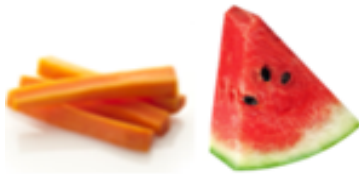


# Afterschool Snack Program Meal Pattern

## Select TWO of the FOUR Components



8 oz Fluid Milk



3/4 c Fruit and/or Vegetable



1 oz Grain



1 oz Meat/Meat Alternate

### When planning your snack, keep in mind:

- ⇒ If you offer flavored milk, it must be fat-free.
- ⇒ Juice may not be served when milk is served as the only other component. No more than half of the weekly fruit or vegetable offerings may be in the form of juice.
- ⇒ At least 80% of grains offered weekly must be whole-grain rich.
- ⇒ Except for sweet crackers (e.g., animal and graham crackers), grain-based desserts do not contribute toward the grains requirement.
- ⇒ Beans may be served as a meat alternate OR vegetable.
- ⇒ 1 ounce of meat is about the size of a golf ball.

