

NSLP Afterschool SNACK MONTHLY MENU

February 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
(Serve any two of the following):	26	27	28	29	30
8 oz. White Milk	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> Cannot exceed 10 grams of sugar per 8 fluid oz. 	2	3	4	5	6
¾ cup Fruit/Vegetable	WG Crackers	1 Hard Boiled Egg	WG Goldfish	String Cheese	Classic Hummus & Carroteenies
<ul style="list-style-type: none"> Juice cannot exceed half of the fruits and vegetables offered during the week 	4 oz. 100% Fruit Juice	4 oz. 100% Fruit Juice	4 oz. 100% Fruit Juice	4 oz. 100% Fruit Juice	4 oz. 100% Fruit Juice
	Fresh Apple	Fresh Clementine	Slushy Fruit Cup	Dried Fruit Mix	
	Total Count:	Total Count:	Total Count:	Total Count:	Total Count:
1 oz. Meat/Meat Alternate	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> No more than 2 grams of added sugar per oz. of yogurt 	9	10	11	12	13
	WG Cheez It	Honey Roasted Sunflower Seed Pouch	<i>No After School Snack</i>	WG Sunchips	Chocolate Hummus & Fresh Fruit
	4 oz. 100% Fruit Juice	4 oz. 100% Fruit Juice		4 oz. 100% Fruit Juice	4 oz. 100% Fruit Juice
	Fresh Apple	Dried Fruit Mix		Fresh Clementine	
	Total Count:	Total Count:		Total Count:	Total Count:
1 oz. Grains	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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 	16	17	18	19	20
<ul style="list-style-type: none"> cereal cannot exceed 6 grams of added sugar per dry oz. 	<i>No School Winter Break</i>	<i>No School Winter Break</i>	<i>No School Winter Break</i>	<i>No School Winter Break</i>	<i>No School Winter Break</i>
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	23	24	25	26	27
	WG RF Doritos	1 Hard Boiled Egg	Maple Sunbutter Cup & Celery Sticks	Cheddar Cheese Cubes	Chocolate Hummus & WG Heartzel Pretzels
	4 oz. 100% Fruit Juice	4 oz. 100% Fruit Juice	4 oz. 100% Fruit Juice	4 oz. 100% Fruit Juice	4 oz. 100% Fruit Juice
	Fresh Apple	Fresh Clementine		Dried Fruit Mix	
	Total Count:	Total Count:	Total Count:	Total Count:	Total Count:
\$1.26 reimbursement rate					

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To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. **mail:**

U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

2. **fax:**

(833) 256-1665 or (202) 690-7442; or

3. **email:**

Program.Intake@usda.gov

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