

Afterschool Snack Program Meal Pattern (K-12)

Serve TWO of the FIVE Components	
Food Components	Minimum Serving Size
Milk, fluid (fat free or 1% flavored or unflavored)	1 cup
Meat or meat alternate:	
Lean meat, poultry, or fish	1 ounce
Cheese	1 ounce
Cottage cheese	1/2 cup
Egg (large)	1/2 large egg
Cooked dry beans	1/4 cup
Yogurt	4 ounces or 1/2 cup
Cottage cheese	1/4 cup
Peanut or other nut or seed butters	2 Tbsp
Nuts and/or seeds	1 oz
Fruit: Fresh, frozen or canned fruits and 100% juice	3/4 cup
Vegetable: Fresh, frozen or canned vegetables and 100% juice	3/4 cup
Grain: 80% of grains offered weekly must be whole-grain rich and the remaining grains must be enriched.	
Enriched or whole grain bread	1 slice
Cornbread, biscuit, roll or muffin	1 serving**
Cold dry cereal	3/4 cup***
Hot cooked cereal	1/2 cup
Cooked pasta or noodles	1/2 cup
<ul style="list-style-type: none"> *Vegetable and fruit juices must be pasteurized and be served full strength. 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. **1 serving must provide at least 1 ounce of grain. ***3/4 cup (volume) or 1 ounce (weight), whichever is less. Except for sweet crackers (e.g., animal and graham crackers), grain-based desserts do not contribute toward the grains requirement. 	

Non-Reimbursable Snack Foods

Jell-O, pudding, custards, ice cream	Soda or other carbonated beverages
Potato chips	Licorice, fruit drops
Carmel corn/ popcorn of any kind	Candy: includes hard candy, cotton candy, marshmallows, jellied candies
Canned soups	Chewing gum
Cream cheese	Bacon/bacon bits
Candied yogurt covered fruit or nuts	

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