

Afterschool Care Snack Program Meal Pattern

Reimbursement for snacks served in afterschool care programs is available for schools operating NSLP under the Afterschool Care Snack Program. Snacks served must meet the following meal pattern requirements.

Meal Pattern for Snack:

- Select 2 of the 4 components to offer per snack
- No more than two dessert items may be served in one week
- It is recommended to offer larger portions for older children (ages 13-18) based on their higher total energy requirements

Components	Ages 1-2	Ages 3-5	Ages 6-18
Fluid milk (cups)	½ cup	½ cup	1 cup
Vegetable, Fruit, or 100% Full-Strength Juice*	½ cup	½ cup	¾ cup
Grains/Breads (whole grain or enriched) Including: <ul style="list-style-type: none"> • Bread • Cornbread, rolls, muffins, or biscuits • Cold dry cereal (volume or weight, whichever is less) • Cooked cereal, pasta, noodle products, or cereal grains 	½ slice ½ serving ¼ cup or ⅓ oz ¼ cup	½ slice ½ serving ⅓ cup or ½ oz ¼ cup	1 slice 1 serving ¾ cup or 1 oz ½ cup
Meat or Meat Alternates Including: <ul style="list-style-type: none"> • Lean meat, fish or poultry (edible portion as served) • Cheese** • Egg or yogurt • Cooked dry beans or peas*** • Peanut butter, soy nut butter or other nut or seed butters • Peanuts, soy nuts, tree nuts or seeds • Any equivalent quantities of any combination of the above meat/meat alternates 	½ oz ½ oz ½ egg or ¼ cup ⅛ cup 1 Tbsp ½ oz	½ oz ½ oz ½ egg or ¼ cup ⅛ cup 1 Tbsp ½ oz	1 oz 1 oz 1 egg or ½ cup ¼ cup 2 Tbsp 1 oz

*juice may not be served when milk is served as the other component

**natural or processed only

***in the same meal service, dried beans or dried peas may only be used as a meat alternate or as a vegetable; however, such use does not satisfy the requirement for both components