

NSLP Afterschool Snack Service Meal Pattern

Serve any Two of the following four components (must be two Different components)	Minimum Quantities for Grades K-12
Milk, Fluid Fat-free or low-fat (1%) unflavored milk, fat-free flavored milk	8 fluid ounces (1 cup)
Meat/Meat Alternates Lean meat or poultry or fish	1 ounce
Tofu, soy products, or alternate protein products (APP)	1 ounce
Cheese	1 ounce
Cottage cheese	$\frac{1}{4}$ cup
Eggs, large	$\frac{1}{2}$
Cooked dry beans or peas	$\frac{1}{4}$ cup
Peanut butter or soy nut butter or other nut or seed butters	2 tablespoons
Peanuts or soy nuts or tree nuts or seeds	1 ounce
Yogurt, plain or flavored, unsweetened or sweetened	4 ounces or $\frac{1}{2}$ cup
An equivalent quantity of any combination of the above meat/meat alternates	
Vegetables/Fruits Fresh, canned, frozen fruits and vegetables Full-strength fruit or vegetable juice An equivalent quantity of any combination of the above vegetables and fruits	$\frac{3}{4}$ cup
Grains/Breads Whole grain or enriched bread	1 slice *
Whole grain or enriched bread products, e.g., combread, biscuits, rolls,	1 serving *
Whole grain, enriched, or fortified ready-to-eat breakfast cereal (dry, cold)	$\frac{3}{4}$ cup or 1 ounce
Whole grain, enriched, or fortified cooked breakfast cereal, cereal grain, or pasta	$\frac{1}{2}$ cup
Whole grain or enriched savory crackers and sweet crackers, e.g., animal crackers and graham crackers	1 serving *
An equivalent quantity of any combination of the above grains and breads	

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.