

CHILD MEAL PATTERN

Snack				
(Select two of the five components for a reimbursable snack)				
Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² <small>(at-risk afterschool programs and emergency shelters)</small>
Fluid Milk ³	4 fluid ounces	4 fluid ounces		
Meat/meat alternates				
Lean meat, poultry, or fish	½ ounce	½ ounce		
Tofu, soy product, or alternate protein products ⁴	½ ounce	½ ounce		
Cheese	½ ounce	½ ounce		
Large egg	½	½		
Cooked dry beans or peas	⅛ cup	⅛ cup		
Peanut butter or soy nut butter or other nut or seed butters	1 tbsp	1 tbsp		
Yogurt, plain or flavored unsweetened or sweetened ⁵	2 ounces or ¼ cup	2 ounces or ¼ cup		
Peanuts, soy nuts, tree nuts, or seeds	½ ounce	½ ounce		
Vegetables⁶	½ cup	½ cup		
Fruits⁶	½ cup	½ cup		
Grains (oz eq)^{7,8}				
Whole grain-rich or enriched bread	½ slice	½ slice		
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving		
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁹ , cereal grain, and/or pasta	¼ cup	¼ cup		
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ^{9,10}				
Flakes or rounds	½ cup	½ cup		
Puffed cereal	¾ cup	¾ cup		
Granola	⅛ cup	⅛ cup		

**For K-12
(ages 5+)
meal pattern
requirements,
refer to the
“NSLP Meal
Pattern
Afterschool
Snacks” chart.**

¹ Select two of the five components for a reimbursable snack. Only one of the two components may be a beverage.

² Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.

³ Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older and adults.

⁴ Alternate protein products must meet the requirements in Appendix A to Part 226.