Minnesota Department of Education

Afterschool Snack Meal Pattern

Select two of the four components for a reimbursable snack.

Food Components and Food Items[1]	**Children Ages 1 and 2**	**Children Ages 3-5**	**Children Ages 6-12[1]**
Milk Fluid milk	4 fl. oz. (1/2 cup)	4 fl. oz. (1/2 cup)	8 fl. oz. (1 cup)
Vegetable or Fruit[2, 9] Juice[2, 9], fruit, and/or vegetable	1/2 cup	1/2 cup	3/4 cup
Grains/Breads[3, 4] Bread or Cornbread or biscuit or roll or muffin or Cold dry cereal[4] or Cooked cereal grains or Cooked pasta or noodles	1/2 slice 1/2 serving 1/4 cup or 1/3oz.[4] 1/4 cup 1/4 cup	1/2 slice 1/2 serving 1/3 cup or 1/2oz.[4] 1/4 cup 1/4 cup	1 slice 1 serving 3/4 cup or 1oz.[4] 1/2 cup 1/2 cup
Meat/Meat Alternate[5, 6, 7] Lean meat or poultry or fish[5] or Alternate protein products[6] or Cheese or Egg (large) or Cooked dry beans or peas or Peanut or other nut or seed butters or Nuts and/or seeds[7] or Yogurt[8]	1/2 oz. 1/2 oz. 1/2 oz. 1/2 large egg 1/8 cup 1 Tbsp 1/2 oz.[7] 2 oz. or 1/4 cup	1/2 oz. 1/2 oz. 1/2 oz. 1/2 large egg 1/8 cup 1 Tbsp 1/2 oz.[7] 2 oz. or 1/4 cup	1 oz. 1 oz. 1 oz. 1/2 large egg 1/4 cup 2 Tbsp 1 oz. 4 oz. or 1/2 cup

[1] 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.

[2] Full strength vegetable and/or fruit juice or an equivalent quantity of any combination of vegetable(s), fruit(s), and juice.

[3] 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.

[4] Either volume (cup) or weight (oz.), whichever is less.

[5] A serving consists of the edible portion of cooked lean meat or poultry or fish.

[6] Alternate protein products must meet requirements in Appendix A of 7 CFR Part 210.

[7] Nuts and seeds are not recommended for children under three years of age because choking may occur.

[8] Yogurt may be plain or flavored, unsweetened, or sweetened – commercially prepared.

[9] Juice may not be served when milk is the only other component at snack.