

NSLP Afterschool Snack Program MENU

December 2024 – Ralph C. Mahar Regional School

Age Range: K-12

Total Snacks for Month:

AFTERNOON SNACK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
(Serve any two of the following): Milk ¾ cup Fruit and/or Vegetable Bread or Alternate Meat or Alternate	2 Hummus Cup 4 oz. 100% Fruit Juice Carroteenies Total Count:	3 Yogurt Cup 4 oz. 100% Fruit Juice Petite Banana Total Count:	4 WG Graham Crackers 4 oz. 100% Fruit Juice Pear Cup Total Count:	5 WG Cheez It 4 oz. 100% Fruit Juice Peach Cup Total Count:	6 WG Bar 4 oz. 100% Fruit Juice Fresh Apple Total Count:
AFTERNOON SNACK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
(Serve any two of the following): Milk ¾ cup Fruit and/or Vegetable Bread or Alternate Meat or Alternate	9 WG Goldfish 4 oz. 100% Fruit Juice Petite Banana Total Count:	10 String Cheese 4 oz. 100% Fruit Juice Applesauce Cup Total Count:	11 Peach Smoothie Whole Grain Crackers Total Count:	12 Chex Mix 4 oz. 100% Fruit Juice Cucumber Coins Total Count:	13 WG Pretzels 4 oz. 100% Fruit Juice Fresh Apple Total Count:
AFTERNOON SNACK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
(Serve any two of the following): Milk ¾ cup Fruit and/or Vegetable Bread or Alternate Meat or Alternate	16 Sunbutter Cup 4 oz. 100% Fruit Juice Celery Sticks Total Count:	17 Yogurt Cup 4 oz. 100% Fruit Juice Craisins Total Count:	18 Sunchips 4 oz. 100% Fruit Juice Fresh Fruit Total Count:	19 Strawberry-Banana Smoothie Whole Grain Crackers Total Count:	20 <i>No After School Program</i>
AFTERNOON SNACK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
(Serve any two of the following): Milk ¾ cup Fruit and/or Vegetable Bread or Alternate Meat or Alternate	23 <i>No School</i>	24 <i>No School</i>	25 <i>No School</i>	26 <i>No School</i>	27 <i>No School</i>
AFTERNOON SNACK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
(Serve any two of the following): Milk ¾ cup Fruit and/or Vegetable Bread or Alternate Meat or Alternate	30 <i>No School</i>	31 <i>No School</i>	1 <i>No School</i>	2 <i>No School</i>	3 <i>No School</i>

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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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