

Afterschool Snack Meal Pattern

**Select Two of the Five Components for a Reimbursable Meal
(Only one of the two components may be a beverage.)**

Food Components¹		Children Ages 1–2	Children Ages 3–5	Children Ages 6–18¹
MILK²	Fluid milk ²	4 fl oz (½ cup)	4 fl oz (½ cup)	8 fl oz (1 cup)
FRUIT³	Juice ³ / fruit	½ cup	½ cup	¾ cup
VEGETABLE³	Vegetable ³	½ cup	½ cup	¾ cup
GRAINS/BREADS^{4,5}	Grains/Breads	½ ounce equiv.	½ ounce equiv.	1 ounce equiv.
	Bread	½ slice	½ slice	1 slice
	Cornbread/biscuit/roll/muffin	½ serving	½ serving	1 serving
	Cold dry cereal	¼ cup or ⅓ oz	⅓ cup or ½ oz	¾ cup or 1 oz
	Cooked cereal grains	¼ cup	¼ cup	½ cup
	Pasta/noodles	¼ cup	¼ cup	½ cup
MEAT/MEAT ALTERNATE^{6,7,8,9,10}	Meats/meat alternates	½ ounce equiv.	½ ounce equiv.	1 ounce equiv.
	Meat/poultry/fish ⁶	½ oz	½ oz	1 oz
	Alternate protein products ⁷	½ oz	½ oz	1 oz
	Cheese	½ oz	½ oz	1 oz
	Egg (large) ⁸	¼ large egg	¼ large egg	½ large egg
	Cooked dry beans/peas	⅓ cup	⅓ cup	¼ cup
	Peanut/other nut/seed butters	1 Tbsp	1 Tbsp	2 Tbsp
	Nuts and/or seeds ⁹	½ oz ¹⁰	½ oz ¹⁰	1 oz
	Yogurt ¹⁰	2 oz (¼ cup)	2 oz (¼ cup)	4 oz (½ cup)

¹ Larger portion sizes may be served to children ages 13 through 18 to ensure their nutritional needs are met.

² Children age 1 must be served unflavored whole milk. Children ages 2 through 5 must be served unflavored low fat (1%) or unflavored fat free (skim) milk. For ages 6 through 18, milk must be fat free (skim) or low fat (1% or less), and may be either unflavored or flavored.

³ Juice must be pasteurized and full-strength. For children ages 1 through 5, juice may only be offered to meet the fruit or vegetable requirement at one meal or snack per day. For children ages 6 through 18, no more than half of the weekly fruit or vegetable offerings may be in the form of juice.

⁴ Grain-based desserts may not be used to meet the grains requirement.

⁵ For children ages 1 through 5, at least one serving per day across all eating occasions must be whole grain-rich. Breakfast cereals must contain no more than 6 grams of total sugars per dry ounce through September 30, 2025. Beginning October 1, 2025, cereals must contain no more than 6 grams of added sugars per dry ounce. For children ages 6 through 18, at least 80 percent of grains offered weekly (by ounce equivalents) must be whole grain-rich, and any remaining grains must be enriched. Breakfast cereals must contain no more than 6 grams of added sugars per dry ounce.

⁶ A serving consists of the edible portion of cooked lean meat or poultry or fish.

⁷ Alternate protein products must meet the requirements in appendix A of 7 CFR Part 210.

⁸ Whole eggs are credited based on large egg equivalents: 1 large egg = 2 ounce equivalent meat alternate and 1/2 large egg = 1 ounce equivalent meat alternate.

⁹ Nuts and seeds are not recommended for children ages 1 through 3 due to choking risks. If served, they should be finely minced.

¹⁰ Children ages 1 through 5, through September 30, 2025, yogurt must contain no more than 23 grams of total sugars per 6 ounces. By October 1, 2025, yogurt must contain no more than 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce). By July 1, 2025, children ages 6 through 18 must be served yogurt containing no more than 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce).