return excess snacks.
 - e. Keep food service areas clean.
 - f. Submit the "daily attendance report" to food service manager by the 5th of each month.

2. Food Service Manager duties include:
 - a. Plan and maintain a daily production record of snacks served.
 - b. Order foods in cooperation with the site coordinator.
 - c. Receive foods and sign invoices.
 - d. Send signed invoices to Business Services.
 - e. Prepare snacks according to the approved schedule.
 - f. Provide assistance to site coordinator on availability of food and paper supplies needed to serve snacks.

3. Snack counts:

General:

 - a. Work with the coordinator to ensure the number of snacks each day does not far exceed or short of what is needed.
 - b. Make adjustments in the snack counts as the student enrollment changes.
 - c. **Reimbursement may be claimed for only the number of students in attendance.**

Area eligible only:

- a. Input in computer the number of After-School snacks given out by the site coordinator the **day after** the snacks are given out per attendance roster. Ensure that the number of snacks does not exceed the Daily Attendance Report.
- b. Do not change the date in the computer.
- c. Ensure the "daily attendance report" is used to match the figures received throughout the month.
- d. Maintain a daily After School Production Record per month. Be specific with the item and portion size.

Non-Area eligible only:

- a. Input in computer the number of After-School snacks given out by the site coordinator the day after the snacks are given out per attendance roster. The snacks should be entered by Free, Reduced and Paid.
- b. Ensure the "daily attendance report" is used to match the figures received throughout the month.
- c. Maintain a daily After School Production Record per month. Be specific with the item and portion size.

4. Other procedural information:

- a. *Left-over* is the number of snacks over the amount of students in attendance. The excess number of snacks must come back to the food service department the day of distribution.
- b. *No-Thank-You's* are what students do not want to eat, once they are given the snack. These can be collected for redistribution at a later time/date or can be thrown out in the garbage, but not returned as leftovers.

Approved After School Snack Schedule

Day	Food Item	Beverage
1	School's Choice from approved list	
2	Cereal (1 oz.)	8 oz. milk*
3	Pretzels, Tiny Twist (1 oz.), Pretzel Poppers or Baked Pretzel (2.5 oz.)	6 oz. juice
4	Fruit (canned, pre-packaged, or fresh) (6 oz.)	8 oz. milk*
5	Cookie: school's choice from list	8 oz. milk* or 6 oz. juice
6	Graham Crackers (variety) (1 oz.)	8 oz. milk*
7	Fruit (canned, pre-packaged, or fresh) (6 oz.)	8 oz. milk*
8	School's Choice from approved list	
9	String Cheese (1 oz.)/Saltines (4/2 pkg.)	Fruit punch or water
10	Cereal (1 oz.)	8 oz. milk*
11	1/2 peanut butter & jelly sandwich (1 bread, 1 T PB, 1T jelly) Or Uncrustable(2.8 oz pkg)	Fruit Punch or water
12	Crackers: school's choice from list	6 oz. juice
13	Fruit (canned, pre-packaged, or fresh) (6 oz.)	8 oz. milk*
14	Cookie: school's choice from list	6 oz. juice
15	Cereal (1 oz.)	8 oz. milk*
16	Fruit (canned, prepackaged, or fresh) (6 oz.)	8 oz. milk*
17	School's choice from approved list	
18	Cereal (1 oz.)	8 oz. milk*
19	Graham Crackers (variety) (1 oz.)	6 oz. juice
20	Vanilla Wafers (8 each)	8 oz. milk*
21	String Cheese (1 oz.)/Saltines (4/2 pkg.)	fruit punch
22	Cookie: school's choice from list	6 oz. juice
23	Crackers: school's choice from list	8 oz. milk* or 6 oz. juice
24	Cereal (1 oz.)	8 oz. milk*
25	Fruit (canned, pre-packaged, or fresh) (6 oz.)	8 oz. milk*

***Low-fat or Fat-free/Skim**

Approved After-School Snacks

I. Component: Milk (8 oz.)

Low fat (2% or 1%) or fat free (chocolate, strawberry, vanilla or unflavored)

II. Component: Fruit/Vegetable (3/4 cup or 6 ounces)

- **Fruit**

Fresh fruit in season: apple(quartered, slices, wedges), banana, pear, peaches, tangerine, tangelos, oranges (wedges), plums, melon, strawberries, blueberries

Canned fruit (apple sauce, pears, peaches, pineapple mixed fruits),

Pre packaged (apple slices, peaches),

Dried (raisins, apricots)

Fruit Juice, 100%, 6 oz. carton or pouch

- **Vegetables**

Fresh vegetables served with low fat dip (i.e., ranch dressing): carrots, celery, broccoli, cucumbers, cherries, tomatoes

* Refer to "Food Buying Guide" for purchasing information.

