

Afterschool Snack Program – Required Menu Pattern

Components <u>2 of the 4 components are</u> <u>required to be served.</u> The four components to select from include:	Children 1 and 2 years (required amounts)	Children 3 through 5 years (required amounts)	Children 6 through 18 years (required amounts)
1. Milk, fluid (flavored or unflavored)	½ cup/ 4 oz.	½ cup / 4 oz.	1 cup / 8 oz.
2. Meat or meat alternate	½ ounce	½ ounce	1 ounce
3. Fruit or Vegetable	½ cup	½ cup	¾ cup
Juice	½ cup / 4 oz.	½ cup/ 4 oz.	¾ cup / 6 oz.
4. Grains/Breads: Bread: whole-grain rich/enriched Cereal: cold dry hot cooked	½ slice ¼ cup or ⅓ ounce ¼ cup	½ slice ⅓ cup or ½ ounce ¼ cup	1 slice ¾ cup or 1 ounce ½ cup

Note:

- Sweet grains/breads items such as cookies, toaster pastries, doughnuts, sweet rolls, cakes, brownies, granola bars, and fruit turnovers cannot be served as part of a snack more than twice a week
- Grains/Breads must be whole-grain rich or enriched.
- Refer to the Food Buying Guide for information on Grains/Breads serving sizes.
- Juice may not be served when milk is served as the only other component
- Yogurt may be used as a meat/meat alternate--4 ounces or ½ cup volume equals 1 ounce meat/meat alternates; 2 ounces or ¼ cup fulfills the equivalent of ½ ounce of meat/meat alternate

Sample snack ideas:

- Serving size must meet the requirements above for the age group of the children being served

Bagel Peanut butter	Hard cooked egg Slice of toast	Orange Wedges Granola Bar
Bran Muffin Milk	Banana Graham crackers	Yogurt Juice
Cheese Crackers	Apple slices Milk	Cereal Milk
Frozen banana slices Yogurt	Orange juice Toasted English Muffin	Mixed dried fruit Pretzels
Vegetable sticks w/ dip Whole grain crackers	Fresh Fruit Kabobs Oatmeal Cookie	Pita Bread with Cheese and Lettuce