

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 (at-risk afterschool programs and emergency shelters)
Fluid Milk³	4 fluid ounces	4 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternates				
• Lean meat, poultry, or fish	½ ounce	½ ounce	1 ounce	1 ounce
• Tofu, soy product, or alternate protein products ⁴	½ ounce	½ ounce	1 ounce	1 ounce
• Cheese	½ ounce	½ ounce	1 ounce	1 ounce
• Large egg	½	½	½	½
• Cooked dry beans or peas	⅛ cup	⅛ cup	½ cup	½ 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 ¼ cup	2 ounces or ¼ cup	4 ounces or ½ cup	4 ounces or ½ cup
• Peanuts, soy nuts, tree nuts, or seeds	½ ounce	½ ounce	1 ounce	1 ounce
Vegetables⁶	½ cup	½ cup	¾ cup	¾ cup
Fruits⁶	½ cup	½ cup	¾ cup	¾ cup
Grains (ounce equivalents)^{7,8}				
• Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
• Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
• Whole grain-rich, enriched or fortified cooked breakfast cereal, cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup
• Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ^{9,10}				
o Flakes or rounds	½ cup	½ cup	1 cup	1 cup
o Puffed cereal	¾ cup	¾ cup	¾ cup	¾ cup
o Granola	⅛ cup	⅛ cup	¼ cup	¼ cup

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

²Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.

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

⁴Alternate protein products must meet the requirements in Appendix A to Part 226.

⁵Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

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

⁷At 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.

⁸Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

⁹Breakfast 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).

¹⁰Beginning October 1, 2019, the minimum serving sizes specified in this section for ready-to-eat breakfast cereals must be served. Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereals is ¼ cup for children ages 1-2; ⅓ cup for children ages 3-5; ¾ cup for children 6-12; and 1½ cups for adults.