

**After School Care Program Meal Pattern  
 for School Nutrition Programs**

School sites participating in the National School Lunch Program (NSLP) are eligible to receive reimbursement from the U.S. Department of Agriculture (USDA) for afterschool snacks served to children participating in afterschool educational or enrichment activities (such as mentoring or tutoring programs). [Visit the Minnesota Department of Education website for specific requirements.](#)

**REIMBURSABLE SNACKS MUST CONTAIN TWO OF THE FOUR COMPONENTS LISTED BELOW**

<b>FOOD COMPONENTS AND FOOD ITEMS<sup>1</sup></b>	<b>CHILDREN AGES 1 and 2</b>	<b>CHILDREN AGES 3-5</b>	<b>CHILDREN AGES 6-12<sup>1</sup></b>
<b>Milk</b> Fluid milk	4 fl. oz. (½ cup)	4 fl. oz. (½ cup)	8 fl. oz. (1 cup)
<b>Vegetable or Fruit<sup>2</sup></b> Juice <sup>2,9</sup> , fruit, and/or vegetable	½ cup	½ cup	¾ cup
<b>Grains/Breads<sup>3,4</sup></b> Bread or Cornbread or biscuit or roll or muffin or Cold dry cereal <sup>4</sup> or Cooked cereal grains or Cooked pasta or noodles	½ slice ½ serving ¼ cup or 1/3 oz. <sup>4</sup> ¼ cup ¼ cup	½ slice ½ serving 1/3 cup or ½ oz. <sup>4</sup> ¼ cup ¼ cup	1 slice 1 serving ¾ cup or 1 oz. <sup>4</sup> ½ cup ½ cup
<b>Meat/Meat Alternate<sup>5,6,7</sup></b> Lean meat or poultry or fish <sup>5</sup> or Alternate protein products <sup>6</sup> or Cheese or Egg (large) or Cooked dry beans or peas or Peanut or other nut or seed butters or Nuts and/or seeds <sup>7</sup> or Yogurt <sup>8</sup>	½ oz. ½ oz. ½ oz. ½ large egg 1/8 cup 1 Tbsp. ½ oz. <sup>7</sup> 2 oz. or ¼ cup	½ oz. ½ oz. ½ oz. ½ large egg 1/8 cup 1 Tbsp. ½ oz. <sup>7</sup> 2 oz. or ¼ cup	1 oz. 1 oz. 1 oz. ½ large egg ¼ cup 2 Tbsp. 1 oz. 4 oz. or ½ cup

<sup>1</sup> Children age 12 and older may be served larger portions based on their greater food needs. They may not be served less than the minimum quantities listed in this column.

<sup>2</sup> Full-strength vegetable and/or fruit juice or an equivalent quantity of any combination of vegetable(s), fruit(s) and juice.

<sup>3</sup> Grains/Breads must be whole-grain or enriched, or made from whole-grain or enriched flour or meal that may include bran and/or germ. Cereal must be whole-grain, enriched or fortified.

<sup>4</sup> Either volume (cup) or weight (oz.), whichever is less.

<sup>5</sup> A serving consists of the edible portion of cooked lean meat or poultry or fish.

<sup>6</sup> Alternate protein products must meet requirements in Appendix A of 7 Code of Federal Regulations, part 210.

<sup>7</sup> Nuts and seeds are generally not recommended to be served to children ages one to three since they present a choking hazard. If served, nuts and seeds should be finely minced.

<sup>8</sup> Yogurt may be plain or flavored, unsweetened or sweetened – commercially prepared.

<sup>9</sup> Juice may not be served when milk is the only other component.