

**Chart 2: National School Lunch Program (NSLP) Afterschoool 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 Components <sup>1</sup>       | Minimum Quantities <sup>2</sup> |
|------------------------------------|---------------------------------|
| Fluid Milk <sup>3</sup>            | 8 fluid ounces                  |
| Meats/Meat Alternates <sup>4</sup> | 1 ounce equivalent              |
| Vegetables <sup>5</sup>            | ¾ cup                           |
| Fruits <sup>5</sup>                | ¾ cup                           |
| Grains <sup>6</sup>                | 1 ounce equivalent              |

<sup>1</sup> Must serve two of the five components for a reimbursable NSLP snack. Only one of the two components may be a beverage.

<sup>2</sup> May need to serve larger portions to children ages 13 through 18 to meet their nutritional needs.

<sup>3</sup> Must be fat-free (skim) or low-fat (1 percent fat or less). Milk may be unflavored or flavored.

<sup>4</sup> 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.

<sup>5</sup> 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.

<sup>6</sup> 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.