

NSLP Afterschool SNACK MONTHLY MENU

January 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):				1	2
8 oz. White Milk					
<ul style="list-style-type: none"> Cannot exceed 10 grams of sugar per 8 fluid oz. 					
¾ cup Fruit/Vegetable					
<ul style="list-style-type: none"> Juice cannot exceed half of the fruits and vegetables offered during the week 					
1 oz. Meat/Meat Alternate					
<ul style="list-style-type: none"> No more than 2 grams of added sugar per oz. of yogurt 					
1 oz. Grains					
<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. 					
\$1.26 reimbursement rate					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	5	6	7	8	9
	WG Crackers 4 oz. 100% Fruit Juice Fresh Apple	1 Hard Boiled Egg 4 oz. 100% Fruit Juice Fresh Clementine	WG Tostitos Scoops & 2 oz. Guacamole Cup 4 oz. 100% Fruit Juice	String Cheese 4 oz. 100% Fruit Juice Dried Fruit Mix	Classic Hummus & Carroteenies 4 oz. 100% Fruit Juice
	Total Count:	Total Count:	Total Count:	Total Count:	Total Count:
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	12	13	14	15	16
	WG Cheez It 4 oz. 100% Fruit Juice Fresh Apple Slices	Honey Roasted Sunflower Seed Pouch 4 oz. 100% Fruit Juice Dried Fruit Mix	Sunbutter Cup & Celery Sticks 4 oz. 100% Fruit Juice	Danimal Yogurt Cup 4 oz. 100% Fruit Juice Dried Fruit Mix	Chocolate Hummus & Fresh Strawberries 4 oz. 100% Fruit Juice
	Total Count:	Total Count:	Total Count:	Total Count:	Total Count:
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	19	20	21	22	23
	<i>No School MLK Jr. Day</i>	WG Chex Mix 4 oz. 100% Fruit Juice Fresh Apple	WG Goldfish 4 oz. 100% Fruit Juice Dried Fruit Mix	WG Sunchips 4 oz. 100% Fruit Juice Fresh Clementine	Classic Hummus & Carroteenies 4 oz. 100% Fruit Juice
		Total Count:	Total Count:	Total Count:	Total Count:
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	26	27	28	29	30
	WG RF Doritos 4 oz. 100% Fruit Juice Fresh Apple Slices	1 Hard Boiled Egg 4 oz. 100% Fruit Juice Fresh Pear	<i>No After School Snack</i>	Cheddar Cheese Cubes 4 oz. 100% Fruit Juice Dried Fruit Mix	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
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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