

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 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.