

CACFP Snack (Must serve at least 2 meal components for a reimbursable meal)

| Food Components and Food Items | Ages 1-2 | Ages 3-5 | Ages 6-12 | Ages 13-18 ¹ (At-Risk afterschool programs & Emergency Shelters) |
|---|---------------------|---------------------|---------------------|---|
| Fluid Milk² | 1/2 cup | 1/2 cup | 1 cup | 1 cup |
| Meat/meat alternatives | | | | |
| Lean Meat, poultry, or fish | 1/2 ounce | 1/2 ounce | 1 ounce | 1 ounce |
| Tofu, soy product, or alternate protein product ⁹ | 1/2 ounce | 1/2 ounce | 1 ounce | 1 ounce |
| Cheese | 1/2 ounce | 1/2 ounce | 1 ounce | 1 ounce |
| Large Egg | 1/2 | 1/2 | 1/2 | 1/2 |
| Cooked dry beans or peas | 1/8 cup | 1/8 cup | 1/4 cup | 1/4 cup |
| Peanut butter or soy nut butter or another seed butter | 1 Tbsp. | 1 Tbsp. | 2 Tbsp. | 2 Tbsp. |
| Yogurt, plain or flavored, sweetened or unsweetened ¹⁰ | 2 ounces or 1/4 cup | 2 ounces or 1/4 cup | 4 ounces or 1/2 cup | 4 ounces or 1/2 cup |
| Peanuts, soy nuts, tree nuts or seeds | 1/2 ounce | 1/2 ounce | 1 ounce | 1 ounce |
| Vegetables^{3,8} | 1/2 cup | 1/2 cup | 3/4 cup | 3/4 cup |
| Fruits^{3,8} | 1/2 cup | 1/2 cup | 3/4 cup | 3/4 cup |
| Grain Items (oz equivalent)^{4,6,7} | | | | |
| Whole grain rich or enriched bread | 1/2 ounce | 1/2 ounce | 1 ounce | 1 ounce |
| Whole grain rich or enriched bread product such as biscuit, roll or muffin | 1/2 ounce | 1/2 ounce | 1 ounce | 1 ounce |
| Whole grain rich, enriched or fortified ready to eat breakfast cereal (dry/cold) ^{6,7} | 1/4 cup | 1/4 cup | 1/2 cup | 1/2 cup |
| Flakes | 1/2 cup | 1/2 cup | 1 cup | 1 cup |
| Puffed Cereal | 3/4 cup | 3/4 cup | 1 1/4 cup | 1 1/4 cup |
| Granola | 1/8 cup | 1/8 cup | 1/4 cup | 1/4 cup |

IMPORTANT—Superscript Notations

1—Larger portion sizes than specified may need to be served to children 13 through 18 years to meet their nutritional needs. (Offer versus serve is an option **only** for at risk afterschool participants.)

2—Must be unflavored **whole** milk for children age one. Must be unflavored low-fat (1%) or unflavored fat free (skim) for children 2 to 5 years old. Must be unflavored low fat or unflavored fat free, or flavored fat free or low-fat (1%) milk for children 6 years old and older and adults.

3—Pasteurized full strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

4—At least one grain serving per day, across all eating occasions, must be whole grain rich. Grain based desserts do not count towards meeting the grains requirement.

5—**Breakfast only** : Meat and Meat Alternates may be used to meet the entire grains requirement a maximum of three (3) times a week. One ounce of meat and meat alternates is equal to one serving of grains. (1-5 year olds — 1/2 oz meat/cheese, 1 Tbsp nut butters, 2 oz 1/4 cup yogurt, 1/2 egg or 1/8 cup cooked dry beans or peas; 6-18 years — 1 oz meat/cheese, 2 Tbsp nut butters, 4 oz 1/2 cup yogurt, 1/2 egg or 1/4 cup cooked dry beans or peas)

6—Beginning October 1, 2019, ounce equivalents are used to determine the quantity of grains.

7—Through September 30, 2025, breakfast cereals must contain no more than 6 grams of total sugars per dry ounce. **Beginning October 1, 2025, breakfast cereals must contain no more than 6 grams of added sugars per dry ounce.**

8—**Lunch and Supper only**: A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.

9—Alternate protein products must meet requirements in Appendix A to Part 226. Information on crediting meat/meat alternates may be found in FNS guidance.

10—Through September 30, 2025, yogurt must contain no more than 23 grams of total sugars per 6 ounces. **Beginning October 1, 2025, yogurt must contain no more than 12 grams of added sugars per 6 ounces (2 grams of sugars per ounce).**

11—Nuts/Seeds—Serve with caution to children under age 4 and older adult participants in the CACFP.