

## Afterschool Snack Program

### SELECT TWO OF THE FOUR COMPONENTS FOR A REIMBURSABLE SNACK

FOOD COMPONENTS AND FOOD ITEMS <sup>1</sup>	CHILDREN AGES 6-12 <sup>1</sup>
<b>MILK</b>	
Fluid milk	8 fl oz (1 cup)
<b>VEGETABLE OR FRUIT <sup>2,3,4</sup></b>	
Juice <sup>2,4</sup> , fruit, and/or vegetable	$\frac{3}{4}$ cup
<b>GRAINS/BREADS <sup>5</sup></b>	
Grains/breads	1 oz eq
<b>MEAT/MEAT ALTERNATE <sup>6,7,8</sup></b>	
Lean meat or poultry or fish <sup>6</sup> <i>or</i>	1 oz
Alternate protein products <sup>7</sup> <i>or</i>	1 oz
Cheese <i>or</i>	1 oz
Egg (large) <i>or</i>	$\frac{1}{2}$ large egg
Cooked dry beans or peas <i>or</i>	$\frac{1}{4}$ cup
Peanut or other nut or seed butters <i>or</i>	2 Tbsp
Nuts and/or seeds <sup>8</sup> <i>or</i>	1 oz
Yogurt <sup>9</sup>	4 oz or $\frac{1}{2}$ cup

<sup>1</sup> 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.

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

<sup>3</sup> In the NSLP Afterschool Snack Service, dried fruit credits as volume served.

<sup>4</sup> Juice may not be served when milk is the only other component.

<sup>5</sup> Grains/Bread must be whole-grain or enriched, or made from whole-grain or enriched flour or meal that may include bran and/or germ. Cereal must be whole-grain, enriched, or fortified.

<sup>6</sup> A serving consists of the edible portion of cooked lean meat or poultry or fish.

<sup>7</sup> Alternate protein products must meet requirements in Appendix A of 7 CFR Part 210.

<sup>8</sup> 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.

<sup>9</sup> Yogurt may be plain or flavored, unsweetened, or sweetened – commercially prepared.

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2. fax:  
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3. email:  
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