

NSLP Afterschool SNACK MONTHLY MENU

March 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>	<p>2</p> <p>WG Munch Mix 4 oz. 100% Fruit Juice Fresh Apple</p> <p>Total Count:</p>	<p>3</p> <p>1 Hard Boiled Egg 4 oz. 100% Fruit Juice Fresh Clementine</p> <p>Total Count:</p>	<p>4</p> <p>WG Cheddar Chex Mix 4 oz. 100% Fruit Juice Fresh Banana</p> <p>Total Count:</p>	<p>5</p> <p>String Cheese 4 oz. 100% Fruit Juice Dried Fruit Mix</p> <p>Total Count:</p>	<p>6</p> <p>Chocolate Hummus & WG Heartzel Pretzels 4 oz. 100% Fruit Juice</p> <p>Total Count:</p>
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>9</p> <p>WG Cheez It 4 oz. 100% Fruit Juice Fresh Apple</p> <p>Total Count:</p>	<p>10</p> <p>WG Strawberry Chex Mix 4 oz. 100% Fruit Juice Dried Fruit Mix</p> <p>Total Count:</p>	<p><i>No After School Snack</i></p>	<p>12</p> <p>WG Sunchips 4 oz. 100% Fruit Juice Fresh Clementine</p> <p>Total Count:</p>	<p>13</p> <p>Classic Hummus & Carroteenies 4 oz. 100% Fruit Juice</p> <p>Total Count:</p>
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>16</p> <p>WG RF Doritos 4 oz. 100% Fruit Juice Fresh Apple</p> <p>Total Count:</p>	<p>17</p> <p>1 Hard Boiled Egg 4 oz. 100% Fruit Juice Fresh Clementine</p> <p>Total Count:</p>	<p>18</p> <p>WG Goldfish 4 oz. 100% Fruit Juice Fresh Banana</p> <p>Total Count:</p>	<p>19</p> <p>WG RF Cheetos 4 oz. 100% Fruit Juice Dried Fruit Mix</p> <p>Total Count:</p>	<p>20</p> <p>Chocolate Hummus & WG Heartzel Pretzels 4 oz. 100% Fruit Juice</p> <p>Total Count:</p>
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>23</p> <p>WG Chocolate Caramel Chex Mix 4 oz. 100% Fruit Juice Fresh Apple</p> <p>Total Count:</p>	<p>24</p> <p>Honey Roasted Sunflower Seed Pouch 4 oz. 100% Fruit Juice Dried Fruit Mix</p> <p>Total Count:</p>	<p>25</p> <p>Sunbutter Cup & Celery Sticks 4 oz. 100% Fruit Juice</p> <p>Total Count:</p>	<p>26</p> <p>String Cheese 4 oz. 100% Fruit Juice Fresh Clementine</p> <p>Total Count:</p>	<p>27</p> <p>Classic Hummus & Carroteenies 4 oz. 100% Fruit Juice</p> <p>Total Count:</p>
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>30</p> <p>Fruit & Yogurt Smoothie Fresh Apple</p> <p>Total Count:</p>	<p>31</p> <p>1 Hard Boiled Egg 4 oz. 100% Fruit Juice Fresh Clementine</p> <p>Total Count:</p>	<p>1</p>	<p>2</p>	<p>3</p>

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

2. **fax:**

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