


NSLP Afterschool SNACK MONTHLY MENU

June 2025 – Ralph C. Mahar Regional School

Grade 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 Smoothie Carroteenies with Ranch Dip Total Count:	3 WG RF Doritos Applesauce Cup 4 oz. 100% Fruit Juice Total Count:	4 Tostitos Scoops Guacamole Cup Salsa Cup Total Count:	5 Chex Mix 4 oz. 100% Fruit Juice Fresh Apple Slices Total Count:	6 WG Goldfish 4 oz. 100% Fruit Juice Petite Banana 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 String Cheese 4 oz. 100% Fruit Juice Carroteenies Total Count:	10 WG Bar 4 oz. 100% Fruit Juice Berry Slushy Cup Total Count:	11 WG Graham Crackers 4 oz. 100% Fruit Juice Petite Banana Total Count:	12 SunChips 4 oz. 100% Fruit Juice Pear Cup Total Count:	13 WG RF Doritos Applesauce Cup Orange Wedges 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 WG Goldfish 4 oz. 100% Fruit Juice Fresh Apple Slices Total Count:	17 Yogurt Cup 4 oz. 100% Fruit Juice Dried Fruit Total Count:	18 Chex Mix 4 oz. 100% Fruit Juice Fresh Apple Slices Total Count:	19 	20

SCHOOL IS OUT

FREE MEALS ARE IN

SUMMER IS ON!



FIND A MEAL SITE NEAR YOU AT www.projectbread.org/summereats

PROJECT BREAD

desè

SUMMER EATS

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.