

After School 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	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 soy nut butter or other nut or seed butters or Peanuts or soy nuts 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.