

NSLP Afterschool SNACK MONTHLY MENU

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

Grade Range: K-12

Total Snacks for Month:

SY25-26 Meal Pattern	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
(Serve any two of the following):	26	27	28	29	30
8 oz. White Milk • Cannot exceed 10 grams of sugar per 8 fluid oz.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3/4 cup Fruit/Vegetable • Juice cannot exceed half of the fruits and vegetables offered during the week	2 WG Crackers 4 oz. 100% Fruit Juice Fresh Apple	3 1 Hard Boiled Egg 4 oz. 100% Fruit Juice Fresh Clementine	4 WG Goldfish 4 oz. 100% Fruit Juice Slushy Fruit Cup	5 String Cheese 4 oz. 100% Fruit Juice Dried Fruit Mix	6 Classic Hummus & Carroteenies 4 oz. 100% Fruit Juice
Total Count:	Total Count:	Total Count:	Total Count:	Total Count:	
1 oz. Meat/Meat Alternate • No more than 2 grams of added sugar per oz. of yogurt	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 WG Cheez It 4 oz. 100% Fruit Juice Fresh Apple	10 Honey Roasted Sunflower Seed Pouch 4 oz. 100% Fruit Juice Dried Fruit Mix	11 <i>No After School Snack</i>	12 WG Sunchips 4 oz. 100% Fruit Juice Fresh Clementine	13 Chocolate Hummus & Fresh Fruit 4 oz. 100% Fruit Juice	
Total Count:	Total Count:		Total Count:	Total Count:	
1 oz. Grains • 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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
16 <i>No School Winter Break</i>	17 <i>No School Winter Break</i>	18 <i>No School Winter Break</i>	19 <i>No School Winter Break</i>	20 <i>No School Winter Break</i>	
Total Count:	Total Count:	Total Count:	Total Count:	Total Count:	
\$1.26 reimbursement rate	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	23 WG RF Doritos 4 oz. 100% Fruit Juice Fresh Apple	24 1 Hard Boiled Egg 4 oz. 100% Fruit Juice Fresh Clementine	25 Maple Sunbutter Cup & Celery Sticks 4 oz. 100% Fruit Juice	26 Cheddar Cheese Cubes 4 oz. 100% Fruit Juice Dried Fruit Mix	27 Chocolate Hummus & WG Heartzel Pretzels 4 oz. 100% Fruit Juice
	Total Count:	Total Count:	Total Count:	Total Count:	Total Count:

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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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