

**Chart 2: National School Lunch Program Meal Pattern
Afterschool Snacks**

Select Two of the Four Components for a Reimbursable Meal

Food Components¹		Children Ages 1–2	Children Ages 3–5	Children Ages 6–12¹
MILK	Fluid milk	4 fl oz (½ cup)	4 fl oz (½ cup)	8 fl oz (1 cup)
VEGETABLE or FRUIT²	Juice ² , fruit, and/or vegetable	½ cup	½ cup	¾ cup
GRAINS/BREADS^{3, 4} (Select one)	Bread	½ slice	½ slice	1 slice
	Cornbread/biscuit/roll/muffin	½ serving	½ serving	1 serving
	Cold dry cereal ⁴	¼ cup or ⅓ oz	⅓ cup or ½ oz	¾ cup or 1 oz
	Cooked cereal grains	¼ cup	¼ cup	½ cup
	Pasta/noodles	¼ cup	¼ cup	½ cup
MEAT/MEAT ALTERNATE^{5, 6, 7} (Select One)	Meat/poultry/fish ⁵	½ oz	½ oz	1 oz
	Alternate protein products ⁶	½ oz	½ oz	1 oz
	Cheese	½ oz	½ oz	1 oz
	Egg (large)	½ large egg	½ large egg	½ large egg
	Cooked dry beans/peas	⅓ cup	⅓ cup	¼ cup
	Peanut/other nut/seed butters	1 Tbsp	1 Tbsp	2 Tbsp
	Nuts and/or seeds ⁷	½ oz ⁷	½ oz ⁷	1 oz
	Yogurt ⁸	2 oz (¼ cup)	2 oz (¼ cup)	4 oz (½ cup)

¹Children 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.

²Serve two or more kinds of vegetable(s) and/or fruit(s). Full-strength vegetable or fruit juice may be counted to meet not more than one-half of this requirement.

³Grains/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.

⁴Either volume (cup) or weight (oz), whichever is less.

⁵A serving consists of the edible portion of cooked lean meat or poultry or fish.

⁶Alternate protein products must meet requirements in Appendix A of 7 CFR Part 210.

⁷Nuts 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.

⁸Yogurt may be plain or flavored, unsweetened or sweetened – commercially prepared.