

Chart 2: National School Lunch Program (NSLP) Afterschool Snack Service (NSLP Afterschool Snacks) Meal Pattern for K-12 Children (Ages 6-18)

Select Two of the Five Components for a Reimbursable Snack	
Meal Components¹	Minimum Quantities²
Fluid Milk ³	8 fluid ounces
Meats/Meat Alternates ⁴	1 ounce equivalent
Vegetables ⁵	¾ cup
Fruits ⁵	¾ cup
Grains ⁶	1 ounce equivalent

- 1 Must serve two of the five components for a reimbursable NSLP afterschool snack. Only one of the two components may be a beverage.
- 2 May need to serve larger portions to children ages 13 through 18 to meet their nutritional needs.
- 3 Must be fat-free (skim) or low-fat (1 percent fat or less). Milk may be unflavored or flavored.
- 4 Alternate protein products must meet the requirements in Appendix A to Part 226 of this Chapter. Effective July 1, 2025, yogurt must contain no more than 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce) . Information on crediting meats/meat alternates may be found in FNS guidance.
- 5 Juice must be pasteurized, full-strength juice. No more than half of the weekly fruit or vegetable offerings may be in the form of juice.
- 6 At least 80 percent of grains offered weekly (by ounce equivalents) must be whole grain-rich, as defined in § 210.2, and the remaining grains items offered must be enriched. Grain-based desserts may not be used to meet the grains requirement. Effective July 1, 2025, breakfast cereal must have no more than 6 grams of added sugars per dry ounce. Information on crediting grain items may be found in FNS guidance.