

Afterschool Snack Meal Pattern School Year 2025-2026

Meal Pattern Component*	Ages 1-2	Ages 3-5	Ages 6-18**
Fruits (cups) ^{a b}	½ cup	½ cup	¾ cup
Vegetables (cups) ^{a b}	½ cup	½ cup	¾ cup
Grains (oz eq) ^{c d}	½ oz eq	½ oz eq	1 oz eq
Meats/Meat Alternates (oz eq) ^e	½ oz eq	½ oz eq	1 oz eq
Fluid Milk (cups) ^{f g}	4 fl oz	4 fl oz	8 fl oz

* Must serve two of the five components for a reimbursable afterschool snack.

- Only one of the two components may be a beverage.
- Listed amounts are minimums that must be served in order to claim reimbursement.

** May need to serve larger portions to children ages 13-18 to meet their nutritional needs.

^a K-12: Juice must be pasteurized, full-strength juice.

- No more than half of the weekly fruit or vegetable offerings may be in the form of juice.

^b Preschoolers: Pasteurized full-strength juice may only be offered to meet the vegetable or fruit requirement at one meal, including snack, per day.

^c K-12: 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.
- 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.

^d Preschoolers: At least one serving per day, across all eating occasions, must be whole grain-rich.

- Grain-based desserts do not count toward meeting the grains requirement.
- Through September 30, 2025, breakfast cereals must contain no more than 6 grams of **total sugars** per dry ounce. By October 1, 2025, breakfast cereals must contain no more than 6 grams of **added sugars** per dry ounce.

^e All: Alternate protein products must meet the requirements in appendix A to [part 226 of this chapter](#).

- 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.

^f K-12: Milk must be fat-free (skim) or low-fat (1 percent fat or less). Milk may be unflavored or flavored.

^g Preschoolers: Milk must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old.