**Afterschool Snack Meal Pattern**

**K=121,3**

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| Components Serving Size |
| Milk2,4 | 8 fl. oz. 1 cup |
| Vegetables and Fruit7Juice2,8 | 3/4 cup6 fluid ounces |
| Grains5,6 | 1 oz eq |
| Meat/Meat Alternates | 1 oz eq |

1. Must serve 2 different components. Students must take both components
 for the snack to be reimbursable.

2. Only one component may be a beverage (milk or 100% juice).

3. Water must be available in addition to the two components.
It does not count as one of the two components.

4. Milk choices are the same as lunch.

5. Grains may be enriched or whole grain rich.

6. No restrictions on grain-based desserts or sugar content of cereal.

7. Fruit and vegetable are one component.

8. Juice must be 100%/full strength and pasteurized.