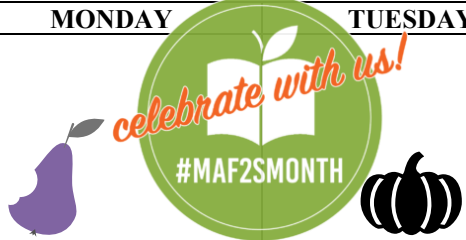


NSLP K-12 Afterschool SNACK MONTHLY MENU

October 2026

Total Snacks for Month:

<i>SY26-27 Meal Pattern</i>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
(Serve any two of the following):					
8 oz. White Milk				1	2
Cannot exceed 10 grams of sugar per 8 fluid oz.				WG Goldfish	Chocolate Hummus & WG Heartzel Pretzels
				4 oz. 100% Fruit Juice	4 oz. 100% Fruit Juice
				Dried Fruit Mix	
				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	5	6	7	8	9
	Blueberry Lemon Crisp Bites	WG Tostitos Scoops & 2 oz. Guacamole Cup	1 Hard Boiled Egg	String Cheese	Classic Hummus & Veggie Sticks
	4 oz. 100% Fruit Juice	4 oz. 100% Fruit Juice	4 oz. 100% Fruit Juice	4 oz. 100% Fruit Juice	4 oz. 100% Fruit Juice
	Fresh Grape Cup		Fresh Pear	Dried Fruit Mix	
	Total Count:	Total Count:	Total Count:	Total Count:	Total Count:
1 oz. Meat/Meat Alternate	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
No more than 2 grams of added sugar per oz. of yogurt	12	13	14	15	16
		Sunbutter Cup & Celery Sticks	1 Hard Boiled Egg	Danimal Yogurt Cup	Chocolate Hummus & Fresh Strawberries
		4 oz. 100% Fruit Juice	4 oz. 100% Fruit Juice	4 oz. 100% Fruit Juice	4 oz. 100% Fruit Juice
		Total Count:	Total Count:	Total Count:	Total Count:
1 oz. Grains	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
- 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.	19	20	21	22	23
	WG Chex Mix	Cheddar Cheese Cubes	<i>No After School Program</i> 		Stacey's Pita Chips & Hummus
	4 oz. 100% Fruit Juice	4 oz. 100% Fruit Juice			4 oz. 100% Fruit Juice
	Fresh Grape Cup	Fresh Pear			
	Total Count:	Total Count:			Total Count:
\$1.30 reimbursement rate	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	26	27	28	29	30
	WG Cheez It	WG Sunchips	1 Hard Boiled Egg	Honey Roasted Sunflower Seed Pouch	WG Tostitos Scoops & 3 oz. Salsa Cup
	4 oz. 100% Fruit Juice	4 oz. 100% Fruit Juice	4 oz. 100% Fruit Juice	4 oz. 100% Fruit Juice	4 oz. 100% Fruit Juice
	Fresh Grape Cup	Fresh Veggie	Fresh Apple	Dried Fruit Mix	
	Total Count:	Total Count:	Total Count:	Total Count:	Total Count:



In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

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.