

Chart 2: National School Lunch Program Meal Pattern for Afterschool Snacks Service

Select two of the four components for a reimbursable meal				
Meal Components¹		Children Ages 1 - 2	Children Ages 3 - 5	Children Ages 6 - 12¹
Milk	Fluid milk	4 fl oz (1/2 cup)	4 fl oz (1/2 cup)	8 fl oz (1 cup)
Vegetables or Fruit ^{2,9}	Juice ^{2,9} , fruit, and/or vegetable	1/2 cup	1/2 cup	3/4 cup
Grains/Breads ^{3,4} (Select one)	Bread	1/2 slice	1/2 slice	1 slice
	Cornbread/biscuit/roll/muffin	1/2 serving	1/2 serving	1 serving
	Cold dry cereal ⁴	1/4 cup or 1/3 oz	1/3 cup or 1/2 oz	3/4 cup or 1 oz
	Cooked cereal grains	1/4 cup	1/4 cup	1/2 cup
	Pasta/noodles	1/4 cup	1/4 cup	1/2 cup
Meats/Meat Alternates ^{5,6,7} (Select one)	Meat/poultry/fish ⁵	1/2 oz	1/2 oz	1 oz
	Alternate protein products ⁶	1/2 oz	1/2 oz	1 oz
	Cheese	1/2 oz	1/2 oz	1 oz
	Egg (large)	1/2 large egg	1/2 large egg	1/2 large egg
	Cooked dry beans/peas	1/8 cup	1/8 cup	1/4 cup
	Peanut/other nut/seed butters	1 Tbsp	1 Tbsp	2 Tbsp
	Nuts and/or seeds ⁷	1/2 oz ⁷	1/2 oz ⁷	1 oz
	Yogurt ⁸	2 oz (1/4 cup)	2 oz (1/4 cup)	4 oz (1/2 cup)

¹ Children age 12 and older may be served larger portions based on their greater food needs. They may not be served less than the minimum quantities listed in this column.

² Full-strength vegetable or fruit juice may count towards the entire vegetables or fruit component.

³ Grains/Breads must be whole grain or enriched, or made from whole grain or enriched flour or meal that may include bran and/or germ. Cereal must be whole grain, enriched, or fortified.

⁴ Either volume (cup) or weight (oz), whichever is less.

⁵ A serving consists of the edible portion of cooked lean meat or poultry or fish.

⁶ Alternate protein products must meet requirements in Appendix A of 7 CFR Part 210.

⁷ Nuts and seeds are generally not recommended to be served to children ages 1-3 since they present a choking hazard. If served, nuts and seeds should be finely minced.

⁸ Yogurt may be plain or flavored, unsweetened or sweetened – commercially prepared.

⁹ Juice may not be served at snack when milk is served as the only other component.