

Afterschool Care Snack Program Meal Pattern

Reimbursement for snacks served in afterschool care programs is available for schools operating NSLP under the Afterschool Care Snack Program. Snacks served must meet the meal pattern requirements below.

Required Components at Snack:

Select any two components to serve at snack. Only one of the two components may be a creditable beverage, such as milk or juice.

Food Components	Required <u>minimum</u> serving size by age group			Additional Information
	Ages 1-2	Ages 3-5	Ages 6-18	
Fluid Milk	4 fl oz or 1/2 cup	4 fl oz or 1/2 cup	8 fl oz or 1 cup	Fluid milk must be pasteurized. Participants 12-23 months must be served whole milk; participants 24 months and older must be served 1% or fat-free milk. Participants ages 6+ may be served flavored low-fat or fat-free milk.
Meat/Meat Alternates	1/2 oz eq	1/2 oz eq	1 oz eq	Yogurts must contain no more than 12 grams added sugars per 6 ounces (2 grams of sugar per ounce). Alternate protein products must meet the requirements in Appendix A to Part 226. Meat/Meat Alternate is now being measured in ounce equivalents (oz eq).
Lean meat, poultry, fish	1/2 oz	1/2 oz	1 oz	
Tofu, soy product, or alternate protein products	1/2 oz	1/2 oz	1 oz	
Cheese	1/2 oz	1/2 oz	1 oz	
Large egg	1/2	1/2	1/2	
Cooked dry beans/peas	1/8 cup	1/8 cup	1/4 cup	
Nut/seed butters	1 tbsp	1 tbsp	2 tbsp	
Yogurt	2 oz; 1/4 cup	2 oz; 1/4 cup	4 oz; 1/2 cup	
Nuts or seeds	1/2 oz	1/2 oz	1 oz	
Grains	1/2 oz eq	1/2 oz eq	1 oz eq	At least 80 percent of grains offered weekly (by ounce equivalents) must be whole grain-rich, as defined in CFR § 210.2, and the remaining grain items offered must be enriched. Grain-based desserts do not count towards meeting the grains requirements. Breakfast cereals, including hot cereal and ready-to-eat cereal, must contain no more than 6 grams of added sugar per dry oz. Grains are credited using ounce equivalents (oz eq).
Vegetables	1/2 cup	1/2 cup	3/4 cup	If juice is served, it must be 100% full-strength juice. No more than half of the weekly fruit or vegetable offerings may be in the form of juice.
Fruits	1/2 cup	1/2 cup	3/4 cup	