

NSLP Afterschool SNACK MONTHLY MENU

March 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	3 WG Graham Crackers 4 oz. 100% Fruit Juice Applesauce Cup Total Count:	4 Hummus Cup 4 oz. 100% Fruit Juice Carroteenies Total Count:	5 <i>No After School Program</i>	6 Popcorn Raisin Box Fresh Apple Slices Total Count:	7 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	10 Tostitos Scoops Guacamole Cup Salsa Cup Total Count:	11 WG Bar 4 oz. 100% Fruit Juice Berry Slushy Cup Total Count:	12 String Cheese 4 oz. 100% Fruit Juice Fresh Apple Total Count:	13 Chex Mix 4 oz. 100% Fruit Juice Pear Cup Total Count:	14 WG RF Doritos Applesauce Cup Fresh Orange 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	17 Yogurt Cup 4 oz. 100% Fruit Juice Craisins Total Count:	18 Sunchips 4 oz. 100% Fruit Juice Peach Cup Total Count:	19 WG Graham Crackers 4 oz. 100% Fruit Juice Applesauce Cup Total Count:	20 Hummus Cup 4 oz. 100% Fruit Juice Carroteenies Total Count:	21 ‘Ants off the Log’ Sunbutter Cup Raisin Box Celery Sticks 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	24 WG Goldfish 4 oz. 100% Fruit Juice Petite Banana Total Count:	25 Tostitos Scoops Guacamole Cup Salsa Cup Total Count:	26 WG Bar 4 oz. 100% Fruit Juice Berry Slushy Cup Total Count:	27 String Cheese 4 oz. 100% Fruit Juice Fresh Apple Total Count:	28 Chex Mix 4 oz. 100% Fruit Juice Pear Cup 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	31 WG RF Doritos Applesauce Cup Fresh Orange Total Count:	1	2	3	4

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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.