

## Afterschool Snack Meal Pattern

### SELECT TWO OF THE FOUR COMPONENTS FOR A REIMBURSABLE SNACK

| FOOD COMPONENTS AND FOOD ITEMS <sup>1</sup>   | CHILDREN<br>AGES 1 and 2  | CHILDREN<br>AGES 3-5  | CHILDREN<br>AGES 6-12 <sup>1</sup>   |
|---|---|---|--|
| <b>Milk</b> Fluid milk  | 4 fl. oz. (1/2 cup)   | 4 fl. oz. (1/2 cup)   | 8 fl. oz. (1 cup)  |
| <b>Vegetable or Fruit</b> <sup>2,9</sup><br>Juice <sup>2,9</sup> , fruit, and/or vegetable  | 1/2 cup   | 1/2 cup   | 3/4 cup  |
| <b>Grains/Breads</b> <sup>3,4</sup><br>Bread or<br>Cornbread or biscuit or roll or muffin or<br>Cold dry cereal <sup>4</sup> or<br>Cooked cereal grains or<br>Cooked pasta or noodles   | 1/2 slice<br>1/2 serving<br>1/4 cup or 1/3oz. <sup>4</sup><br>1/4 cup<br>1/4 cup                                | 1/2 slice<br>1/2 serving<br>1/3 cup or 1/2oz. <sup>4</sup><br>1/4 cup<br>1/4 cup                                | 1 slice<br>1 serving<br>3/4 cup or 1oz. <sup>4</sup><br>1/2 cup<br>1/2 cup                 |
| <b>Meat/Meat Alternate</b> <sup>5,6,7</sup><br>Lean meat or poultry or fish <sup>5</sup> or<br>Alternate protein products <sup>6</sup> or<br>Cheese or<br>Egg (large) or<br>Cooked dry beans or peas or<br>Peanut or other nut or seed butters or<br>Nuts and/or seeds <sup>7</sup> or<br>Yogurt <sup>8</sup> | 1/2 oz.<br>1/2 oz.<br>1/2 oz.<br>1/2 large egg<br>1/8 cup<br>1 Tbsp<br>1/2 oz. <sup>7</sup><br>2 oz. or 1/4 cup | 1/2 oz.<br>1/2 oz.<br>1/2 oz.<br>1/2 large egg<br>1/8 cup<br>1 Tbsp<br>1/2 oz. <sup>7</sup><br>2 oz. or 1/4 cup | 1 oz.<br>1 oz.<br>1 oz.<br>1/2 large egg<br>1/4 cup<br>2 Tbsp<br>1 oz.<br>4 oz. or 1/2 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> Full strength vegetable and/or fruit juice or an equivalent quantity of any combination of vegetable(s), fruit(s), and juice.

<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 one to three 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.