

Chart 5C: Preschool Meal Pattern: Snacks

Select two of the five components for a reimbursable snack		
Meal Component¹	Minimum Quantities	
	Ages 1–2	Ages 3–5
Fluid Milk ²	4 fluid ounces	4 fluid ounces
Meats/Meat Alternates ³	½ ounce equivalent	½ ounce equivalent
Vegetables ⁴	½ cup	½ cup
Fruits ⁴	½ cup	½ cup
Grains ⁵	½ ounce equivalent	½ ounce equivalent

- 1 Must serve two of the five components for a reimbursable afterschool snack. Only one of the two components may be a beverage.
- 2 Must be unflavored whole milk for children age 1. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children 2 through 5 years old.
- 3 Alternate protein products must meet the requirements in Appendix A of 7 CFR Part 226. Through September 30, 2025, yogurt must contain no more than 23 grams of total sugars per 6 ounces. By October 1, 2025, 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.
- 4 Pasteurized full-strength juice may only be offered to meet the vegetable or fruit requirement at one meal, including snack, per day.
- 5 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. Through September 30, 2025, breakfast cereals must contain no more than 6 grams of total sugars per dry ounce. By October 1, 2025, breakfast cereals must contain no more than 6 grams of added sugars per dry ounce.