

## After School Snack Program Meal Pattern

**Select 2 of the 4 components daily**

Food Components	Ages 1-2	Ages 3-5	Ages 6-12*
<b>Milk</b> <i>Milk must be fat-free (unflavored or flavored), low-fat (unflavored only), and fat-free or low-fat (lactose reduced or lactose-free). Flavored lactose reduced or lactose-free milk must be fat-free.</i>	½ cup	½ cup	1 cup
<b>Meats or Meat Alternates</b> <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
<b>Grains</b> <i>Refer to USDA Memorandum SP30-2012 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
<b>Fruits and Vegetables</b> <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.