

Afterschool Snack Program	
SELECT TWO OF THE FIVE COMPONENTS FOR A REIMBURSABLE SNACK	
MEAL COMPONENTS AND FOOD ITEMS ¹	K-12 CHILDREN (AGES 6-18 ²)
MILK ^{3,4}	
Fluid milk	8 fl oz (1 cup)
VEGETABLE ^{5, 6, 7, 8, 9}	
Vegetable and/or full strength, pasteurized juice	$\frac{3}{4}$ cup
FRUIT ^{5, 6, 7, 8}	
Fruit and/or full strength, pasteurized juice ^{4, 5, 7}	$\frac{3}{4}$ cup
GRAINS ^{9, 10}	
Grains/breads	1 oz eq
MEAT/MEAT ALTERNATE ^{11, 12, 13, 14}	
Lean meat or poultry or fish ¹¹ <i>or</i>	1 oz
Alternate protein products ¹² <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 ¹⁴ <i>or</i>	1 oz
Yogurt ¹³	4 oz or $\frac{1}{2}$ cup

¹ Must serve two of the five components for a reimbursable snack. Milk and juice may not be served as the only two items in a reimbursable snack.

² Children ages 13 and older may be served larger portions to meet their greater nutritional needs. They may not be served less than the minimum quantities listed in this column.

³ Effective June 8, 2026, fluid milk served to children age 6 and older may be unflavored or flavored, whole, reduced-fat, low-fat, or fat-free milk.

⁴ Effective July 1, 2025, flavored milk may have no more than 10 grams of added sugars per 8 fluid ounces, or, for flavored milk sold as a competitive food for middle and high schools, 15 grams of added sugars per 12 fluid ounces.

⁵ No more than half of the weekly fruit or vegetable offerings may be in the form of juice.

⁶ One-quarter cup of dried fruit credits as $\frac{1}{2}$ cup of fruit; 1 cup of raw leafy greens counts as $\frac{1}{2}$ cup of vegetables. Juice must be pasteurized, full-strength juice. No more than half of the weekly fruit or vegetable offerings may be in the form of juice.

⁷ Juice may not be served when milk is the only other component.

⁸ All schools in Guam and Hawaii are allowed to substitute any creditable vegetables for the grains or bread component. However, USDA emphasizes the importance of traditional and culturally relevant vegetables. Examples of traditional and cultural vegetables, such as breadfruit and taro, are provided in the revised regulatory text at [7 CFR 210.10\(c\)\(3\)](#), [220.8\(c\)\(3\)](#), [225.16\(f\)\(3\)](#), and [226.20\(f\)](#).

⁹ At least 80 percent of the grains offered weekly must meet the whole grain-rich criteria as defined in [7 CFR 210.2](#), and the remaining grain items offered must be enriched. Grain-based desserts may not be used to meet the grains requirement. Information on crediting grain items may be found in FNS guidance.

¹⁰ Effective July 1, 2025, breakfast cereals may have no more than 6 grams of added sugars per dry ounce.

¹¹ A serving consists of the edible portion of cooked lean meat or poultry or fish.

¹² Alternate protein products must meet requirements in Appendix A to 7 CFR Part 226.

¹³ Effective July 1, 2025, yogurt must contain no more than 12 grams of total sugars per 6 ounces (2 grams of added sugars per ounce). Information on crediting meats/met alternates may be found in FNS guidance.

¹⁴ Nuts and seeds may credit for the full meats/meat alternates component, although it is not required. Program operators may choose to offer nuts and seeds toward only a portion of the component, alongside another meat/meat alternate.

Nuts and seeds are generally not recommended to be served to children ages 1 to 3 because they present a choking hazard. If served to very young children, nuts and seeds should be finely minced. Program operators should also be aware of food allergies among participants and take the necessary steps to prevent exposure.

USDA encourages program operators to offer nuts, seeds, and their butters in their most nutrient-dense form, without added sugars and salt, and schools must consider the contribution of these foods to the weekly limits for calories, saturated fat, and sodium.

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<https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. mail:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. fax:
(833) 256-1665 or (202) 690-7442; or
3. email:
program.intake@usda.gov

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