

Child and Adult Care Food Program Afterschool Snack Meal Pattern

Select two of the five components for a reimbursable snack.

Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ²
Fluid Milk³	4 fluid ounces	4 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternates Lean meat, poultry, or fish	1/2 ounce	1/2 ounce	1 ounce	1 ounce
Tofu ⁴	1/8 cup	1/8 cup	1/4 cup	1/4 cup
Cheese	1/2 ounce	1/2 ounce	1 ounce	1 ounce
Large egg	1/2	1/2	1/2	1/2
Cooked dry beans or peas	1/8 cup	1/8 cup	1/2 cup	1/2 cup
Peanut butter or soy nut butter or other nut or seed butter	1 tablespoon	1 tablespoon	2 tablespoons	2 tablespoons
Yogurt, plain or flavored, unsweetened or sweetened ⁵	2 ounces or 1/4 cup	2 ounces or 1/4 cup	4 ounces or 1/2 cup	4 ounces or 1/2 cup
Peanuts, soy nuts, tree nuts, or seeds	1/2 ounce	1/2 ounce	1 ounce	1 ounce
Vegetables⁶	1/2 cup	1/2 cup	3/4 cup	3/4 cup
Fruits⁶	1/2 cup	1/2 cup	3/4 cup	3/4 cup
Grains⁷ Whole grain-rich or enriched bread	1/2 ounce eq	1/2 ounce eq	1 ounce eq	1 ounce eq
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	1/2 serving	1/2 serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁸ , cereal grain, and/or pasta	1/4 cup	1/4 cup	1/2 cup	1/2 cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ⁸ <ul style="list-style-type: none"> ○ Flakes or rounds ○ Puffed cereal ○ Granola 	1/2 cup 3/4 cup 1/8 cup	1/2 cup 3/4 cup 1/8 cup	1 cup 1 1/4 cup 1/4 cup	1 cup 1 1/4 cup 1/4 cup

¹ Select two of the five components for a reimbursable snack. Only one of the two components may be a beverage.

² At-Risk afterschool programs and emergency shelters. Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.

³ Must be unflavored whole milk for children age one. Must be unflavored low-fat (one percent) or unflavored fat-free (skim), or flavored low-fat (one percent) or flavored fat-free (skim) milk for children six years old and older and adults. Breastmilk is an allowable substitute for milk for children of any age.

⁴ Tofu must contain five grams of protein per 2.2 ounces (¼ cup).

⁵ Yogurt must contain no more than 23 grams of total sugars per six ounces.

⁶ Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

⁷ At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

⁸ Breakfast cereals must contain no more than six grams of sugar per dry ounce (no more than 21.2 grams of sucrose and other sugars per 100 grams of dry cereal).