Afterschool Care Snack Program Reimbursable Snack Chart for Children

A reimbursable snack, according to federal regulation for the Afterschool Care Snack Program, is a complete serving of any two of the components listed on the following chart. This chart was adapted from the USDA Food Buying Guide to set guidelines that help identify what qualifies as a serving size to meet a full serving of each component that may be offered as part of a reimbursable snack. Use the following table to determine what should be served to the varying age groups defined. The USDA Food Buying Guide should also be used to determine what foods would meet the appropriate quantities required for each component.

AFTERSCHOOL SNACKS*			
SELECT TWO OF THE FOUR COMPONENTS FOR A REIMBURSABLE SNACK			
Food Components and Food Items	**Children Ages 1 and 2**	**Children Ages 3-5**	**Children Ages 6-18[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]			
100% juice, fruit, and/or vegetable	1/2 cup	1/2 cup	3/4 cup
Grains[3, 4, 10]			
Bread	1/2 slice	1/2 slice	1 slice
Cornbread or biscuit or roll or muffin	1/2 serving	1/2 serving	1 serving
Cold dry cereal[4]	1/4 cup or 1/3 oz[4]	1/3 cup or ½ oz[4]	3/4 cup or 1 oz[4]
Cooked cereal grains	1/4 cup	1/4 cup	1/2 cup
Cooked pasta or noodles	1/4 cup	1/4 cup	1/2 cup
Meat/Meat Alternate[5, 6, 7]			
Lean meat or poultry or fish[5]	1/2 oz	1/2 oz	1 oz
Alternate protein products[6]	1/2 oz	1/2 oz	1 oz
Cheese	1/2 oz	1/2 oz	1 oz
Egg (large)	1/2 large egg	1/2 large egg	1/2 large egg
Cooked dry beans or peas	1/8 cup	1/8 cup	1/4 cup
Peanut or other nut or seed butters	1 Tbsp	1 Tbsp	2 Tbsp
Nuts and/or seeds[7]	1/2 oz[7]	1/2 oz[7]	1 oz
Yogurt[8]	2 oz or 1/4 cup	2 oz or 1/4 cup	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 chart.
[2] Full strength vegetable and/or fruit juice or an equivalent quantity of any combination of vegetable(s), fruit(s), and juice.
[3] Grains 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; ¼ cup granola; 1¼ cup puffed cereal.
[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 generally not recommended to be served to children ages 1-3 since they present a choking hazard. If served, nuts and seeds should be finely minced.
[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.
[10] Only two sweets per week are permitted in the snack program, providing the item meets grain requirements (Pg. 3-2, Food Buying Guide). *(Adapted from the USDA Food Buying Guide, pg. I-15)

** The Healthy, Hunger-Free Kids Act of 2010 amends the Richard B. Russell National School Lunch Act by requiring that milk served be consistent with 2010 Dietary Guidelines, which recommends that any child over the age of two should consume only unflavored **low-fat or non-fat milk**.

Afterschool Care Snack Program Grain/Bread Food Items and Minimum Serving Sizes*

There are different serving sizes, by weight, for each type of grain item that is served. The following chart can help to identify into what group various types of these items will fit and what the corresponding serving size will be. The serving size for the age group being served a snack must meet the minimum serving size requirement for each group shown below.

