

Snack Meal Pattern Seamless Summer Option (SSO)

Following the Same Meal Pattern as the Afterschool Care Snack Program for AM & PM Snack

Meal Pattern for Snack:			
<ul style="list-style-type: none"> 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 ⅓ cup 1 Tbsp ½ oz	½ oz ½ oz ½ egg or ¼ cup ⅓ 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			