

# NSLP Afterschool Snack Meal Pattern

To serve a reimbursable snack, programs must **select two of the five components**. Only **one** of the two components may be a beverage.

The following lists each component and the **minimum quantities** required for each age group:

- Preschool children ages 1–2
- Preschool children ages 3–5
- Children in grades K–12 ages 6–18

## 1. Fluid Milk

*Footnote 3 applies here.*

Minimum quantities:

- Ages 1–2: 4 fluid ounces (½ cup)
- Ages 3–5: 4 fluid ounces (½ cup)
- Ages 6–18: 8 fluid ounces (1 cup)

### **Footnote 3:**

Milk must be unflavored whole milk for children age one.

Milk may be unflavored whole, reduced-fat, low-fat, or fat-free for ages two through five.

For grades K–12, milk may be unflavored or flavored, whole, reduced-fat, low-fat, or fat-free.

## 2. Meat or Meat Alternate

*Footnotes 4, 5, 6, and 7 apply here.*

Allowable items include:

- Lean meat, poultry, or fish
- Alternate protein products
- Cheese

- Egg (large)
- Cooked dry beans or peas
- Peanut, nut, or seed butters
- Nuts and/or seeds
- Yogurt

**Minimum quantities for ages 1–2 and 3–5:**

- ½ ounce lean meat, poultry, fish, cheese, alternate protein product, or nuts/seeds
- ½ large egg
- ⅓ cup cooked dry beans or peas
- 1 tablespoon nut or seed butter
- 2 ounces (¼ cup) yogurt
- Nuts and seeds may credit as ½ ounce but present choking risk for ages 1–3 (see footnote 6)

**Minimum quantities for ages 6–18:**

- 1 ounce lean meat, poultry, fish, cheese, alternate protein product, or nuts/seeds
- ½ large egg
- ¼ cup cooked dry beans or peas
- 2 tablespoons nut or seed butter
- 4 ounces (½ cup) yogurt

**Footnotes for Meat/Meat Alternate:**

**Footnote 4:** A serving consists of the edible portion of cooked lean meat, poultry, or fish.

**Footnote 5:** Alternate protein products must meet requirements in Appendix A of 7 CFR 210.

**Footnote 6:** Nuts and seeds are not recommended for children ages 1–3 due to choking hazards; they must be finely minced if served.

**Footnote 7:** Yogurt must contain no more than 12 grams of added sugars per 6 ounces (2 grams per ounce).

### 3. Vegetables

*Footnote 8 applies here.*

Minimum quantities:

- Ages 1–2: ½ cup
- Ages 3–5: ½ cup
- Ages 6–18: ¾ cup

**Footnote 8 (applies to fruits and vegetables):**

Juice must be pasteurized, full-strength, and may contribute no more than half of the weekly fruit or vegetable offerings.

### 4. Fruits

*Footnote 8 applies here.*

Minimum quantities:

- Ages 1–2: ½ cup
- Ages 3–5: ½ cup
- Ages 6–18: ¾ cup

**Footnote 8 (applies to fruits and vegetables):**

Juice must be pasteurized, full-strength, and may contribute no more than half of the weekly fruit or vegetable offerings.

### 5. Grains/Breads

*Footnotes 9, 10, 11, 12, and 13 apply here.*

Allowable items include:

- Bread
- Cornbread, biscuit, roll, or muffin
- Cold dry cereal
- Cooked cereal grains
- Cooked pasta or noodles

**Minimum quantities for ages 1–2:**

- ½ ounce equivalent for bread or similar items
- Cold dry cereal: ¼ cup or ½ ounce
- Cooked cereal, pasta, or noodles: ¼ cup

**Minimum quantities for ages 3–5:**

- ½ ounce equivalent
- Cold dry cereal: ⅓ cup or ½ ounce
- Cooked cereal, pasta, or noodles: ¼ cup

**Minimum quantities for ages 6–18:**

- 1 ounce equivalent for bread or similar items
- Cold dry cereal: ¾ cup or 1 ounce
- Cooked cereal, pasta, or noodles: ½ cup

**Footnotes for Grains:**

**Footnote 9:** At least 80% of weekly grains must be whole grain-rich; remaining grains must be enriched.

**Footnote 10:** Grain-based desserts cannot be used to meet grain requirements.

**Footnote 11:** Ounce equivalents follow USDA Exhibit A.

**Footnote 12:** Breakfast cereals must contain no more than 6 grams of added sugars per dry ounce.

**Footnote 13:** Use either volume (cups) or weight (ounces), whichever is less.

## General Notes

- Children age 12 and older may be served larger portions but never less than the minimum quantities listed for ages 6–18.
- Only one beverage may be used as one of the two required components.
- Changes effective July 1, 2025.