

After School Snack Program
What's Creditable? A Mini Guide for Snacks
(Creditable Snacks Contribute to the Meal Pattern)

Milk

Fluid milk may be served as one of the two components for snack. (When milk is served as one of the components at snack, juice may not be served as the other component.)

Milk may be served as a beverage, on cereal, or used for some of both at snack.

Ice cream, custard, pudding, or yogurt may not be substituted for the fluid milk requirement. (Ice cream, custard, and pudding are NOT creditable. Yogurt is creditable as a meat/meat alternate.)

Meat and Meat Alternates

Meat/meat alternates may be served as one of the two components for snack. The requirement is ½ ounce for ages 1-6 years, and 1 ounce for ages 6-18.

Nuts, seeds, and nut butters may fulfill all of the meat/meat alternate requirements at snack.

Yogurt may be served as a meat/meat alternate at snack: ¼ cup for ages 1-6 years, ½ cup for ages 6-18 years.

Natural cheese and pasteurized cheese are creditable. One ounce equals one ounce of meat/meat alternate.

Cottage cheese, cheese foods, and spreads (such as Velveeta and Cheez Whiz) are creditable, but twice as much is needed because these products contain less protein and more moisture than natural processed cheese. A two ounce serving of cheese food, cheese spread, or cottage cheese is equivalent to only one ounce of meat/meat alternate.

Dried beans or peas may be served as a meat/meat alternate or as a fruit/vegetable; however, they may not be credited as both in the same meal. ¼ cup of cooked beans is equal to 1 ounce meat/meat alternate.

Vegetables/Fruits

Vegetables and fruits may be served as one of the two components for snack.

Snacks may contain a fruit or vegetable, or both, as one of the two required components of a snack.

Juices must be full strength 100% juice.

100% juice may be used to meet the total fruit/vegetable requirement at snack: ½ cup for ages 1-6, and ¾ cup for ages 6-18 years.

When juice is served as one of the components at snack, milk may not be served as the other components.

Grains/Breads

Grains/breads may be served as one of the two components for snack.

All grains/breads must be enriched or whole-grain, made from enriched or whole-grain flour or meal; or, if it is a cereal, the product must be whole-grain, enriched or fortified.

Popcorn is NOT creditable.