

## Afterschool Snack Program

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

FOOD COMPONENTS AND FOOD ITEMS <sup>1</sup>	K-12 CHILDREN AGES 6-18 <sup>1</sup>
<b>MILK<sup>2</sup></b>	
Fluid milk	8 fl oz (1 cup)
<b>VEGETABLE OR FRUIT<sup>3, 4, 5</sup></b>	
Juice <sup>3, 5</sup> , fruit, and/or vegetable	¾ cup
<b>GRAINS/BREADS<sup>6</sup></b>	
Grains/breads	1 oz eq
<b>MEAT/MEAT ALTERNATE<sup>7, 8, 9</sup></b>	
Lean meat or poultry or fish <sup>7</sup> <i>or</i>	1 oz
Alternate protein products <sup>8</sup> <i>or</i>	1 oz
Cheese <i>or</i>	1 oz
Egg (large) <i>or</i>	½ large egg
Cooked dry beans or peas <i>or</i>	¼ cup
Peanut or other nut or seed butters <i>or</i>	2 Tbsp
Nuts and/or seeds <sup>9</sup> <i>or</i>	1 oz
Yogurt <sup>10</sup>	4 oz or ½ 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> Milk must be fat-free (skim) or low-fat (1 percent or less). Milk may be unflavored or flavored.

<sup>3</sup> Juice must be pasteurized. Full strength vegetable and/or fruit juice or an equivalent quantity of any combination of vegetable(s), fruit(s), and juice.

<sup>4</sup> In the NSLP Afterschool Snack Service, dried fruit credits as volume served.

<sup>5</sup> Juice may not be served when milk is the only other component.

<sup>6</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>7</sup> A serving consists of the edible portion of cooked lean meat or poultry or fish.

<sup>8</sup> Alternate protein products must meet requirements in Appendix A of 7 CFR Part 210.

<sup>9</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>10</sup> Yogurt may be plain or flavored, unsweetened, or sweetened – commercially prepared.

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2. fax:  
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