

# Snack Menu

NO FRIED FOODS!!

Monday, August 4, 2025	Tuesday, August 5, 2025	Wednesday, August 6, 2025	Thursday, August 7, 2025	Friday, August 8, 2025
Bagels and Cream Cheese <b>V, EF</b> <u>Vegan, DF, GF: Compote GF: GF Vegan Pancake</u>	HOK Blueberry Bread and Pears <b>V</b> <u>Vegan, DF, EF, GF: GF Vegan Banana Bread</u>	HOK Peach Bread and Mango Chunks <b>V</b> <u>Vegan, DF, EF, GF: Organic Rice Crisps</u>	HOK Pancakes and HOK Strawberry Compote <b>V</b> <u>Vegan, DF, EF, GF: GF Vegan Pancake</u>	HOK Strawberry Yogurt and Bananas <b>V, EF, GF</b> <u>Vegan, DF: Dairy Free Vanilla Yogurt</u>
HOK Applesauce and Graham Crackers <b>V, DF, EF</b> <u>Vegan, GF: Veggie Straws</u>	Wisconsin Cheese Curds and Apple Slices <b>V, EF, GF</b> <u>Vegan, DF: Chickpea Puffs</u>	Cucumbers and HOK Dilly Dip <b>V, EF, GF</b> <u>Vegan, DF: HOK Hummus</u>	HOK Turkey Wraps <b>DF, EF</b> <u>V, Vegan: HOK White Bean Wrap GF: Corn Tortilla</u>	HOK Mango Banana Smoothie and Graham Crackers <b>V, DF, EF</b> <u>Vegan, GF: Veggie Straws</u>
Monday, August 11, 2025	Tuesday, August 12, 2025	Wednesday, August 13, 2025	Thursday, August 14, 2025	Friday, August 15, 2025
HOK Granola Cereal and HOK Peach Yogurt <b>V, EF, GF</b> <u>Vegan, DF: DF Vanilla Yogurt Vegan: Organic Rice Crisps</u>	HOK Banana Bread and Peaches <b>V</b> <u>Vegan, DF, EF, GF: GF Vegan Banana Bread</u>	HOK Oatmeal and Cantaloupe <b>V, Vegan, DF, EF, GF</b>	French Toast and HOK Blueberry Compote <b>V</b> <u>Vegan, DF, EF, GF: GF Vegan Pancake</u>	HOK Sunbutter Granola Bar and Honeydew <b>V, Vegan, DF, EF, GF</b>
HOK Hummus and Pita <b>V, Vegan, EF, DF</b> <u>GF: Cucumbers</u>	Turkey Cubes and HOK Applesauce <b>DF, EF, GF</b> <u>V, Vegan: Veggie Straws</u>	Pretzel Bites and HOK Cheese Dip <b>V, EF</b> <u>GF: GF Pretzels DF, Vegan: Sunbutter</u>	HOK Banana Oat Bites and Apple Slices <b>V, Vegan, DF, EF, GF</b>	Organic Tortilla Chips and HOK Salsa <b>V, Vegan, DF, EF, GF</b>
Monday, August 18, 2025	Tuesday, August 19, 2025	Wednesday, August 20, 2025	Thursday, August 21, 2025	Friday, August 22, 2025
Bagels and Cream Cheese <b>V, EF</b> <u>Vegan, DF, GF: Compote GF: GF Vegan Pancake</u>	HOK Blueberry Bread and Pears <b>V</b> <u>Vegan, DF, EF, GF: GF Vegan Banana Bread</u>	HOK Pineapple Bread and Mango Chunks <b>V</b> <u>Vegan, DF, EF, GF: Organic Rice Crisps</u>	Maple Mini Waffles and HOK Peach Compote <b>V</b> <u>Vegan, DF, EF, GF: GF Vegan Pancake</u>	HOK Strawberry Yogurt and Bananas <b>V, EF, GF</b> <u>Vegan, DF: Dairy Free Vanilla Yogurt</u>
HOK Applesauce and Graham Crackers <b>V, DF, EF</b> <u>Vegan, GF: Veggie Straws</u>	Cheese Cubes and Apple Slices <b>V, EF, GF</b> <u>Vegan, DF: Chickpea Puffs</u>	Blanched Baby Carrots and HOK Ranch <b>V, GF</b> <u>Vegan, DF, EF: White Bean Dip</u>	HOK Cucumber Cream Cheese Wrap <b>V, EF</b> <u>Vegan, DF: HOK White Bean Wrap GF: Corn Tortilla</u>	HOK Mango Banana Smoothie and Graham Crackers <b>V, DF, EF</b> <u>Vegan, GF: Veggie Straws</u>
Monday, August 25, 2025	Tuesday, August 26, 2025	Wednesday, August 27, 2025	Thursday, August 28, 2025	Friday, August 29, 2025
HOK Granola Cereal and HOK Vanilla Yogurt <b>V, EF, GF</b> <u>Vegan, DF: DF Vanilla Yogurt Vegan: Organic Rice Crisps</u>	HOK Banana Bread and Peaches <b>V</b> <u>Vegan, DF, EF, GF: GF Vegan Banana Bread</u>	HOK Oatmeal and Cantaloupe <b>V, Vegan, DF, EF, GF</b>	Biscuits and HOK Peach Compote <b>V, EF</b> <u>DF, GF, Vegan: GF Vegan Pancake</u>	HOK Sunbutter Granola Bar and Honeydew <b>V, Vegan, DF, EF, GF</b>
HOK Spinach Dip and Pita <b>V</b> <u>Vegan, DF, EF: White Bean Dip GF: Cucumbers</u>	Turkey Cubes and HOK Applesauce <b>DF, EF, GF</b> <u>V, Vegan: Veggie Straws</u>	Pretzels and HOK Sunbutter <b>V, Vegan, DF, EF</b> <u>GF: GF Pretzels</u>	HOK Banana Oat Bites and Apple Slices <b>V, Vegan, DF, EF, GF</b>	Organic Tortilla Chips and HOK Salsa <b>V, Vegan, DF, EF, GF</b>

All meals prepared in a facility that handles wheat and wheat-based products