

Afterschool Snack Meal Pattern

COMPONENTS (Select two different components from the four listed)	AGES 1 AND 2	AGES 3 THROUGH 5	AGES 6 THROUGH 12
MILK Milk, fluid, unflavored/flavored fat-free or unflavored low-fat (1%). Milk variety is not required.	4 fl. oz. 1/2 cup	4 fl. oz. 1/2 cup	8 fl. oz. 1 cup
VEGETABLES and FRUITS Vegetable(s) and/or fruit(s) or Full-strength fruit or vegetable juice Or An equivalent quantity of any combination of these foods <i>(Juice may not be served when milk is served as the only other component)</i>	1/2 cup	1/2 cup	3/4 cup
GRAINS and BREADS¹ Bread or Cornbread, biscuits, rolls, muffins, etc. or Cold dry cereal ² or Hot cooked cereal or Cooked pasta or noodle products or Cooked cereal grains or an equivalent quantity of any combination of the above grain and bread products	1/2 slice 1/2 serving 1/4 cup or 1/3 oz. 1/4 cup 1/4 cup 1/4 cup	1/2 slice 1/2 serving 1/3 cup or 1/2 oz. 1/4 cup 1/4 cup 1/4 cup	1 slice 1 serving 3/4 cup or 1 oz. 1/2 cup 1/2 cup 1/2 cup
MEAT and MEAT ALTERNATES Lean meat or poultry or fish ³ or Alternate protein products ⁴ Cheese or Eggs or Cooked dry beans or peas or Peanut butter or soynut butter or other nut or seed butters or Peanuts or soynuts or tree nuts or seeds ⁵ or Yogurt ⁶ , plain or sweetened and flavored or An equivalent quantity of any combination of the above meat and meat alternates	1/2 oz. 1/2 oz. 1/2 oz. 1/2 large egg 1/8 cup 1 Tbsp. 1/2 oz. 2 oz. or 1/4 cup	1/2 oz. 1/2 oz. 1/2 oz. 1/2 large egg 1/8 cup 1 Tbsp. 1/2 oz. 2 oz. or 1/4 cup	1 oz. 1 oz. 1 oz. 1/2 large egg 1/4 cup 2 Tbsp. 1 oz. 4 oz. or 1/2 cup

USDA *recommends* that schools offer larger portions for older children (ages 13-18) based on their greater food energy requirements.

¹Bread, pasta or noodle products, and cereal grains must be whole-grain or enriched; cornbread, biscuits, rolls, muffins, etc., must be made with whole-grain or enriched meal or flour; cereal must be whole-grain or enriched or fortified.

²Either volume (cup) or weight (ounce), whichever is less.

³Edible portion as served.

⁴Alternate protein products must meet requirements in Appendix A of 7 CFR Part 210.

⁵Nuts 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.

⁶Yogurt may be plain or flavored, unsweetened, or sweetened – commercially prepared.