

NSLP Afterschool SNACK MONTHLY MENU

January 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):				1	2
8 oz. White Milk • Cannot exceed 10 grams of sugar per 8 fluid oz.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 WG Crackers 4 oz. 100% Fruit Juice Fresh Apple	6 1 Hard Boiled Egg 4 oz. 100% Fruit Juice Fresh Clementine	7 WG Tostitos Scoops & 2 oz. Guacamole Cup 4 oz. 100% Fruit Juice	8 String Cheese 4 oz. 100% Fruit Juice Dried Fruit Mix	9 Classic Hummus & Carroteenies 4 oz. 100% Fruit Juice	
Total Count:	Total Count:	Total Count:	Total Count:	Total Count:	
12 WG Cheez It 4 oz. 100% Fruit Juice Fresh Apple Slices	13 Honey Roasted Sunflower Seed Pouch 4 oz. 100% Fruit Juice Dried Fruit Mix	14 Sunbutter Cup & Celery Sticks 4 oz. 100% Fruit Juice	15 Danimal Yogurt Cup 4 oz. 100% Fruit Juice Dried Fruit Mix	16 Chocolate Hummus & Fresh Strawberries 4 oz. 100% Fruit Juice	
Total Count:	Total Count:	Total Count:	Total Count:	Total Count:	
19 <i>No School MLK Jr. Day</i>	20 WG Chex Mix 4 oz. 100% Fruit Juice Fresh Apple	21 WG Goldfish 4 oz. 100% Fruit Juice Dried Fruit Mix	22 WG Sunchips 4 oz. 100% Fruit Juice Fresh Clementine	23 Classic Hummus & Carroteenies 4 oz. 100% Fruit Juice	
Total Count:	Total Count:	Total Count:	Total Count:	Total Count:	
26 WG RF Doritos 4 oz. 100% Fruit Juice Fresh Apple Slices	27 1 Hard Boiled Egg 4 oz. 100% Fruit Juice Fresh Pear	28 <i>No After School Snack</i>	29 Cheddar Cheese Cubes 4 oz. 100% Fruit Juice Dried Fruit Mix	30 Chocolate Hummus & WG Heartzel Pretzels 4 oz. 100% Fruit Juice	
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
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2. **fax:**

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

3. **email:**

Program.Intake@usda.gov

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