III. Component: Meat/Meat Alternate (1 ounce)

Meats

sliced or cubed

Meat Alternates

Cheese: Sliced or cubed

Cottage Cheese (1/4 cup.)

Yogurt (4 oz.)

String Cheese

Hard Boiled Egg

These items = one meat/meat alternate plus one bread

Select one to meet two components and serve with fruit punch or water

Meat or (grilled)cheese sandwich (1 oz. meat, 1 slice bread)

Peanut butter/jelly sandwich (2 TBSP peanut butter, jelly, 1 slice bread)

Pancake Pup (2.5 oz.)

Mini Corn Dogs (3 each)

Cheese Pizza (5 oz.) $\frac{1}{2}$ slice

Chicken Nuggets (3 each)

IV. Component: Grains/Breads (as listed)

Sandwich bread/toast (1 each)
Roll (2 oz.), purchased
Apple Cinnamon Loaf, Super Bakery
Apple or Strawberry Strudel (1.7oz)
Baked Chips(.875 oz)or (.75 oz)
Bagel Pocket w/fruit Filling (2.5 oz)
Banana Nut Loaf, Super Bakery
Blueberry Loaf, Super Bakery
Bagelers, plain or cinnamon brown sugar(2.5oz)
Banana Dried Chips(1oz)
Blueberry Muffin, Super Bakery
Breakfast square baked apple
Cereal: Kashi, Corn Flakes, Honey Nut Cheerios, Cinnamon Toast Crunch, Cookie
Crisp, Golden Grahams, Rice Krispys, Ready-to-eat cereals; Reduced sugar choices
Cereal Bar, Cinnamon toast Crunch (1.4 oz)
Cereal Bar, Team Cherrios (1.4oz)
Chewy Granola, Chocolate Chip(1.4oz)
Cinnamon bun stick pretzel (2.25 oz)
Cinnamon roll (school-baked)
Cinnamon Toast Crunch Crisps(1 oz pkg)
Corn Muffin, Super Bakery
Cinnamon Graham Scooby Sticks(1 oz pkg)
Donut Honey Wheat or Super Reduced Fat (2.75 or 2.5 oz)
French toast crisps (1 oz)
Fruit Turnover (2oz)
Graham Crackers, any (3pack)
Graham Character Shaped
Graham Chocolate Chip
Happy Birthday cupcake (1.5oz)
Honey Graham
Honey Graham Cinnamon Stick
Krispy Squares
Lance: Fig Cakes
 Sesame Twins
 Wheat Twins
 Peanuts
Little Debbie: Granola bar, Crunchy Oats & Honey (1oz)
 Cookie, gingerbread (.75oz)
 Pecan spinwheels
Melba Toast (2pack) w/jelly
Oyster Crackers
Pancake, French Toast, Waffle(sticks) (1.1 oz. w/syrup)
Animal crackers (1 oz pkg-regular or chocolate flavored)
Goldfish crackers (1 oz.: Cinnamon, Parmesan flavored)
Saltine crackers (2 4/pk or 4 2/pkg)

Darlington Farms: sugar cookies (1.1 oz.)
Oatmeal Cookie
Otis Spunkmeyer Reduced Fat Oatmeal Raisin Cookie (1.33oz)
Munchies, Kid Mix
Otis Spunkmeyer Reduced Fat Muffin
Pop-tarts:Frosted: Blueberry or Strawberry (1.83oz)
Pecan Spinwheel (1 oz)
Pretzel, Soft Superpretzel, baked (1oz)
Pretzel Popper, variety flavors
Sunchips (Multigrain, Harvest cheddar flavored)
Raisins (1oz)
Sunflower seeds (1 oz)
Vanilla Wafers (8 cookies)
100 Calorie pack (.75 oz)