

After School Snack Meal Pattern for Children

Components	Ages 1 & 2	Ages 3-5	Ages 6-12 [†]
Select two different components from the four listed			
Milk, fluid	4 ounces	4 ounces	8 ounces
Meat or Meat Alternate [‡]	1/2 ounce equivalent	1/2 ounce equivalent	1 ounce equivalent
Fruit, Vegetable, or 100% Juice	1/2 cup	1/2 cup	3/4 cup
Grain [°]	1/2 ounce equivalent	1/2 ounce equivalent	1 ounce equivalent

[†] These are minimum portion size requirements, there are no maximum limits. Menu planners should plan to offer larger portion sizes to older students.

[‡] To credit Meat Alternates, 1 ounce equivalent of meat alternate equals 4 oz. yogurt, 2 Tbsp nut/seed butters, 1/4 cup beans/peas (legumes), 1/2 hardboiled egg, 1 oz. cheese

[°]Menu Planners should consult the Grain Chart available here:

<http://www.doe.in.gov/sites/default/files/nutrition/new-grain-chart-valid-starting-sy-2012-2013.pdf>.