

NSLP Afterschool Snack Meal Pattern

SELECT TWO OF THE FIVE COMPONENTS FOR A REIMBURSABLE SNACK			
MEAL COMPONENTS AND FOOD ITEMS ¹	PRESCHOOL CHILDREN AGES 1 and 2	PRESCHOOL CHILDREN AGES 3-5	K-12 CHILDREN AGES 6-18
	Minimum Quantities	Minimum Quantities	Minimum Quantities ²
Fluid Milk³	4 fl. oz (1/2 cup)	4 fl. oz (1/2 cup)	8 fl. oz (1 cup)
Meat/Meat Alternate^{4, 5, 6, 7} Lean meat or poultry or fish ⁴ <i>or</i> Alternate protein products ⁵ <i>or</i> Cheese <i>or</i> Egg (large) <i>or</i> Cooked dry beans or peas <i>or</i> Peanut or other nut or seed butters <i>or</i> Nuts and/or seeds ⁶ <i>or</i> Yogurt ⁷	1/2 oz 1/2 oz 1/2 oz 1/2 large egg 1/8 cup 1 Tbsp. 1/2 oz ⁶ 2 oz or 1/4 cup	1/2 oz 1/2 oz 1/2 oz 1/2 large egg 1/8 cup 1 Tbsp. 1/2 oz ⁶ 2 oz or 1/4 cup	1 oz 1 oz 1 oz 1/2 large egg 1/4 cup 2 Tbsp. 1 oz 4 oz or 1/2 cup
Vegetables And/or pasteurized, full-strength juice ^{1, 8}	1/2 cup	1/2 cup	3/4 cup
Fruits And/or pasteurized, full-strength juice ^{1, 8}	1/2 cup	1/2 cup	3/4 cup
Grains/Breads^{9, 10, 11, 12, 13} Bread <i>or</i> Cornbread or biscuit or roll or muffin <i>or</i> Cold dry cereal ¹² <i>or</i> Cooked cereal grains <i>or</i> Cooked pasta or noodles	1/2 oz eq ¹¹ 1/2 oz eq ¹¹ 1/4 cup or 1/3 oz ¹³ 1/4 cup 1/4 cup	1/2 oz eq ¹¹ 1/2 oz eq ¹¹ 1/3 cup or 1/2 oz ¹³ 1/4 cup 1/4 cup	1 oz eq¹¹ 1 oz eq¹¹ 3/4 cup or 1 oz¹³ 1/2 cup 1/2 cup

¹ Must serve two of the five components. Only one of the two components may be a beverage.

² Children aged 12 and older may be served larger portions based on their greater food needs. They may not be served less than the minimum quantities listed in this column.

³ Must be unflavored whole milk for children aged one. May be unflavored whole, reduced-fat, low-fat, or fat-free milk for children two through five years old. For K-12, may be unflavored or flavored, whole, reduced-fat, low-fat, or fat-free milk.

⁴ A serving consists of the edible portion of cooked lean meat or poultry or fish.

⁵ Alternate protein products must meet requirements in Appendix A of 7 CFR Part 210.

⁶ Nuts and seeds are generally not recommended to be served to children ages 1-3 since they present a choking hazard. If served, nuts and seeds should be finely minced.

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

⁸ Juice must be pasteurized, full-strength juice. No more than half of the weekly fruit or vegetable offerings may be in the form of juice.

⁹ At least 80 percent of grains offered weekly (by ounce equivalents) must be whole grain-rich, as defined in 7 CFR 210.2, and the remaining grains items offered must be enriched.

¹⁰ Grain-based desserts may not be used to meet the grains requirement.

¹¹ Refer to [Exhibit A: Grain Requirements For Child Nutrition Programs](#) for information on ounce equivalents.

¹² Breakfast cereal must have no more than 6 grams of added sugars per dry ounce. Information on crediting grain items may be found in FNS guidance.

¹³ Either volume (cup) or weight (oz), whichever is less.