

**Chart 5C: Preschool Meal Pattern: Snacks**

<b>Select two of the five components for a reimbursable snack</b>			
<b>Meal Component<sup>1</sup></b>		<b>Minimum Quantities</b>	
		<b>Ages 1–2</b>	<b>Ages 3–5</b>
Fluid Milk <sup>2</sup>		4 fluid ounces	4 fluid ounces
Meats/Meat Alternates <sup>3</sup>	Lean meat, poultry, or fish	½ ounce equivalent	½ ounce equivalent
	Tofu, soy products, or alternate protein products <sup>3</sup>	½ ounce equivalent	½ ounce equivalent
	Cheese	½ ounce equivalent	½ ounce equivalent
	Large egg	½	½
	Beans, peas, and lentils	⅛ cup	⅛ cup
	Peanut butter or soy nut butter or other nut or seed butters	1 Tbsp	1 Tbsp
	Yogurt, plain or flavored unsweetened or sweetened <sup>3</sup>	2 ounces or ¼ cup	2 ounces or ¼ cup
	Peanuts, soy nuts, tree nuts, or seeds	½ ounce equivalent	½ ounce equivalent
Vegetables <sup>4</sup>		½ cup	½ cup
Fruits <sup>4</sup>		½ cup	½ cup
Grains <sup>5</sup>		½ ounce equivalent	½ ounce equivalent

1 Must serve two of the five components for a reimbursable afterschool snack. Only one of the two components may be a beverage.  
2 Must be unflavored whole milk for children age 1. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children 2 through 5 years old.  
3 Alternate protein products must meet the requirements in Appendix A of 7 CFR Part 226. Effective through September 30, 2025, yogurt must contain no more than 23 grams of total sugars per 6 ounces. Effective October 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.  
4 Pasteurized full-strength juice may only be offered to meet the vegetable or fruit requirement at one meal, including snack, per day.  
5 At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count toward meeting the grains requirement. Effective through September 30, 2025, breakfast cereals must contain no more than 6 grams of total sugars per dry ounce. Effective October 1, 2025, breakfast cereals must contain no more than 6 grams of added sugars per dry ounce.