

# Afterschool Snack Meal Pattern

*Select Two of the Four Components for a Reimbursable Meal*

<b>Food Components<sup>1</sup></b>		<b>Children Ages 1–2</b>	<b>Children Ages 3–5</b>	<b>Children Ages 6–12<sup>1</sup></b>
<b>MILK</b>	Fluid milk	4 fl oz (½ cup)	4 fl oz (½ cup)	8 fl oz (1 cup)
<b>VEGETABLE or FRUIT<sup>2</sup></b>	Juice <sup>2,9</sup> , fruit, and/or vegetable	½ cup	½ cup	¾ cup
<b>GRAINS/BREADS<sup>3, 4</sup></b>	Bread	½ slice	½ slice	1 slice
	Cornbread/biscuit/roll/muffin	½ serving	½ serving	1 serving
	Cold dry cereal <sup>4</sup>	¼ cup or ⅓ oz	⅓ cup or ½ oz	¾ cup or 1 oz
	Cooked cereal grains	¼ cup	¼ cup	½ cup
	Pasta/noodles	¼ cup	¼ cup	½ cup
<b>MEAT/MEAT ALTERNATE<sup>5, 6, 7</sup></b>	Meat/poultry/fish <sup>5</sup>	½ oz	½ oz	1 oz
	Alternate protein products <sup>6</sup>	½ oz	½ oz	1 oz
	Cheese	½ oz	½ oz	1 oz
	Egg (large)	½ large egg	½ large egg	½ large egg
	Cooked dry beans/peas	⅓ cup	⅓ cup	¼ cup
	Peanut/other nut/seed butters	1 Tbsp	1 Tbsp	2 Tbsp
	Nuts and/or seeds <sup>7</sup>	½ oz <sup>7</sup>	½ oz <sup>7</sup>	1 oz
	Yogurt <sup>8</sup>	2 oz (¼ cup)	2 oz (¼ cup)	4 oz (½ cup)

<sup>1</sup>Children age 12 and older may be served larger portions based on their greater food needs. They may not be served less than the minimum quantities listed in this column.

<sup>2</sup>Serve two or more kinds of vegetable(s) and/or fruit(s). Full-strength vegetable or fruit juice may be counted to meet not more than one-half of this requirement.

<sup>3</sup>Grains/Breads must be whole-grain or enriched or made from whole-grain or enriched flour or meal that may include bran and/or germ. Cereal must be whole-grain, enriched, or fortified.

<sup>4</sup>Either volume (cup) or weight (oz), whichever is less.

<sup>5</sup>A serving consists of the edible portion of cooked lean meat or poultry or fish.

<sup>6</sup>Alternate protein products must meet requirements in Appendix A of 7 CFR Part 210.

<sup>7</sup>Nuts and seeds are generally not recommended to be served to children ages 1-3 since they present a choking hazard. If served, nuts and seeds should be finely minced.

<sup>8</sup>Yogurt may be plain or flavored, unsweetened or sweetened – commercially prepared.

<sup>9</sup>Juice May not be served when milk is the only other component.