

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.