

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: 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
*Vegetable and fruit juices must be served full strength. Juice may not be served when milk is served as the only other component. **1 serving must provide at least 1 ounce of grain. ***3/4 cup (volume) or 1 ounce (weight), whichever is less.	

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