

Meal Pattern Chart

National After-School Snack Program

Snacks served through the NSLP Afterschool Snack Service must include full servings of two of the four components below.

Pre-Kindergarten (Pre-K) Daily			School Age Daily and Weekly	
¹ Meal Pattern Components	Minimum Quantities		¹ Meal Pattern Components	⁹ Minimum quantities
	Age 1-2	Age 3-5		Grades K-12
² Milk Unflavored or flavored Whole, 2%, 1%, or skim	4 fl oz (½ cup)	4 fl oz (½ cup)	³ Milk Unflavored or flavored Whole, 2%, 1%, or skim	8 fl oz (1 cup)
⁴ Meat/Meat Alternates	½ oz eq	½ oz eq	⁴ Meats/Meat Alternates	1 oz eq
⁵ Fruits/Juice	½ cup	½ cup	⁶ Fruits/Juice	¾ cup
⁶ Vegetables	½ cup	½ cup	⁶ Vegetables	¾ cup
⁷ Grains	½ oz eq	½ oz eq	⁸ Grains	1 oz eq

¹Must serve two of the five components for a reimbursable after-school snack. Only one of the two components may be a beverage.

²Pre-K: Must be unflavored whole milk for children age one. Must be unflavored whole, 2%, 1%, or skim milk for children two through five years old.

³K-12: Must be whole, 2%, 1%, or skim milk. Milk may be unflavored or flavored.

⁴Alternate protein products must meet the requirements for CACFP. Yogurt must contain no more than 23 grams of total sugars per 6 ounces. Yogurt must contain no more than 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce). Information on crediting meats/meat alternates may be found in FNS guidance.

⁵Pre-K: Pasteurized full-strength juice may only be offered to meet the vegetable or fruit requirement at one meal, including snack, per day.

⁶K-12: Juice must be pasteurized, full-strength juice. No more than half of the weekly fruit or vegetable offerings may be in the form of juice.

⁷Pre-K: At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count toward meeting the grains requirement. Breakfast cereals must contain no more than 6 grams of total sugars per dry ounce. Breakfast cereals must contain no more than 6 grams of added sugars per dry ounce.

⁸K-12: At least 80 percent of grains offered weekly (by ounce equivalents) must be whole grain-rich, as defined in § 210.2, and the remaining grain items offered must be enriched. Grain-based desserts may not be used to meet the grain requirement. Breakfast cereal must have no more than 6 grams of added sugars per dry ounce. Information on crediting grain items may be found in FNS guidance.

⁹May need to serve larger portions to children ages 13 through 18 to meet their nutritional needs.

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