

AFTERSCHOOL SNACK PROGRAM - MEAL REQUIREMENTS*

To be eligible for reimbursement, 2 of the following 5 components must be served. Juice or smoothies 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
MILK – Low-fat or fat-free, unflavored or flavored milk only ages 6-18; unflavored only for ages 1-5			
Milk, Fluid	1/2 cup	1/2 cup	1 cup
FRUITS			
Fruits	1/2 cup	1/2 cup	3/4 cup
Full Strength Fruit Juice**	1/2 cup	1/2 cup	3/4 cup
VEGETABLES			
Vegetables	1/2 cup	1/2 cup	3/4 cup
Full Strength Fruit Juice**	1/2 cup	1/2 cup	3/4 cup
GRAINS*** - No grain-based desserts			
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
MEAT & MEAT ALTERNATES****			
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, Soybean Butter, Other Nut/Seed Butters	1 Tbsp.	1 Tbsp.	2 Tbsp.
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			

*Requirements in effect no later than July 1, 2025.

**Juice may not be served when milk is the only other component (no liquid-only snack). Juice must be pasteurized, full-strength juice. No more than half of the weekly fruit and vegetable offerings in NSLP snacks ages 6-18 are in the form of juice. Ages 1-5 juice may only be offered at one meal, including snack, per day.

***At least 80% of grains offered weekly must be whole grain-rich for K-12. Ages 1-5 must have at least one serving per day whole-grain rich. Breakfast cereal must be whole grain, enriched, or fortified, and have no more than 6 grams of added sugars per dry ounce. Use either volume (cup) or weight (oz), whichever is less. Grain based desserts do not count toward the grain requirement.

****A serving = edible portion. Alternate protein products must meet requirements in Appendix A of 7 CFR Part 210.

*****Yogurt must contain no more than 12 grams of added sugars per 6 ounces.