

## Five Day After School Snack Program Meal Pattern

Select two of the four components	
Food components	Minimum Quantities (Children Ages 6-12)*
<b>Milk</b>	8 fluid ounces Must be fat-free (unflavored/flavored) or 1% low-fat (unflavored)
<b>Meat or Meat Alternate</b> Lean meat/poultry or fish, alternate protein products, nuts and/or seeds, cheese	1 ounce
Large egg	½ egg
Peanut butter or other nut or seed butters	2 tablespoons
Cooked dry beans and peas	¼ cup
Yogurt	4 ounces or ½ cup
<b>Grains</b> (whole-grain or enriched) Bread or an equivalent serving of biscuits, roll, or muffin	1 slice or 1 serving
Cooked rice/pasta; dry cereal	1/2 cup or 1 ounce
<b>Fruit</b> <b>Vegetable</b> <b>100% Juice</b> (may not be served when milk is the only other component)	¾ cup

\* 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.

**ASSP Snack Meal Pattern - Five Days MENU 1**

**Children Ages  
6-12**

Agreement #	Sponsor	Contact Name	Grade Groups
<u>1199</u>	<u>Kidz Choice Charter School</u>	<u>Maria Ramirez</u>	<u>K-5</u>

Components		Day 1	Day 2	Day 3	Day 4	Day 5
Milk	Flavor & fat content		Fat Free Chocolate or Strawberry Milk		Fat Free Chocolate or Strawberry Milk	
	Portion in oz.		8 oz.		8 oz.	
Vegetables Fruits 100% Juice	Item	100 % Apple Juice		Peaches		100 % Grape Juice
	Portion in cups	$\frac{3}{4}$ c		$\frac{3}{4}$ c.		$\frac{3}{4}$ c
Grains Breads	Item	Saltine Crackers	Graham Crackers		WG Mini Bagels	Wheat Thins
	Portion in oz.	8 ea. = 0.8 oz	1 oz.		1 oz.	1 oz.
Meat Meat Alternate	Item	Tuna Salad		Low Fat Yogurt		Mozzarella Cheese Sticks
	Portion size or oz.	$\frac{1}{4}$ c = 1 oz. eq		4 oz.		1 each= 1 oz.
Other Foods & Condiments (Optional)	Item				Fruit Spread	
	Portion size				1 oz	

Notes
-------