

## After School Snack Meal Pattern

<b>COMPONENTS</b> (Select two different components from the four components listed)	<b>AGES 1 and 2</b>	<b>AGES 3 through 5</b>	<b>AGES 6 through 12</b>
<b>MILK</b> Milk, fluid	4 fl. oz. ½ cup	4 fl. oz. ½ cup	8 fl. oz. 1 cup
<b>VEGETABLES and FRUITS</b> Vegetable(s) and/or fruit(s) or Full-strength fruit or vegetable juice <b>Or</b> An equivalent quantity of any combination of these foods ( <i>Juice may not be served when milk is served as the only other component</i> )	½ cup	½ cup	¾ cup
<b>GRAINS and BREADS<sup>1</sup></b> Bread or Cornbread, biscuits, rolls, muffins, etc. or Cold dry cereal <sup>2</sup> or Hot cooked cereal or Cooked pasta or noodle products or Cooked cereal grains or an equivalent quantity of any combination of the above grain and bread products	½ slice ½ serving ¼ cup or ⅓ oz. ¼ cup ¼ cup ¼ cup	½ slice ½ serving ⅓ cup or ½ oz. ¼ cup ¼ cup ¼ cup	1 slice 1 serving ¾ cup or 1 oz. ½ cup ½ cup ½ cup
<b>MEAT and MEAT ALTERNATES</b> Lean meat or poultry or fish <sup>3</sup> or Alternate protein products <sup>4</sup> Cheese or Eggs or Cooked dry beans or peas or Peanut butter or soynut butter or other nut or seed butters or Peanuts or soynuts or tree nuts or seeds <sup>5</sup> or Yogurt <sup>6</sup> , plain or sweetened and flavored or An equivalent quantity of any combination of the above meat and meat alternates	½ oz. ½ oz. ½ oz. ½ large egg ⅓ cup 1 Tbsp. ½ oz. 2 oz. or ¼ cup	½ oz. ½ oz. ½ oz. ½ large egg ⅓ cup 1 Tbsp. ½ oz. 2 oz. or ¼ cup	1 oz. 1 oz. 1 oz. ½ large egg ¼ cup 2 Tbsp. 1 oz. 4 oz. or ½ cup

USDA *recommends* that schools offer larger portions for older children (ages 13-18) based on their greater food energy requirements.

<sup>1</sup>Bread, pasta or noodle products, and cereal grains must be whole-grain or enriched; cornbread, biscuits, rolls, muffins, etc., must be made with whole-grain or enriched meal or flour; cereal must be whole-grain or enriched or fortified.

<sup>2</sup>Either volume (cup) or weight (ounce), whichever is less.

<sup>3</sup>Edible portion as served.

<sup>4</sup>Alternate protein products must meet requirements in Appendix A of 7 CFR Part 210.

<sup>5</sup>Nuts and seeds are generally not recommended to be served to children ages 1-3 since they present a choking hazard. If served, nuts and seeds should be finely minced.

<sup>6</sup>Yogurt may be plain or flavored, unsweetened, or sweetened – commercially prepared.