

Food Chart – At-Risk After School Program

Meal	Food Component	Minimum Serving Size ¹
Supper	Fluid Milk ²	8 fluid ounces (1 cup)
	Meat, Poultry, Fish, Cheese, or Egg (large), or Cooked Dry Beans, Peas, or Peanut Butter or other Nut Butters ⁴ , or Peanuts, Soy Nuts, Tree Nuts or Seeds ⁵ , or Yogurt, plain or sweetened, flavored or unflavored	2 ounces 1 egg ½ cup 4 tablespoons 1 ounce = 50% 8 ounces or 1 cup
	Vegetables and/or Fruits ⁶ (must serve at least two different varieties)	¾ cup total
	Bread, or Cornbread, Biscuits, Rolls, Muffins, etc., or Cold Dry Cereal ³ , or Cooked Cereal or Cereal Grains or Pasta, Cooked Noodles	1 slice 1 serving ¾ cup or 1 ounce ½ cup ½ cup
	Fluid Milk ²	8 fluid ounces (1 cup)
	Juice or Fruit or Vegetable	¾ cup
	Meat or Meat Alternate	1 ounce
Snack⁷ Serve 2 of 4 components	Grains/Breads	1 serving

¹Children ages 13 through 18 must be served minimum or larger portions specified for children 6 through 12.

²**All milk served to children two years of age and older must be low-fat (1%) or fat-free (skim).** Milk must be served as a beverage at supper and may be served as a beverage and/or on cereal at snack.

³Dry cereal portion is either volume (cup), or weight (ounces), whichever is less. Cold dry cereal is ONLY creditable at snack.

⁴At supper, must serve an additional meat/meat alternate with peanut butter.

⁵No more than 50% of the requirement can be met with nuts or seeds. Nuts or seeds must be combined with another meat/meat alternate to fulfill the requirement.

⁶Serve two or more kinds (1/8 cup minimum). Full-strength juice may be counted to meet not more than one-half of the requirement.

⁷Serve two food items - each must be from a different food component. Juice may not be served at snack when milk is served as the second component.