

Afterschool Snack Program Meal Pattern K-12

Must Serve TWO of the FIVE Components for a reimbursable afterschool snack.



8 oz Fluid Milk



3/4 c Fruit



3/4 c Vegetable



1 oz equivalent Grain



1 oz equivalent Meat/Meat Alternate

When planning your snack, keep in mind:

- Only one of the two components may be a beverage (Juice may not be served when milk is served as the only other component).
 - Milk must be fat-free (skim) or low-fat (1 percent) and may be unflavored or flavored.
 - Juice must be pasteurized, full-strength. 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 and the remaining grain items must be enriched.
 - Breakfast cereal must have no more than 6 grams of added sugar per dry ounce.
 - Except for sweet crackers (e.g., animal and graham crackers), grain-based desserts do not contribute toward the grains requirement. [USDA Exhibit A Grain Requirements](#)
- Meat Alternate, Yogurt must contain no more than 12 grams added sugar per 6 oz.
- May need to serve larger portions to children ages 13 through 18 to meet their nutritional needs.



Afterschool Snack Program Meal Pattern for Preschoolers (Ages 3-5)

Must Serve TWO of the FIVE Components for a reimbursable afterschool snack.



4 oz Fluid Milk



1/2 c Fruit



1/2 c Vegetable



1/2 oz equivalent Grain



1 oz Meat/Meat Alternate

When planning your snack, keep in mind:

- Only one of the two components may be a beverage (Juice may not be served when milk is served as the only other component).
 - Milk must be fat-free (skim) or low-fat (1 percent) and may only be unflavored.
 - Juice must be pasteurized, full-strength and may only be offered to meet the vegetable or fruit requirement at one meal, including snack, per day (e.g. if served for breakfast or lunch, may not be served for snack).
- Grain: at least one serving per day, across all eating occasions, must be whole grain-rich.
 - Grain-based desserts do not count toward meeting the grain requirements.
 - Breakfast cereal must have no more than 6 grams of added sugar per dry ounce.
 - Except for sweet crackers (e.g., animal and graham crackers), grain-based desserts do not contribute toward the grains requirement. [USDA Exhibit A Grain Requirements](#)
- Meat Alternate, Yogurt must contain no more than 12 grams added sugar per 6 oz.

