

# National School Lunch Program Meal Pattern for Afterschool Snacks Service

Select two of the four components for a reimbursable meal.

Meal Components <sup>1</sup>		Pre-K	K-12
Milk	Fluid milk	4 fl oz (1/2 cup)	8 fl oz (1 cup)
Vegetables or Fruit <sup>2,9</sup>	Juice <sup>2,9</sup> , fruit, and/or vegetable	1/2 cup	3/4 cup
Grains/Breads <sup>3,4</sup> (Select one)	Bread	1/2 slice	1 slice
	Cornbread/biscuit/roll/muffin	1/2 serving	1 serving
	Cold dry cereal <sup>4</sup>	1/3 cup or 1/2 oz	3/4 cup or 1 oz
	Cooked cereal grains	1/4 cup	1/2 cup
	Pasta/noodles	1/4 cup	1/2 cup
Meats/Meat Alternates <sup>5, 6, 7</sup> (Select one)	Meat/poultry/fish <sup>5</sup>	1/2 oz	1 oz
	Alternate protein products <sup>6</sup>	1/2 oz	1 oz
	Cheese	1/2 oz	1 oz
	Egg (large)	1/2 large egg	1/2 large egg
	Cooked dry beans/peas	1/8 cup	1/4 cup
	Peanut/other nut/seed butters	1 Tbsp	2 Tbsp
	Nuts and/or seeds <sup>7</sup>	1/2 oz <sup>7</sup>	1 oz
	Yogurt <sup>8</sup>	2 oz (1/4 cup)	4 oz (1/2 cup)

- <sup>1</sup> Children age 12 and older may be served larger portions based on their greater food needs. They may not be served less than the minimum quantities listed in this column.
- <sup>2</sup> Full-strength vegetable or fruit juice may count towards the entire vegetables or fruit component.
- <sup>3</sup> 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.
- <sup>4</sup> Either volume (cup) or weight (oz), whichever is less.
- <sup>5</sup> A serving consists of the edible portion of cooked lean meat or poultry or fish.
- <sup>6</sup> Alternate protein products must meet requirements in Appendix A of 7 CFR Part 210.
- <sup>7</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>8</sup> Yogurt may be plain or flavored, unsweetened or sweetened – commercially prepared.
- <sup>9</sup> Juice may not be served at snack when milk is served as the only other component.