

Exhibit B-3 Afterschool Snack Program Meal Pattern

Afterschool Snack Program (ASP) Meal Pattern Select 2 of the 4 components	
Food Component	Snack ¹
Milk, fluid Flavored or unflavored low- fat milk, (1%) Flavored or unflavored fat free milk	1 cup (8 fluid ounces)
Vegetables and Fruits Vegetables and/or fruits or Full-strength (100%) juice ² (fruit, vegetable or combination)	¾ cup ¾ cup (6 fluid ounces) ⁶
Grains and Breads³ Whole grain Bread or Whole grain Cornbread, biscuits, rolls, muffins, etc. Whole grain Cold dry cereal Whole grain Cooked cereal Whole grain Cooked cereal grains, or pasta Whole grain savory crackers and sweet crackers, e.g. animal crackers, graham crackers	1 slice 1 serving ¾ cup or 1 ounce ½ cup ½ cup 1 serving
Meat and Meat Alternates Lean meat or poultry or fish ⁴ Tofu, soy products, tempeh, or alternate protein products (APPs) Cheese Cottage cheese Eggs Cooked dry beans or peas Peanut butter or soynut butter or other nut or seed butters Peanuts or soynuts or tree nuts or seeds ⁵ Yogurt, plain or flavored, unsweetened or sweetened	1 ounce 1 ounce 1 ounce ¼ cup ½ large egg ¼ cup 2 tablespoons 1 ounce 4 ounces or ½ cup

¹Children 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

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

³Grains/Breads 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.

⁴A serving consists of the edible portion of cooked lean meat or poultry or fish

⁵ 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.

⁶ Juice may not be served when milk is the only other component.