

## NSLP Afterschool Snack Program MENU

**November 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					<b>1</b> WG Bar Fresh Apple 100% Fruit Slushy Cup <b>Total Count:</b>
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	<b>4</b> WG Goldfish 4 oz. 100% Fruit Juice Petite Banana <b>Total Count:</b>	<b>5</b> <i>No After School Program</i>	<b>6</b> Peach Smoothie Whole Grain Crackers <b>Total Count:</b>	<b>7</b> Chex Mix 4 oz. 100% Fruit Juice Cucumber Coins <b>Total Count:</b>	<b>8</b> WG Graham Crackers 4 oz. 100% Fruit Juice Fresh Apple <b>Total Count:</b>
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	<b>11</b>  <i>No School Veteran's Day</i>	<b>12</b> String Cheese 4 oz. 100% Fruit Juice Peach Slushy Cup <b>Total Count:</b>	<b>13</b> Yogurt Cup 4 oz. 100% Fruit Juice Craisins <b>Total Count:</b>	<b>14</b> <i>No After School Program</i>	<b>15</b> Sunchips 4 oz. 100% Fruit Juice Fresh Fruit <b>Total Count:</b>
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	<b>18</b> String Cheese 4 oz. 100% Fruit Juice Petite Banana <b>Total Count:</b>	<b>19</b> Sunbutter Cup 4 oz. 100% Fruit Juice Celery Sticks <b>Total Count:</b>	<b>20</b> WG Graham Crackers 4 oz. 100% Fruit Juice Fresh Apple <b>Total Count:</b>	<b>21</b> WG Cheez It 4 oz. 100% Fruit Juice Peach Slushy Cup <b>Total Count:</b>	<b>22</b> Strawberry-Banana Smoothie Whole Grain Crackers <b>Total Count:</b>
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	<b>25</b> Hummus Cup 4 oz. 100% Fruit Juice Carroteenies <b>Total Count:</b>	<b>26</b> Sunbutter Cup 4 oz. 100% Fruit Juice Celery Sticks <b>Total Count:</b>	<b>27</b> <i>No After School Program</i>	<b>28</b>  <i>No School Thanksgiving</i>	

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](mailto:Program.Intake@usda.gov)

This institution is an equal opportunity provider.