



Afterschool Snack Program Reimbursable Snack Chart for Children

A reimbursable snack, according to federal regulation for the Afterschool 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**			
<i>Fluid milk</i>	4 fl oz (1/2 cup)	4 fl oz (1/2 cup)	8 fl oz (1 cup)
Vegetable or Fruit^{2, 9}			
<i>100% juice, fruit, and/or vegetable</i>	1/2 cup	1/2 cup	3/4 cup
Grains^{3, 4, 10}			
<i>Bread</i>	1/2 slice	1/2 slice	1 slice
<i>Cornbread or biscuit or roll or muffin</i>	1/2 serving	1/2 serving	1 serving
<i>Cold dry cereal⁴</i>	1/4 cup or 1/3 oz ⁴	1/3 cup or 1/2 oz ⁴	3/4 cup or 1 oz ⁴
<i>Cooked cereal grains</i>	1/4 cup	1/4 cup	1/2 cup
<i>Cooked pasta or noodles</i>	1/4 cup	1/4 cup	1/2 cup
Meat/Meat Alternate^{5, 6, 7}			
<i>Lean meat or poultry or fish⁵</i>	1/2 oz	1/2 oz	1 oz
<i>Alternate protein products⁶</i>	1/2 oz	1/2 oz	1 oz
<i>Cheese</i>	1/2 oz	1/2 oz	1 oz
<i>Egg (large)</i>	1/2 large egg	1/2 large egg	1/2 large egg
<i>Cooked dry beans or peas</i>	1/8 cup	1/8 cup	1/4 cup
<i>Peanut or other nut or seed butters</i>	1 Tbsp	1 Tbsp	2 Tbsp
<i>Nuts and/or seeds⁷</i>	1/2 oz ⁷	1/2 oz ⁷	1 oz
<i>Yogurt⁸</i>	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; 1/4 cup granola; 1/4 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. 1-15)

The Healthy, Hunger-Free Kids Act of 2010 Amends the Richard B. Russell National School Lunch act by requiring the 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.

This institution is an equal opportunity provider.