Chart 3 NATIONAL SCHOOL LUNCH PROGRAM MEAL PATTERN

AFTERSCHOOL SNACKS

SELECT TWO OF THE FOUR COMPONENTS FOR A REIMBURSABLE SNACK

FOOD COMPONENTS AND FOOD ITEMS[1]	CHILDREN AGES 1 and 2	CHILDREN AGES 3-5	CHILDREN AGES 6-12[1]
Milk			
Fluid milk	4 fl oz (1/2 cup)	4 fl oz (1/2 cup)	8 fl oz (1 cup)
Vegetable or Fruit[2, 9]			
Juice[2,9], fruit, and/or vegetable	1/2 cup	1/2 cup	3/4 cup
Grains/Breads[3, 4]			
Bread *or*	1/2 slice	1/2 slice	1 slice
Combread or biscuit or roll or muffin *or*	1/2 serving	1/2 serving	1 serving
Cold dry cereal[4] *or*	1/4 cup or 1/3 oz[4]	1/3 cup or 1/2 oz[4]	3/4 cup or 1 oz[4]
Cooked cereal grains *or*	1/4 cup	1/4 cup	1/2 cup
Cooked pasta or noodles	1/4 cup	1/4 cup	1/2 cup
Meat/Meat Alternate[5, 6, 7]			
Lean meat or poultry or fish[5] *or*	1/2 oz	1/2 oz	1 oz
Alternate protein products[6] *or*	1/2 oz	1/2 oz	1 oz
Cheese *or*	1/2 oz	1/2 oz	1 oz
Egg (large) *or*	1/2 large egg	1/2 large egg	1/2 large egg
Cooked dry beans or peas *or*	1/8 cup	1/8 cup	1/4 cup
Peanut or other nut or seed butters *or*	1 tbsp	1 tbsp	2 tbsp
Nuts and/or seeds[7] *or*	1/2 oz[7]	1/2 oz[7]	1 oz
Yogurt[8]	2 oz or 1/4 cup	2 oz or 1/4 cup	4 oz or 1/2 cup

[1] 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.
[2] Full strength vegetable and/or fruit juice or an equivalent quantity of any combination of vegetable(s), fruit(s), and juice.
[3] 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.
[4] Either volume (cup) or weight (oz), whichever is less.
[5] A serving consists of the edible portion of cooked lean meat or poultry or fish.
[6] Alternate protein products must meet requirements in Appendix A of 7 CFR Part 210.
[7] 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.
[8] Yogurt may be plain or flavored, unsweetened, or sweetened – commercially prepared.
[9] Juice may not be served when milk is the only other component.