

## AFTERSCHOOL SNACK PROGRAM - MEAL REQUIREMENTS

To be eligible for reimbursement, 2 of the following 4 components must be served. Juice may **not** be served when milk is served as the only other component. These are minimum portion sizes.

COMPONENTS	Ages 1 & 2	Ages 3 to 5	Ages 6 to 18
<b>MILK</b> - Low-fat or fat-free white milk or fat-free flavored milk only			
Milk, Fluid	1/2 cup	1/2 cup	1 cup
<b>FRUITS &amp; VEGETABLES</b>			
Fruits and/or Vegetables	1/2 cup	1/2 cup	3/4 cup
Full Strength Fruit - Vegetable Juice*	1/2 cup	1/2 cup	3/4 cup
<b>BREAD &amp; GRAINS**</b> - Two grain based desserts per week max			
Bread	1/2 slice	1/2 slice	1 slice
Cornbread - Biscuits - Rolls - Muffins - etc.	1/2 serving	1/2 serving	1 serving
Cold Dry Cereal	1/4 cup or 1/3 oz.	1/3 cup or 1/2 oz.	3/4 cup or 1 oz.
Cooked Cereal	1/4 cup	1/4 cup	1/2 cup
Cooked Pasta - Noodle Products	1/4 cup	1/4 cup	1/2 cup
Cooked Cereal Grains ( <i>Equivalent Quantity</i> )	1/4 cup	1/4 cup	1/2 cup
<b>MEAT &amp; MEAT ALTERNATES***</b>			
Lean Meat - Poultry - Fish	1/2 oz.	1/2 oz.	1 oz.
Cheese	1/2 oz.	1/2 oz.	1 oz.
Eggs	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 Butter, Soy nut Butter, Other Nut/Seed Butters	1 tbsp.	1 tbsp.	2 tbsp.
Peanuts - Soy nuts - Tree Nuts or Seeds	1/2 oz.	1/2 oz.	1 oz.
Yogurt: Plain or Flavored ( <i>Unsweetened or Sweetened - Commercially Prepared</i> )	2 oz. or 1/4 cup	2 oz. or 1/4 cup	4 oz. or 1/2 cup
An Equivalent Quantity of Any Combination of the Meat/Meat Alternates			

\*Juice may not be served when milk is the only other component (no liquid-only snack).

\*\*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. Use either volume (cup) or weight (oz), whichever is less. Grain based desserts are only allowed up to twice per week.

\*\*\*A serving = edible portion. Alternate protein products must meet requirements in Appendix A of 7 CFR Part 210. Nuts and seeds are generally not recommended for children ages 1-3 since they present a choking hazard. If served, they should be finely minced.