

MINIMUM MEAL REQUIREMENTS FOR AFTER-SCHOOL SNACK UNDER THE NATIONAL SCHOOL LUNCH PROGRAM (NSLP)

When the meal pattern is properly used, the meals will include foods which supply needed nutrients and energy. The nutritional goal for meals and snacks is to furnish high-quality meals to all students in accordance with the Recommended Daily Dietary Allowance of the National Research Council/National Academy of Sciences.

SNACK (Choose two of the following components)	CHILDREN Ages 1 - 2 Years	CHILDREN Ages 3 - 5 Years	CHILDREN Ages 6 - 18 Years
Milk¹ Milk, fluid	1/2 cup	1/2 cup	1 cup
Vegetables and Fruits² Vegetable(s), fruit(s), full-strength juice ⁹	1/2 cup	1/2 cup	3/4 cup
Grains/Breads³ Enriched or whole-grain bread Cereal (cold, dry) Cooked pasta or noodle products Cooked cereal or cereal grains Nonsweet snack products ¹¹	1/2 serving 1/4 cup or 1/3 oz ⁴ 1/4 cup 1/4 cup 1/2 serving	1/2 serving 1/3 cup or 1/2 oz ⁴ 1/4 cup 1/4 cup 1/2 serving	1 serving 3/4 cup or 1 oz ⁴ 1/2 cup 1/2 cup 1 serving
Meat and Meat Alternate⁵ Lean meat, poultry, or fish ⁶ Cheese Eggs Cooked dry beans or peas ⁷ Peanut butter, soynut butter, or other nut or seed butters Peanuts, soynuts, or tree nuts or seeds ⁸ Yogurt, plain or flavored, unsweetened or sweetened ¹⁰	1/2 oz 1/2 oz 1/2 egg 1/8 cup 1 Tbsp 1/2 oz 2 oz or 1/4 cup	1/2 oz 1/2 oz 1/2 egg 1/8 cup 1 Tbsp 1/2 oz 2 oz or 1/4 cup	1 oz 1 oz 1/2 egg 1/4 cup 2 Tbsp 1 oz 4 oz or 1/2 cup

¹ If milk is one of the two snack components, one of the following must be offered: fat-free milk, unflavored or flavored; lowfat (1%) milk, unflavored; fat-free or lowfat lactose-reduced milk; fat-free or lowfat lactose-free milk; fat-free or lowfat buttermilk; and fat-free or lowfat acidified milk. Such products must be pasteurized fluid milk that meets state and local standards.

² Or an equivalent quantity of any combination of vegetable(s), fruit(s), and juice.

³ Or an equivalent quantity of any combination of bread/bread alternate.

⁴ Either volume (cup) or weight (ounce), whichever is less.

⁵ Or an equivalent quantity of any combination of meat/meat alternate.

⁶ Cooked lean meat without bone.

⁷ May be used as the meat alternate or as part of the vegetable/fruit component, but not as both components in the same meal.

⁸ Tree nuts and seeds that may be used as meat alternates are listed in program guidance.

⁹ Juice may not be served when milk is served as the only other component.

¹⁰ Applies to commercially prepared yogurt, lowfat yogurt, and nonfat yogurt. It does not apply to nonstandardized yogurt products such as frozen yogurt, yogurt-flavored products, yogurt bars, or yogurt-covered fruit or nuts. Commercial flavorings may be added, such as fruit, fruit juice, nuts, seeds, or granola, but they shall not be credited toward meeting the second food component requirement in the supplement.

¹¹ Includes such products as hard pretzels or chips made of whole-grain or enriched meal or flour. **Sweet snacks should not be served more than two times per week.**