

Afterschool Snack Program Meal Pattern

Select TWO of the FOUR Components

Food Components	Minimum Serving Size
Milk, fluid	1 cup
Meat or meat alternate: Lean meat, poultry, or fish Cheese Cottage cheese Egg (large) Cooked dry beans Yogurt Cottage cheese Peanut or other nut or seed butters Nuts and/or seeds	1 ounce 1 ounce 1/2 cup 1/2 large egg 1/4 cup 4 ounces or 1/2 cup 1/4 cup 2 Tbsp 1 oz
Vegetable or fruit: 100% juice*, fruit, and/or vegetable	3/4 cup
Grain: 80% of grains offered must be whole-grain rich. Enriched or whole grain bread Cornbread, biscuit, roll or muffin Cold dry cereal Hot cooked cereal Cooked pasta or noodles	OR 1 slice OR 1 serving** OR 3/4 cup*** OR 1/2 cup 1/2 cup
<p>*Vegetable and fruit juices must 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.</p> <p>**1 serving must provide at least 1 ounce of grain.</p> <p>***3/4 cup (volume) or 1 ounce (weight), whichever is less.</p> <p>Except for sweet crackers (e.g., animal and graham crackers), grain- based desserts do not contribute toward the grains requirement.</p>	

Non Reimbursable Snack Foods

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