AFTERSCHOOL SNACKS*	
GRAIN FOOD ITEMS AND MINIMUM SERVING SIZES[1,2]	
Group A	**Minimum Serving Size Group A**
Bread type coating Bread sticks (hard) Chow mein noodles Crackers (saltines and snack crackers) Croutons Pretzels (hard) Stuffing (dry) - weight applies to bread in stuffing	20 gm or 0.7 oz
Group B	**Minimum Serving Size Group B**
Bagels Batter type coating Biscuits Breads (white, wheat, whole wheat, French, Italian) Buns (hamburger and hot dog) Crackers (graham crackers - all shapes, animal crackers) Egg roll skins English muffins Pita bread (white, wheat, whole wheat) Pizza crust Pretzels (soft) Rolls (white, wheat, whole wheat, potato) Tortillas (wheat or corn) Tortilla chips (wheat or corn) Taco shells	25 gm or 0.9 oz
Group C	**Minimum Serving Size Group C**
Cookies[3] (plain) Cornbread Corn muffins Croissants Pancakes Pie crust (dessert pies[3], fruit turnovers[4], and meat/meat alternate pies) Waffles	31 gm or 1.1 oz
Group D	**Minimum Serving Size Group D**
Doughnuts[4] (cake and yeast raised, unfrosted) Granola bars, breakfast bars, cereal bars[4] (plain) Muffins (all, except corn) Sweet rolls[4] (unfrosted) Toaster pastries[4] (unfrosted)	50 gm or 1.8 oz
Group E	**Minimum Serving Size Group E**
Cookies[3] (with nuts, raisins, chocolate pieces and/or fruit purees) Doughnuts[4] (cake and yeast raised, frosted or glazed) French toast Grain fruit bars[4] Granola bars, cereal bars, breakfast bars[4] (with nuts, raisins, chocolate pieces and/or fruit) Sweet rolls[4] (frosted) Toaster pastries[4] (frosted)	63 gm or 2.2 oz
Group F	**Minimum Serving Size Group F**
Cake[3] (plain, unfrosted) Coffee cake[4]	75 gm or 2.7 oz

Group G	Minimum Serving Size Group G
Brownies[3] (plain) Cake[3] (all varieties, frosted)	115 gm or 4 oz
Group H	**Minimum Serving Size Group H**
Barley Breakfast cereals (cooked)[5,6] Bulgur or cracked wheat Macaroni (all shapes) Noodles (all varieties) Pasta (all shapes) Ravioli (noodle only) Rice (enriched white or brown)	1/2 cup cooked (or 25 gm dry)
Group I	**Minimum Serving Size Group I**
Ready to eat breakfast cereal [5,6] (cold dry)	1 serving = 3/4 cup or 1 oz., whichever is less, 1¼ cup puffed cereal or ¼ cup granola

[1] The following foods are whole-grain or enriched or made with enriched or whole-grain meal and/or flour, bran, and/or germ.
[2] Some of the following foods or their accompaniments may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.
[3] Allowed only for desserts under the enhanced food-based menu planning alternative specified in 7CFR Part 210.10 and supplements (snacks) served under the NSLP, SFSP, and CACFP.
[4] Allowed for desserts under the enhanced food-based menu planning alternative specified in 7CFR Part 210.10 and supplements (snacks) served under the NSLP, SFSP, and CACFP, and for breakfasts served under the SBP, SFSP, and CACFP.
[5] Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 in the NSLP; breakfasts served under the SBP; and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.
[6] Cereals may be whole-grain, enriched, or fortified.

*(Adapted from the USDA Food Buying Guide, pg 3-15)

Snack Mini Guide

Each of the following components may be served as one of the two snack items served to students participating in the Afterschool Care Snack Program. Use this guide to help when developing a snack menu. Use the Reimbursable Snack Chart for Children above to determine the appropriate serving size that will meet each of these component requirements.

Fluid Milk

- The NSLP snack service must offer unflavored/flavored fat-free milk or unflavored low-fat milk. Milk variety is not required in the NSLP snack service.
- When milk is served as one component, juice may not be served as the other component, unless there is another component offered, which is not a beverage.
- Milk may be served as a beverage or used with foods, such as cereal, as long as milk remains a distinguishable component (i.e., fat free or 1% milk will count if it is mixed in with a smoothie). Ice cream, custard, or pudding are not creditable snack items and may not be served to meet any part of the snack requirement.
- Yogurt, cheese, or foods that contain milk may not be substituted for the fluid milk requirement. Yogurt and cheese are creditable as a meat/meat alternate.

Meat and Meat Alternate

- Nuts, seeds, nut butters, yogurt, and natural and pasteurized processed cheese may fulfill this component.
- Cottage cheese is creditable, but twice as much is needed because it contains less protein and more moisture than natural and processed cheese. A two-ounce serving of cottage cheese is equivalent to only one ounce of meat/meat alternate.
- Dried beans or peas may be served as a meat/meat alternate or as a fruit/vegetable; however, they may not be served as both in the same snack.

Vegetables and/or Fruits

- Either a fruit or vegetable can meet this component.
- Vegetable and fruit juices must be full strength 100% juice.
- When juice is served as one component, milk may not be served as the second component.

