

SRA After School Snack Program - 5 Day Menu

Minimum Meal Pattern - Select two of the four components: 8 oz. Fluid Milk, 3/4 cup Vegetable or Fruit/100% Juice, one serving Grains/Whole Grains, one serving Meat/Meat Alternate.

Components Week 1	Menu Item Name & Info	Monday	Tuesday	Wednesday	Thursday	Friday
Milk	Item		Fat Free Milk (flavored or unflavored)		Fat Free Milk (flavored or unflavored)	
	Portion in oz. and fat content		8 fl. oz.		8 fl. oz.	
Vegetables/Fruits/ 100% Juice	Item	Celery Sticks/Raisins		Apple Slices		100% Grape Juice
	Portion in cups	1/4 cup 1/4 cup (credits 1/2 cup)		3/4 cup		3/4 cup or 6 fl. oz.
Grains/Whole Grains	Item		Graham Crackers		WW Mini Bagel	
	Portion in oz.¹		1 oz. eq.		1 oz. eq.	
Meats/Meat Alternates	Item	Peanut Butter		Low-fat Yogurt		Mozzarella Cheese Stick
	Portion size or oz.	2 tablespoons		4 oz or 1/2 cup		1 stick = 1 oz
	Contribution in oz.*	1 oz		1 oz		1 oz
Other Foods/Condiments (Optional)	Item	Water		Water	Fruit Spread	
	Portion Size	8 fl. oz.		8 fl. oz.	1 each	

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Components Week 2	Menu Item Name & Info	Monday	Tuesday	Wednesday	Thursday	Friday
Milk	Item	Fat Free Milk (flavored or unflavored)		Fat Free Milk (flavored or unflavored)		
	Portion in oz. and fat content	8 fl. oz.		8 fl. oz.		
Vegetables/Fruits/ 100% Juice	Item			Carrot Sticks		Fresh Fruit Kabob
	Portion in cups			3/4 cup		3/4 cup
Grains/Whole Grains	Item	Blueberry Muffin	Saltine Crackers		6" WW Soft Tortilla	
	Portion in oz. ¹	2 oz. eq.	8 each = 0.8 oz. eq.		1 oz. eq.	
Meats/Meat Alternates	Item		American Cheese Slices		Peanut Butter	Low-fat Yogurt
	Portion size or oz.		2 = 1 oz		2 tablespoons	4 oz or 1/2 cup
	Contribution in oz.*		1 oz		1 oz	1 oz
Other Foods/Condiments (Optional)	Item		Water	Low-Fat Ranch Dip	Banana Slices	Water
	Portion Size		8 fl. oz.	1 oz.	1/4 cup	8 fl. oz.

Note:* Contribution in oz. is the cooked or yield amount (i.e., 1.22 oz ham, 1.6 oz of deli turkey meat) provides 1 oz. M/MA.

¹ Please use specific product weights in comparison with the USDA Whole-Grain Rich Ounce Equivalency (oz. eq.) Requirements Chart.

NOTE: Offer vs. Serve is not permitted and when choices are offered, entire portions of two different components must be served.

Full Strength vegetable and/ or fruit juice or an equivalent quantity of any combination of vegetable(s), fruit(s), and juice. Juice may not be served when milk is the only other component.

Add additional menu item pages as needed.