

After School Snack Program Meal Pattern

Select 2 of the 4 components daily

Food Components	Ages 1-2	Ages 3-5	Ages 6-12*
Milk <i>Milk must be fat-free or low fat (unflavored or flavored). Fat-free or low-fat lactose reduced or lactose-free milk (flavored or unflavored) may be served.</i>	½ cup	½ cup	1 cup
Meats or Meat Alternates <i>Refer to the USDA Food Buying Guide for Child Nutrition Programs for crediting information.</i>	1/2 oz eq	1/2 oz eq	1 oz eq
Grains <i>Refer to USDA Memorandum SP 38-2019 Grain Requirements in the National School Lunch Program and School Breakfast Program for grain crediting information.</i>	1/2 oz eq	1/2 oz eq	1 oz eq
Fruits and Vegetables <i>All juice must be 100% fruit, vegetable, or a combination of fruit and vegetable.</i>	½ cup	½ cup	¾ cup

*Students age 12 and older may be served larger portions based on their food needs; however, they may not be served less than the minimum quantities listed for ages 6-12.