

NSLP Afterschool SNACK MONTHLY MENU

April 2026 – Ralph C. Mahar Regional & School Union 73

Grade Range: K-12

Total Snacks for Month:

<i>SY25-26 Meal Pattern</i>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>(Serve any two of the following):</p> <p>8 oz. White Milk</p> <ul style="list-style-type: none"> Cannot exceed 10 grams of sugar per 8 fluid oz. <p>¼ cup Fruit/Vegetable</p> <ul style="list-style-type: none"> Juice cannot exceed half of the fruits and vegetables offered during the week <p>1 oz. Meat/Meat Alternate</p> <ul style="list-style-type: none"> No more than 2 grams of added sugar per oz. of yogurt <p>1 oz. Grains</p> <ul style="list-style-type: none"> grain-based desserts are no longer creditable (cookies, dessert pies, cobbler, fruit turnovers, cake, donuts, sweet rolls, toaster pastries cereal/breakfast/granola bars, graham crackers cereal cannot exceed 6 grams of added sugar per dry oz. <p>\$1.26 reimbursement rate</p>	30	31	1 WG Cheddar Chex Mix 4 oz. 100% Fruit Juice Fresh Banana Total Count:	2 String Cheese 4 oz. 100% Fruit Juice Dried Fruit Mix Total Count:	3 Chocolate Hummus & WG Heartzel Pretzels 4 oz. 100% Fruit Juice Total Count:
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	6 WG Cheez It 4 oz. 100% Fruit Juice Fresh Apple Total Count:	7 WG Strawberry Chex Mix 4 oz. 100% Fruit Juice Dried Fruit Mix Total Count:	8 WG Goldfish 4 oz. 100% Fruit Juice Fresh Banana Total Count:	9 WG Sunchips 4 oz. 100% Fruit Juice Fresh Clementine Total Count:	10 Classic Hummus & Carroteenies 4 oz. 100% Fruit Juice Total Count:
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	13 WG RF Doritos 4 oz. 100% Fruit Juice Fresh Apple Total Count:	14 1 Hard Boiled Egg 4 oz. 100% Fruit Juice Fresh Clementine Total Count:	15 <i>No After School Snack</i>	16 WG RF Cheetos 4 oz. 100% Fruit Juice Dried Fruit Mix Total Count:	17 Fruit & Yogurt Smoothie Fresh Fruit Total Count:
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	20	21	22	23	24
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	27 WG Chocolate Caramel Chex Mix 4 oz. 100% Fruit Juice Fresh Apple Total Count:	28 Honey Roasted Sunflower Seed Pouch 4 oz. 100% Fruit Juice Dried Fruit Mix Total Count:	29 Sunbutter Cup & Celery Sticks 4 oz. 100% Fruit Juice Total Count:	30 String Cheese 4 oz. 100% Fruit Juice Fresh Clementine Total Count:	1

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2. **fax:**

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