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| **Afterschool Snack Program** |
| **SELECT TWO OF THE FOUR COMPONENTS FOR A REIMBURSABLE SNACK** |
| **FOOD COMPONENTS AND FOOD ITEMS 1** | **CHILDREN AGES 6-12 1** |
| **MILK** |  |
| Fluid milk | 8 fl oz (1 cup) |
| **VEGETABLE OR FRUIT 2, 9** |  |
| Juice 2, 9, fruit, and/or vegetable | ¾ cup |
| **GRAINS/BREADS 3, 4** |  |
| Bread *or* | 1 slice |
| Cornbread or biscuit or roll or muffin *or* | 1 serving |
| Cold dry cereal4 *or* | ¾ cup or 1 oz 4 |
| Cooked cereal grains *or* | ½ cup |
| Cooked pasta or noodles | ½ cup |
| **MEAT/MEAT ALTERNATE 5, 6, 7** |  |
| Lean meat or poultry or fish 5 *or* | 1 oz |
| Alternate protein products 6 *or* | 1 oz |
| Cheese *or* | 1 oz |
| Egg (large) or | ½ large egg |
| Cooked dry beans or peas *or* | ¼ cup |
| Peanut or other nut or seed butters *or* | 2 Tbsp |
| Nuts and/or seeds 7 *or* | 1 oz |
| Yogurt 8 | 4 oz or ½ cup |

1 Children age 12 and older may be served larger portions based on their greater food needs. They may not be served less than the minimum quantities listed in this column.

2 Full strength vegetable and/or fruit juice or an equivalent quantity of any combination of vegetable(s), fruit(s), and juice.

3 Grains/Bread must be whole-grain or enriched, or made form whole-grain or enriched flour or meal that may include bran and/or germ. Cereal must be whole-grain, enriched, or fortified.

4 Either volume (cup) or weight (oz), whichever is less.

5 A serving consists of the edible portion of cooked lean meat or poultry or fish.

6 Alternate protein products must meet requirements in Appendix A of 7 CFR Part 210.

7 Nuts and seeds are generally not recommended to be served to children ages 1-3 since they present a choking hazard. If served, nuts and seeds should be finely minced.

8 Yogurt may be plain or flavored, unsweetened, or sweetened – commercially prepared.

9 Juice may not be served when milk is the only other component.