

AFTER SCHOOL SNACK PROGRAM MEAL PATTERN

SELECT TWO OF THE FIVE COMPONENTS FOR A REIMBURSABLE SNACK

FOOD COMPONENTS AND FOOD ITEMS ¹	K-12
1) Milk	
Fluid Milk ²	8 fl oz. (1 cup)
2) Vegetable	
Juice ³ and or vegetable	3/4 cup
3) Fruit	
Juice ³ and or fruit	3/4 cup
4) Grains/Breads⁴	
Bread <i>or</i>	1 slice
Cornbread or biscuit or roll or muffin <i>or</i>	1 serving
Cold dry cereal <i>or</i>	3/4 cup or 1 oz.
Cooked cereal grains <i>or</i>	1/2 cup
Cooked pasta or noodles	1/2 cup
5) Meat/Meat Alternate^{5,6,7}	
Lean meat or poultry or fish ⁵ <i>or</i>	1 oz.
Alternate protein products ⁶ <i>or</i>	1 oz.
Cheese <i>or</i>	1 oz.
Egg (large) <i>or</i>	1/2 large cup
Cooked dry beans or peas <i>or</i>	1/4 cup
Peanut or other nut or seed butters <i>or</i>	2 Tbsp.
Nuts and/or seeds <i>or</i>	1 oz.
Yogurt ⁷	4 oz. or 1/2 cup

¹ Children aged 13 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.

² Milk must be fat-free (skim) or low-fat (1 percent fat or less). Milk may be unflavored or flavored.

³ 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. Juice may not be served when milk is the only other component.

⁴ At least 80 percent of grains offered weekly (by ounce equivalents) must be whole grain-rich, as defined in § 210.2, and the remaining grain 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.

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

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

⁷ Yogurt must contain no more than 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce). Yogurt may be plain or flavored, unsweetened, or sweetened – commercially prepared. Information on crediting meats/meat alternates may be found in FNS guidance.

AFTER SCHOOL SNACK PROGRAM MEAL PATTERN

SELECT TWO OF THE FIVE COMPONENTS FOR A REIMBURSABLE SNACK

FOOD COMPONENTS AND FOOD ITEMS	PRESCHOOL
1) Milk	
Fluid Milk ¹	4 fl oz. (1/2 cup)
2) Vegetable	
Juice ² and or vegetable	1/2 cup
3) Fruit	
Juice ² and or fruit	1/2 cup
4) Grains/Breads³	
Bread <i>or</i>	1/2 slice
Cornbread or biscuit or roll or muffin <i>or</i>	1/2 serving
Cold dry cereal <i>or</i>	1/3 cup or 1/2 oz.
Cooked cereal grains <i>or</i>	1/4 cup
Cooked pasta or noodles	1/4 cup
5) Meat/Meat Alternate^{4,5,6}	
Lean meat or poultry or fish ⁴ <i>or</i>	1/2 oz.
Alternate protein products ⁵ <i>or</i>	1/2 oz.
Cheese <i>or</i>	1/2 oz.
Egg (large) <i>or</i>	1/2 large egg
Cooked dry beans or peas <i>or</i>	1/8 cup
Peanut or other nut or seed butters <i>or</i>	1 Tbsp.
Nuts and/or seeds <i>or</i>	1/2 oz.
Yogurt ⁶	2 oz. or 1/4 cup

¹ Milk must be unflavored low-fat (1 percent) or unflavored fat-free (skim) for pre-school children.

² Pasteurized full-strength juice may only be offered to meet the vegetable or fruit requirement at one meal, including snack, per day.

³ 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. As of October 1, 2025, breakfast cereals must contain no more than 6 grams of added sugars per dry ounce.

⁴ A serving consists of the edible portion of cooked lean meat or poultry or fish.

⁵ Alternate protein products must meet the requirements in appendix A to part 226.

⁶ 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.