

NSLP Afterschool SNACK MONTHLY MENU

November 2025 – **Ralph C. Mahar Regional School**

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):					
8 oz. White Milk	3 WG Sunchips 4 oz. 100% Fruit Juice Fresh Veggie	4 WG Goldfish 4 oz. 100% Fruit Juice Dried Fruit Mix	5 Chocolate Hummus & WG Heartzel Pretzels 4 oz. 100% Fruit Juice	6 Blueberry Lemon Crisp Bites 4 oz. 100% Fruit Juice Fresh Grape Cup	7 1 Hard Boiled Egg 4 oz. 100% Fruit Juice Fresh Pear
• Cannot exceed 10 grams of sugar per 8 fluid oz.	Total Count:	Total Count:	Total Count:	Total Count:	Total Count:
¾ cup Fruit/Vegetable	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
• Juice cannot exceed half of the fruits and vegetables offered during the week	10 WG Tostitos Scoops 2 oz. Guacamole Cup 4 oz. 100% Fruit Juice	11 <i>No After School Program</i>	12 String Cheese 4 oz. 100% Fruit Juice Dried Fruit Mix	13 Classic Hummus & Veggie Sticks 4 oz. 100% Fruit Juice	14 1 Hard Boiled Egg 4 oz. 100% Fruit Juice Fresh Apple
1 oz. Meat/Meat Alternate	Total Count:	Total Count:	Total Count:	Total Count:	Total Count:
• No more than 2 grams of added sugar per oz. of yogurt	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 oz. Grains	17 Sunbutter Cup & Celery Sticks 4 oz. 100% Fruit Juice	18 Danimal Yogurt Cup 4 oz. 100% Fruit Juice Dried Fruit Mix	19 <i>No After School Program</i>	20 Chocolate Hummus & Fresh Strawberries 4 oz. 100% Fruit Juice	21 WG Chex Mix 4 oz. 100% Fruit Juice Fresh Grape Cup
• 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	Total Count:	Total Count:	Total Count:	Total Count:	Total Count:
• cereal cannot exceed 6 grams of added sugar per dry oz.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	24 1 Hard Boiled Egg 4 oz. 100% Fruit Juice Fresh Pear	25 WG Tostitos Scoops & 3 oz. Salsa Cup 4 oz. 100% Fruit Juice	26 <i>No After School Program</i>	27 <i>No After School Program</i>	28 <i>No After School Program</i>
	Total Count:	Total Count:	Total Count:	Total Count:	Total Count:
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
\$1.26 reimbursement rate	1	2	3	4	5

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To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

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

This institution is an equal opportunity provider.