After School Care Snack Program Menu Pattern

Select Two of the Four Components for a Reimbursable Snack			
Food Components	***Ages 1-2***	***Ages 3-5***	***Ages 6-18***
Milk			
fluid milk	1/2 cup	1/2 cup	1 cup
Fruit/vegetable			
juice,[1] fruit and/or vegetable	1/2 cup	1/2 cup	**3/4 cup***
Grains/bread[2]			
bread or cornbread or	1/2 slice	1/2 slice	1 slice
biscuit or roll or muffin or	1/2 serving	1/2 serving	1 serving
cold dry cereal or	1/4 cup	1/3 cup	3/4 cup
hot cooked cereal or	1/4 cup	1/4 cup	1/2 cup
pasta or noodles or grains	1/4 cup	1/4 cup	1/2 cup
Meat/meat alternate			
meat or poultry or fish[3] or	1/2 oz.	1/2 oz.	1 oz.
alternate protein product or	1/2 oz.	1/2 oz.	1 oz.
cheese or	1/2 oz.	1/2 oz.	1 oz.
egg or	1/2	1/2	1/2
cooked dry beans or peas or	1/8 cup	1/8 cup	1/4 cup
peanut or other nut or seed butters or	1 Tbsp.	1 Tbsp.	2 Tbsp.
nuts and/or seeds or	1/2 oz.	1/2 oz.	1 oz.
yogurt[4]	2 oz.	2 oz.	4 oz.

[1] Fruit or vegetable juice must be full-strength. Juice cannot be served when milk is the only other snack component.
[2] Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.
[3] A serving consists of the edible portion of cooked lean meat, poultry or fish.
[4] Yogurt may be plain or flavored, unsweetened or sweetened.

*** Note that this required portion size is larger than that of the lunch program; however two items may be combined to meet the 3/4 cup fruit and/or vegetable component.**