Grains

- All grains/breads must be enriched or whole-grain flour or meal, or if it is a cereal, the product must be whole-grain, enriched, or fortified.
- Popcorn is NOT creditable.
- Only two "sweets" are permitted per week, provided that they still meet the grain component requirements.

The meal pattern requirements for afterschool snacks differ from that of the NSLP; however, milk offered in the snack service must be unflavored/ flavored fat-free milk or unflavored low-fat milk. Unlike NSLP, schools are not required to offer two varieties of milk for afterschool snacks. While FNS does not require schools serving snacks to adopt aspects of the NSLP meal pattern, schools are strongly encouraged to do so. This includes offering increased fruits, vegetables, and whole grain-rich foods.

Creditable vs. Non-Creditable Snack Foods

When planning snack menus, be sure the foods used to meet meal pattern requirements are creditable. The following list is not all-inclusive and is provided only as a guide. Please contact the agency/SFA or the Colorado Department of Education Office of School Nutrition if you have questions regarding how a particular food item contributes to the meal pattern.

Non-Creditable	Creditable
Milk and Milk Products	
Cocoa mix made with water/pre-made with milk Custard/ice cream/ice milk/sherbet/sorbet Pudding/pudding pops Sour cream Yogurt (credits as meat/meat alternate) Milk shakes – pre-made with fluid milk Commercially prepared smoothies	Distinguishable fat free flavored and unflavored fat free or 1% milk Smoothies made with fat free or 1% milk
Fruits and Vegetables	
Fruit "drinks"/fruit flavored Powders/punches/lemonade/nectar Jello, gelatin Potato chips or sticks Fruit in cookies/pop tarts, or commercial yogurt Fruit rollups, fruit shapes, gummies	100% juice Juice blends - 100% juice Vegetable juice blends - 100% juice Fruit leather (must have CN label) Dried fruit (may credit double volume served) Dried beans/peas (count only as vegetable OR only as meat/meat alternate, but not both) Olives/Pickles (limit due to sodium content) Potatoes
Grains	
Carmel corn Popcorn Hominy	Cereal - dry or cooked Cereal bars Grain fruit bars, granola bars Cookies, bars, brownies, cakes, or crisps Breads Crackers Pretzels/corn chips
Meat/Meat Alternate	
Bacon/bacon bits Canned soup Cheese products (imitation, canned, powdered) Cream cheese Yogurt bars, frozen commercial product Yogurt covered fruits/nuts	Cottage cheese (1/4 cup=1 oz) Yogurt - plain or flavored Dried beans or peas (count only as meat/meat alternate OR only as vegetable, but not both) Peanuts, nuts, seeds, or butters from these Cheese - natural or processed

USDA Foods of Minimal Nutrition Value

Federal regulations prohibit certain foods which are determined to be of minimal nutritional value. The following items are considered foods of minimal nutritional value and *may not* be served as part of a reimbursable snack.

The foods that are restricted to students are classified in these four categories:

- **Soda Water/Carbonated Beverages**
- **Water Ices**
- **Chewing Gum**
- **Certain Candies**, which include any processed foods made predominantly from sweeteners or artificial sweeteners with a variety of minor ingredients that characterize the following types:

  Hard Candy – A product made predominantly from sugar (sucrose) and corn syrup that may be flavored and colored, is characterized by a hard, brittle texture, and includes such items as sour balls, lollipops, fruit balls, candy sticks, starlight mints, after dinner mints, jaw breakers, sugar wafers, rock candy, cinnamon candies, breath mints, and cough drops.

  Jellies and Gums – A mixture of carbohydrates that are combined to form a stable gelatinous system of jellylike character and are generally flavored and colored, including gum drops, jelly beans, and jellied and fruit-flavored slices.

  Marshmallow Candies – An aerated confection composed of sugar, corn syrup, invert sugar, 20 percent water and gelatin or egg white to which flavors and colors may be added.

  Fondant – A product consisting of microscopic-sized sugar crystals that are separated by a thin film of sugar and/or invert sugar in solution such as candy corn and soft mints.

  Licorice – A product made predominantly from sugar and corn syrup that is flavored with an extract made from the licorice root.

  Spun Candy – A product that is made from sugar that has been boiled at high temperature and spun at a high speed in a special machine.

  Candy-Coated Popcorn – Popcorn that is coated with a mixture made predominantly from sugar and corn syrup.