

Snack Menu Tip Sheet



THE IMPORTANCE OF NUTRITIOUS SNACKS

Snacks for children are important in helping meet daily calorie and nutrient needs. Choose nutritious food items from at least two different food components to help increase nutrient intake, promote consumption of variety, and reduce sources of empty calories and added sugar.

- Nutritious snacks help to satisfy hunger between meals and stabilize energy levels.
- Nourishing snacks ensure that children are getting all the nutrients they need to support proper growth and development.
- Healthy snacking can be a tool to encourage children to develop healthy eating habits.

MEAL PATTERN COMPLIANCE

Summer Food Service Program (SFSP) snacks must contain at least two of the four food components on menus to be considered compliant and reimbursable.

The following are the food components and the required portion sizes¹:

- Milk: 8 fluid ounces (oz)
- Vegetables and/or Fruits: $\frac{3}{4}$ cup (6 fluid oz)
1 serving of vegetable or fruits must be offered to equal a minimum of $\frac{3}{4}$ cup or $\frac{3}{4}$ cup (6 fluid oz) of full-strength vegetable or fruit juice
- Grains: 1 serving^{2,3}
- Meat/Meat Alternate: 1 oz equivalent (oz eq)²

Milk and juice cannot be served together as a snack.

¹ Please consider meal modifications for children with disabilities and plan for alternate food items as needed. Refer to **Special Dietary Needs** for more information.

² Check with your food distributor or manufacturer for crediting information on premade/manufactured products, or refer to other crediting guides such as the Food Buying Guide or **Exhibit A Grains Chart**.

³ Grain quantities in the SFSP are determined using grains/breads servings, which are slightly smaller than quantities using oz. eq. in the NSLP and SBP.

Sample Combinations

Fruit and Grains:



Canned Peaches
($\frac{3}{4}$ cup)



Animal Crackers
(0.9 oz = 1 serving)

Fruit and Meat/Meat Alternates:



Fresh Pear
($\frac{3}{4}$ cup)



String Cheese
(1 oz = 1 oz eq)

Grains and Milk:



Whole Grain Rounds
($\frac{3}{4}$ cup or 1 oz = 1 serving)



Unflavored 1% Low Fat Milk
(8 fluid oz)

Grains and Meat/Meat Alternates:



Saltine Crackers
(0.7 oz or approx 7 crackers
= 1 serving)



Peanut Butter
(2 tablespoons = 1 oz eq)

Sample Combinations

WITH ADDITIONAL FOODS

Meat/Meat Alternate plus partial Vegetable and partial Fruit that equals $\frac{3}{4}$ cup or more combined:



Hummus
(1 oz eq)



Sliced Sweet Peppers
($\frac{1}{2}$ cup)



100% Grape Juice
($\frac{1}{2}$ cup)

Grain and Meat/Meat Alternate plus partial Fruit portion:



Granola Bar
(1.8 oz = 1 serving)



Yogurt
($\frac{1}{2}$ cup or 4 oz = 1 oz eq)



Craisins
($\frac{1}{4}$ cup = $\frac{1}{4}$ cup)

Grain and Meat/Meat Alternate plus partial Vegetable portion:



Tortilla Chips
(0.9 oz = 1 serving)



String Cheese
(1 oz = 1 oz eq)



Salsa
($\frac{1}{4}$ cup, credits as served)

Grain and Milk plus Partial Fruit portion:



Animal Crackers
(0.9 oz = 1 serving)



Fat-free Chocolate Milk
(8 fluid oz)



Apple Slices
(2 oz bag = $\frac{1}{2}$ cup)



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