

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.

⁵ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

⁶ Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

⁷ At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

⁸ Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

⁹ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

¹⁰ Beginning October 1, 2019, the minimum serving sizes specified in this section for ready-to-eat breakfast cereals must be served. Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereals is $\frac{1}{4}$ cup for children ages 1-2; $\frac{1}{3}$ cup for children ages 3-5; and $\frac{3}{4}$ cup for children ages 6-12.