

## Afterschool Snack Program Meal Pattern Requirements

Select two different components from the four listed	Minimum Serving Size
Milk, fluid	1 cup
Meat or meat alternate	1 ounce*
Juice** or fruit or vegetable	$\frac{3}{4}$ cup
Bread and/or cereal:  <div style="padding-left: 40px;">Enriched or whole grain bread <u>or</u></div> <div style="padding-left: 40px;">Cold dry cereal <u>or</u></div> <div style="padding-left: 40px;">Hot cooked cereal</div>	<div style="padding-left: 40px;">1 slice</div> <div style="padding-left: 40px;"><math>\frac{3}{4}</math> cup***</div> <div style="padding-left: 40px;"><math>\frac{1}{2}</math> cup</div>

\*1 ounce of meat/meat alternate is equal to 1 ounce of lean meat, poultry, fish, cheese, nuts or seeds;  $\frac{1}{2}$  large egg;  $\frac{1}{4}$  cup cooked beans; 2 Tablespoons of peanut butter; or  $\frac{1}{2}$  cup (4 ounces) of yogurt.

\*\*Vegetable and fruit juices must be served full strength. Juice may not be served when milk is served as the other component.

\*\*\* $\frac{3}{4}$  cup (volume) or 1 ounce (weight), whichever is less

Note: Because after school snacks are available for children through the age of 18 years, additional foods may be needed to meet the calorie and nutrient needs of children ages 13-18 years. Consider adding one additional food component to the snack served to this age group.

Caution: Children under five years of age are at a high risk of choking. The USDA recommends that nuts and/or seeds be served to these children ground or finely chopped in a prepared food.

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