

	MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES CHILD AND ADULT CARE FOOD PROGRAM	ISSUED	REVISED	CHAPTER	SECTION
	AT-RISK AFTER SCHOOL PROGRAMS POLICY & PROCEDURE MANUAL	7/1/03; 8/06	2/12	7	7.1
CHAPTER Chapter 7. Meal Service		SUBJECT Requirements for Meals			

At-risk after school programs may claim reimbursement only for meals and snacks served to children who participate in an approved after school program and who are age 18 or under at the start of the school year. Reimbursement also may be claimed for participants who turn age 19 during the school year [7 CFR 226.17(a)(c)]. There is no age limit for persons with disabilities [7 CFR 226.2]. Federal law has no minimum age for at-risk program participants.

Meals and snacks served to children who are enrolled in a school district (public, private and charter school), preschool, Head Start, Even Start, and who are participating in an eligible after school program are eligible for reimbursement. For the at-risk after school program, the service of a supper shall begin not earlier than the official end of the school day or no later than 7:00 p.m. and end no later than 8:00 p.m. The service of supper is limited to 2 hours in duration. All afterschool meals and snacks are served in group settings, at no cost to the child or to the child’s parents or guardians.

The Missouri Department of Health and Senior Services – Bureau of Community Food and Nutrition Assistance (MDHSS - BCFNA) may approve requests from at-risk after school programs to serve both a supper and a snack if the operational hours of the center allow time for two meal services (see Section 7.8). MDHSS-BCFNA will monitor meal service for instances of excessive plate waste or off-site consumption to ensure the appropriateness of the center’s meal service times and compliance with Program regulation 7CFR 226.

Meals served for the at-risk after school program shall meet the meal pattern according to 7CFR226.20(c)(3) and (4). Portion size for children ages 13 through 18 may be the adult portions on the food chart, but shall be no less than the portions stipulated for children 6 through 12. MDHSS - BCFNA recommends that organizations offer larger portions for older children (ages 13-18) based on their greater food energy requirements.

### **Supper**

A supper shall include a serving of fluid milk (low-fat/1% or fat-free/skim), a serving of lean meat or meat alternate, a serving of two or more vegetables and/or fruits, or a combination of both, and a serving of grain/bread.

### **Snack**

A snack shall include at least two of the four (meat, fruit and/or vegetable, bread, milk) components. Juice may not be served when milk is served as the only other component. The snack items must come from two different component groups. For example, orange juice and fruit cocktail would not be a creditable snack because both items come from the fruit/vegetable group.

Refer to the *Food Chart-At-Risk After School* for the minimum serving size required for each component, available under Applications & Forms at: [www.health.mo.gov/cacfp](http://www.health.mo.gov/cacfp).

Reference: 226.20(a) and (c)  
CACFP Policy 565  
CACFP Policy 597  
USDA *At-Risk Afterschool Meals* Handbook, June 2011