

# Snack

Select two of the four optional components for a reimbursable meal.

Food Components	Minimum Amount
<b>Vegetables and Fruits</b>	<b>Optional</b>
<b>Vegetable or fruit or</b>	$\frac{3}{4}$ cup
<b>Full-strength vegetable or fruit juice<sup>16</sup></b>	$\frac{3}{4}$ cup (6 fluid ounces)
<b>Grains/Breads</b>	<b>Optional</b>
<b>Bread or</b>	1 slice
<b>Cornbread, biscuits, rolls, muffins, etc.<sup>1</sup> or</b>	1 serving
<b>Ready-to-eat cereal or</b>	$\frac{3}{4}$ cup or 1 ounce <sup>17</sup>
<b>Cooked cereal or cereal grains or</b>	$\frac{1}{2}$ cup
<b>Cooked pasta or noodle products</b>	$\frac{1}{2}$ cup
<b>Milk</b>	<b>Optional</b>
<b>Fluid milk (whole, low-fat or fat-free)</b>	1 cup ( $\frac{1}{2}$ pint, 8 fluid ounces)
<b>Meat and Meat Alternates</b>	<b>Optional</b>
<b>Lean meat or poultry or fish or</b>	1 ounce
<b>Alternate protein products<sup>18</sup> or</b>	1 ounce
<b>Cheese or</b>	1 ounce
<b>Egg (large) or</b>	$\frac{1}{2}$
<b>Cooked dry beans, peas or lentils, or</b>	$\frac{1}{4}$ cup
<b>Peanut or other nut or seed butters or</b>	2 tablespoons

<sup>16</sup> Juice cannot be served when milk is the only other snack component.

<sup>17</sup> Either volume (cup) or weight (ounces), whichever is less.

<sup>18</sup> Must meet the requirements of 7 CFR 225 Appendix A.

Food Components	Minimum Amount
<b>Nuts or seeds<sup>19</sup> or</b>	1 ounce
<b>Yogurt<sup>20</sup></b>	4 ounces or ½ cup
<b>Tofu<sup>21</sup></b>	¼ cup or 2.2 ounces

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<sup>19</sup> Tree nuts and seeds that may be used as meat alternate are listed in Program guidance.

<sup>20</sup> Plain or flavored, unsweetened or sweetened.

<sup>21</sup> 2.2 ounces by weight (ozw), or ¼ cup by volume, of commercially prepared tofu, containing at least 5 grams of protein, is creditable as 1.0 ounce equivalent of meat alternate (*Revised: Crediting Tofu and Soy Yogurt Products in the School Meal Programs, CACFP, and SFSP*, November 29, 2023, <https://www.fns.usda.gov/cn/crediting-tofu-and-soy-yogurt-products-school-meal-programs-and-cacfp>).