













AFTERSCHOOL SNACK PROGRAM BASICS

Must serve **2** of the 5 food components
(in the required portion)

	Component	K – 12 Serving Size	
	Fluid Milk	8 fluid ounces / 1 cup	
	Fruits	3/4 cup	
	Vegetables	3/4 cup	
	Grains	1 ounce equivalent	
	Meat/Meat Alternate	1 ounce equivalent	

* No offer vs serve; both components must be taken *

* Free, potable water must be available during snack service *

• Fluid milk must be fat-free or low-fat (1%); flavored or unflavored
• Fluid milk can be offered as a component but the other component must not be a beverage

• No more than half of fruit and vegetable offerings may be in the form of juice

• $\geq 80\%$ of weekly grains must be WGR; remaining grains must be enriched
• Grain-based desserts may not be used
• Breakfast cereal must have ≤ 6 grams of added sugar per oz.

• Yogurt must have ≤ 12 grams of added sugars per 6 oz. (2 grams of added sugar per oz.)

Required Documentation

- Standard Operating Procedure (SOP)
- "Menu"/Production Records/Labels/Invoices
- Daily Meal Counts
- Consolidated Meal Counts
- Attendance Records
- Staff Training
- On-Site Reviews

3 + 1

Necessary records must be retained for 3 years + the current year