

## AFTER SCHOOL SNACK MEAL PATTERN

### MINIMUM QUANTITIES FOR AFTER SCHOOL SNACK MEAL PATTERN

#### SELECT ONE SERVING FROM TWO DIFFERENT FOOD COMPONENTS

	Required Grade Group
Food Components	Grades K-12 <sup>1</sup>
<b>Milk:</b> fluid as beverage or on cereal (1% or skim flavored or unflavored)	8 fluid ounces
<b>Fruit/Vegetable:</b>  May be fruit and/or vegetable; OR full strength fruit juice OR full strength vegetable juice (Includes potatoes but not potato chips. Includes commodity spaghetti sauce and commodity salsa, but other brands <b>do not credit</b> as vegetable without a Child Nutrition (CN) label.)	$\frac{3}{4}$ cup
<b>Grains/Breads:</b> Must be enriched or whole grain flour (read label)  A serving is a slice of bread OR $\frac{1}{2}$ cup of rice or pasta (cooked) OR $\frac{3}{4}$ cup or 1 ounce of dry cereal OR an equivalent serving of other grain-based items as listed on the "Grains/Breads List" <sup>2</sup> )	1 serving
<b>Meat/Meat Alternate:</b>  Meat, poultry, fish (cooked) Cheese, aged or processed Alternate protein products <sup>3</sup> Egg (large) Cooked dry beans/peas Yogurt (commercially prepared) Peanut butter or other nut/seed butter Peanuts, soy nuts, tree nuts, seeds (Bacon, imitation cheese, and canned or powdered cheese/sauce <b>do not credit</b> as meat/meat alternate components.)	1 ounce 1 ounce 1 ounce $\frac{1}{2}$ $\frac{1}{4}$ cup $\frac{1}{2}$ cup 2 Tbsp. 1 ounce

<sup>1</sup> Children are eligible through the age of 18, or through the school year in which they turn 19 years old.

<sup>2</sup> FNS Instruction 783-1, Rev. 2

<sup>3</sup> Alternate protein products must meet USDA requirements.

#### IMPORTANT:

Serving sizes may be exceeded.

Snacks with **ONLY** the following **are NOT reimbursable**:

- ✓ Two fluids (e.g. milk and fruit juice).
- ✓ Two foods from the same food component (e.g. fruit juice and carrots)