

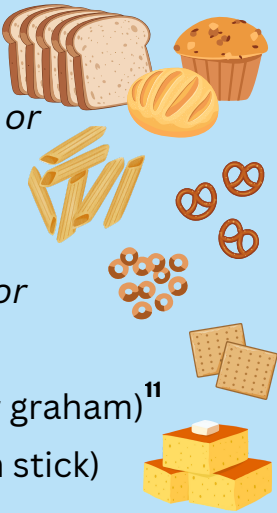
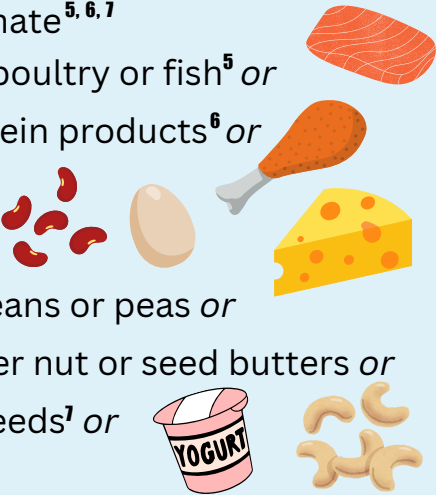


# Afterschool Snack Meal Pattern

Select 2 of the 4 components for a reimbursable snack

Food Components and Food Items <sup>1</sup>	Children Ages 3-5	Children Ages 6-18 <sup>1</sup>
<b>Milk</b> Fluid milk <sup>10</sup> 	4 fl oz (½ cup)	8 fl oz (1 cup)
<b>Vegetable or Fruit<sup>2,9</sup></b> Juice <sup>2,9,12</sup> , fruit, and/or vegetable 	½ cup	¾ cup
<b>Grains/Breads<sup>3,4</sup></b> Bread or biscuit or roll <i>or</i> Cornbread or corn muffin <i>or</i> Cold dry cereal <sup>4</sup> <i>or</i> Cooked cereal grains <i>or</i> Cooked pasta or noodles <i>or</i> Savory Crackers Sweet Crackers (animal or graham) <sup>11</sup> Pretzels (mini twist or thin stick) Muffins (all except corn) 	14gm or ½ oz eq 17gm or ½ oz eq ⅓ cup or ½ oz <sup>4</sup> ¼ cup cooked ¼ cup cooked 11gm 14gm 11gm 28gm or 1 oz eq	28g or 1oz eq 34gm or 1oz eq ¾ cup or 1 oz <sup>4</sup> ½ cup cooked ½ cup cooked 22gm 28gm 22gm 55gm or 1 oz ea
<b>Meat/Meat Alternate<sup>5,6,7</sup></b> Lean meat or poultry or fish <sup>5</sup> <i>or</i> Alternate protein products <sup>6</sup> <i>or</i> Cheese <i>or</i> Egg (large) <i>or</i> Cooked dry beans or peas <i>or</i> Peanut or other nut or seed butters <i>or</i> Nuts and/or seeds <sup>7</sup> <i>or</i> Yogurt <sup>8</sup> 	½ oz ½ oz ½ oz ½ large egg ⅛ cup 1 Tbsp ½ oz <sup>7</sup> 2 oz or ¼ cup	1 oz 1 oz 1 oz ½ large egg ¼ cup 2 Tbsp 1 oz 4 oz or 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> Full strength vegetable and/or fruit juice or an equivalent quantity of any combination of vegetable(s), fruit(s), and juice.

<sup>3</sup> At least 80 percent of grains offered weekly (by ounce equivalents) must be whole grain-rich, as defined in § 210.2, and the remaining grains items offered must be enriched. Grain-based desserts may not be used to meet the grains requirement. Effective July 1, 2025, breakfast cereal must have no more than 6 grams of added sugars per dry ounce. Information on crediting grain items may be found in FNS guidance.

<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 the requirements in Appendix A to Part 226 of this Chapter.

<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. Effective July 1, 2025, yogurt must contain no more than 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce) . Information on crediting meats/meat alternates may be found in FNS guidance.

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

<sup>10</sup> Only 1% milk (called low-fat), fat free or skim milk, lactose (fat free or 1%), cultured buttermilk (fat free or 1%), or flavored milk (fat free or 1%) made from these types of fluid which meet State or local standards may be served. All milk must be fat free or 1%.

<sup>11</sup> Grain-based desserts, except for sweet crackers such as animal and graham crackers, do not contribute toward the grains requirement in the NSLP Afterschool Snack.

<sup>12</sup> No more than half of the weekly fruit or vegetable offerings at NSLP snacks may be in the form of juice.