

# 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.
- ⇒ Whole grain-rich items are encouraged.
- ⇒ No more than two grain-based desserts are permitted per week.
- ⇒ Beans may be served as a meat alternate OR vegetable.
- ⇒ 1 ounce of meat is about the size of a golf ball.