



**Snack**  
**(Select two of the five components for a reimbursable snack)**

Food Components and Food Items	Ages 3-5	Grades K-12
<b>Fluid Milk</b>	4 fluid ounces	8 fluid ounces (1 cup)
<b>Vegetables Or Fruit</b>		
100% juice, fruit, and/or vegetable	1/2 cup	3/4 cup
<b>Grains</b>		
Whole grain-rich or enriched bread	1/2 slice	1 slice
Cornbread, biscuit, roll or muffin	1/2 serving	1 serving
Cooked cereal grains	1/4 cup	1/2 cup
Cooked Pasta or noodles	1/4 cup	1/2 cup
<b>Meat/meat alternates</b>		
Lean meat, poultry, or fish	1/2 ounce	1 ounce
Tofu, soy product, or alternate protein products	1/2 ounce	1 ounce
Cheese	1/2 ounce	1 ounce
Large egg	1/2	1/2 egg
Cooked dry beans or peas	1/8 cup	1/4 cup
Peanut butter or soy nut butter or other nut or seed butters	1 Tbsp	2 Tbsp.
Peanuts, soy nuts, tree nuts, or seeds	1/2 ounce	1 ounce
Yogurt, plain or flavored unsweetened or sweetened	2 ounces or 1/4 cup	4 ounces or 1/2 cup

**Children 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.**

Component Specific Information

**Beverage Limit:**

- Only one of two components may be a beverage (milk, and juice are considered beverages).



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## Component Specific Information

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**Milk:**

- Milk must be only low-fat or non-fat milk

**Meat/Meat Alternate Products:**

- Alternate protein products must meet requirements in Appendix A of 7 CFR Part 210. Conform to FNS guidance at: <https://www.gpo.gov/fdsys/pkg/CFR-2013-title7-vol4/pdf/CFR-2013-title7-vol4-part210-appA.pdf>.
- A serving consists only of the edible portion of cooked lean meat or poultry or fish.

**Yogurt:**

- Yogurt must be commercially prepared, and may be plain or flavored, unsweetened, or sweetened.

**Vegetables or Fruit:**

- May be fulfilled using any combination of vegetable(s), fruit(s), and juice. 100% vegetable and/or fruit juice only.

**Grains:**

- 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.
- Only two sweets per week are permitted in the snack program, providing the item meets grain requirements (pg.2-3, Food Buying Guide)
- Cold dry cereal must be given in either volume (cup) or weight (oz), whichever is less; 1/2 cup granola; 1 1/4 cup puffed cereal.

**Adapted from the USDA Food Buying Guide pg. 1-15**