

## NSLP Afterschool Snack Service Meal Pattern

Serve any <b>Two</b> of the following four components (must be two <b>Different</b> components)	Minimum Quantities for Grades K-12
<b>Milk, Fluid</b> Fat-free or low-fat (1%) unflavored milk, fat-free flavored milk	8 fluid ounces (1 cup)
<b>Meat/Meat Alternates</b> Lean meat or poultry or fish Tofu, soy products, or alternate protein products (APP) Cheese Cottage cheese Eggs, large Cooked dry beans or peas Peanut butter or soy nut butter or other nut or seed butters Peanuts or soy nuts or tree nuts or seeds Yogurt, plain or flavored, unsweetened or sweetened An equivalent quantity of any combination of the above meat/meat alternates	1 ounce 1 ounce 1 ounce ¼ cup ½ ¼ cup 2 tablespoons 1 ounce 4 ounces or ½ cup
<b>Vegetables/Fruits</b> Fresh, canned, frozen fruits and vegetables Full-strength fruit or vegetable juice An equivalent quantity of any combination of the above vegetables and fruits	¾ cup
<b>Grains/Breads</b> Whole grain or enriched bread Whole grain or enriched bread products, e.g., combread, biscuits, rolls, Whole grain, enriched, or fortified ready-to-eat breakfast cereal (dry, cold) Whole grain, enriched, or fortified cooked breakfast cereal, cereal grain, or pasta Whole grain or enriched savory crackers and sweet crackers, e.g., animal crackers and graham crackers An equivalent quantity of any combination of the above grains and breads	1 slice * 1 serving * ¾ cup or 1 ounce ½ cup 1 serving *

## Menu Planning Notes:

- Reimbursable snacks must consist of two food items, each from a different component. For example, a snack of carrot sticks and apple juice does not comply with the Afterschool Snack Service Meal Pattern for Grades K-12 because both items are from the vegetables/fruits component. Use the [USDA Food Buying Guide](#) to determine the amount of purchased food that meets these requirements.
- Children may be served larger portions, but not less than the minimum quantities. Large portions may be appropriate to meet older children's nutritional needs.
- Milk must be fat-free or low-fat (1%) unflavored or fat-free flavored. Whole milk and reduced fat (2%) milk cannot be served.
- A serving is the edible portion of cooked, lean meat, poultry, or fish, e.g., cooked lean meat without the bone, breading, binders, fillers, or other ingredients.
- APP must meet the requirements in appendix A of the NSLP regulations (7 CFR 210). Tofu must contain at least 5 grams of protein per 2.2 ounces (weight) or ¼ cup (volume).
- Creditable nuts and seeds include almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, walnuts, pine nuts, pistachios, and soy nuts.
- To increase nutrient variety, yogurt should not be served when milk is the only other snack component.
- Serve whole vegetables and fruits most often. Juice must be full-strength (100 percent) pasteurized juice. Juice cannot be served when milk is the only other snack component.
- Grains/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.
- One serving of breakfast cereal must meet the requirement for either measure (cups) or weight (ounces), whichever is less.
- Example of cereal grains include amaranth, barley, brown rice, buckwheat, corn meal, corn grits, kasha, millet, oats, quinoa, wheat berries, and rolled wheat.