

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 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
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 Cornbread, biscuit, roll or muffin Cold dry cereal Hot cooked cereal Cooked pasta or noodles	1 slice 1 serving** 3/4 cup*** 1/2 cup 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 Potato chips Carmel corn/ popcorn of any kind Canned soups Cream cheese Candied yogurt covered fruit or nuts	Soda or other carbonated beverages Licorice, fruit drops Candy: includes hard candy, cotton candy, marshmallows, jellied candies Chewing gum Bacon/bacon bits
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