

NSLP Afterschool SNACK MONTHLY MENU

June 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>	1	2	3	4	5
	WG RF Doritos 4 oz. 100% Fruit Juice Fresh Apple	1 Hard Boiled Egg 4 oz. 100% Fruit Juice Fresh Clementine	WG Goldfish 4 oz. 100% Fruit Juice Fresh Banana	WG RF Cheetos 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:	Total Count:
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	8	9	10	11	12
	WG Cheez It 4 oz. 100% Fruit Juice Fresh Apple	WG Strawberry Chex Mix 4 oz. 100% Fruit Juice Dried Fruit Mix	String Cheese 4 oz. 100% Fruit Juice Fresh Banana	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:	Total Count:
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	15	16	17	18	19
	<i>No After School Snack</i>				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	22	23	24	25	26
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	29	30	1	2	3

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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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