

Five Meal Components for At-Risk Afterschool Care Centers

Milk

Unflavored whole milk must be served to 1-year-old children; unflavored whole, reduced-fat, low-fat, or fat-free milk must be served to children 2 through 5 years of age; unflavored or flavored whole, reduced-fat, low-fat, or fat-free milk can be served to children 6 years and older, including adults.

Specifics:

- Must be pasteurized fluid milk. Cultured buttermilk may be served if it meets the required fat standards.
- Is a required component at breakfast, lunch, and supper.
- Milk may be served as a beverage, on cereal, or used for some of both at breakfast and snack. Lunch and supper require milk to be served as a beverage.
- Milk used in cooking is not creditable.
- Infants birth through 11 months must be provided breastmilk (including breastfed on site) or iron-fortified infant formula.
- Milk may not be served for snacks when juice is served as the second component.

Meat/Meat Alternate (m/ma)

Includes lean meat, poultry, fish, cheese, egg, cooked beans, peas and lentils, nuts and seeds and their butters, tofu, alternate protein products, and yogurt - creditable at lunch, supper, and snack. An m/ma may replace the grain component at breakfast a maximum of 3 times per week.

Specifics:

- Cooked beans, peas, and lentils may credit as either a vegetable or as a meat alternate, but not as both in the same meal. Immature beans and peas, such as green peas, green beans and wax beans, cannot credit as a meat alternate, only as a vegetable.
- Required at lunch and supper – must be served as the main dish or in a main dish and one other menu item.
- Nuts and seeds and their butters may be used to meet full m/ma requirements at all meals and snacks.
- Tofu, yogurt, and soy yogurts (yogurt must contain no more than 12 grams (g) of added sugars per 6 oz., maintain documentation) may be used to meet the m/ma alternate component.
- Yogurt credits as 4 oz. = 1 ounce equivalent m/ma.
- For a food to contribute to the M/MA component, it must contain a minimum of 0.25 oz. eq. of a M/MA.
- A combination of food served as a main dish may be credited as the m/ma plus up to 2 other meal components (3 total), provided each component meets the minimum meal pattern requirement. Limiting processed meats (lunch meat, cold cuts, hot dogs, and sausage products) to no more than one serving per week is recommended.
- Commercially processed food must have processed food documentation (CN label, product formulation statement) to be creditable.
- May be served in place of the entire grain component at breakfast, a maximum of 3 times per week. One ounce equivalent of m/ma can be substituted for 1 ounce equivalent of grain (*see above regarding yogurt serving size to credit as 1 oz. of m/ma).

Vegetable

Includes fresh, frozen, or canned vegetables and full-strength vegetable juice.

Specifics:

- One cup of raw leafy greens counts as $\frac{1}{2}$ cup of vegetables.
- One serving of either a fruit OR a vegetable or both is required at breakfast.
- A vegetable may be used to meet the entire fruit requirement at lunch/supper.
- When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.
- Pasteurized full-strength 100% juice may only be used to meet the vegetable requirement at one meal, including a snack, per day.
- The minimum creditable serving size for vegetables is $\frac{1}{8}$ cup.

Fruit

Includes fresh, frozen, dried, or canned fruit and full-strength fruit juice.

Specifics:

- Fruits may be served fresh, frozen, canned, dried or as 100% pasteurized fruit juice.
- One serving of either a fruit OR a vegetable or both is required at breakfast.
- $\frac{1}{4}$ cup of dried fruit counts as $\frac{1}{2}$ cup of fruit.
- Pasteurized full-strength 100% juice may only be used to meet the fruit requirement at one meal, including snacks, per day.
- Juice may not be served at snack when milk is served as a component.
- Combinations such as fruit cocktail may be credited to meet one of the two required components at lunch or supper.
- One serving of fruit can be replaced with a vegetable at lunch/supper.
- The minimum creditable serving size for fruits is $\frac{1}{8}$ cup.

Grains

Includes whole grain-rich or enriched bread, bread products, or whole grain-rich, enriched or fortified cereal grain, cooked pasta or noodle products, or breakfast cereal; or any combination of these foods.

Specifics:

- Required at breakfast, lunch, and supper.
- At least 1 grain per day must be whole grain (WG) rich (documentation must be maintained in file). (Whole grain-rich foods are those in which the grain content is between 50 and 100 percent whole grain, with any remaining grains being enriched or are 100% whole grain.”)
- Breakfast cereals are traditionally served as breakfast menu items, so it is best practice to avoid serving them at lunch or supper. Cereal must contain no more than 6 grams (g) of added sugar per dry ounce (maintain documentation on file).
- Grain-based desserts do not count toward the grain requirement, except for sweet crackers, which include graham crackers of all shapes and animal crackers.
- An m/ma may be used to meet the entire grain component at breakfast a maximum of three times per week.