

The Maryland State Department of Education
 Child and Adult Care Food Program

**AT-RISK, AFTER-SCHOOL SNACK PROGRAM
 SNACK PLANNER**

Meal Pattern Requirements and Portion Sizes for Snack

Meal	1-3 Years	3-5 years	6-12 Years
Milk, Fluid	½ cup	½ cup	1 cup
Vegetable and/or Fruit/Fruit Juice	½ cup	½ cup	¾ cup
Bread/Alternate	½ slice	½ slice	1 slice
Meat/Alternate	½ ounce	½ ounce	1 ounce

NOTES:

Your Snack Menu: Week of _____ Year _____

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Milk, Fluid					
Vegetable and/or Fruit/Fruit Juice					
Bread/Alternate					
Meat/Alternate					