Healthy Organic Kids
FARM to TABLE CATERING

Snack Menu

NO FRIED FOODS!!

Monday, December 2, 2019	Tuesday, December 3, 2019	Wednesday, December 4, 2019	Thursday, December 5, 2019	Friday, December 6, 2019
Bagels and Cream Cheese V, EF	HOK **WG** Fruit Muffin and Market Fruit V	HOK **WG** French Toast and HOK Compote V	HOK Biscuits and Gravy EF	HOK Yogurt and Market Fruit V, EF, GF
HOK Hummus and Pita V, Vegan, EF, DF	Turkey Cubes and HOK Applesauce DF, EF	HOK Ranch, Cucumbers, and Flatbread V	HOK **WG** Pumpkin Bar and Market Fruit V	Pretzels and HOK Sunbutter V, Vegan, DF, EF
Monday, December 9, 2019	Tuesday, December 10, 2019	Wednesday, December 11, 2019	Thursday, December 12, 2019	Friday, December 13, 2019
HOK **WG** Granola Cereal and HOK Yogurt V, EF, GF	HOK **WG** Cinnamon Bread and Market Fruit V	HOK **WG** Oatmeal and Market Fruit V, Vegan, DF, EF, GF	HOK Cheddar Biscuit and Market Fruit V, EF	HOK **WG** Apple Bar and Market Fruit V, EF
HOK Applesauce and Graham Crackers V, DF, EF	Cheese Cubes and Tomato Wedges V, EF, GF	Turkey **WG** Tortilla Roll Up EF, DF	Cucumbers and HOK Dilly Cheese V, EF, GF	Chips and HOK Salsa V, Vegan, DF, EF, GF
Monday, December 16, 2019	Tuesday, December 17, 2019	Wednesday, December 18, 2019	Thursday, December 19, 2019	Friday, December 20, 2019
HOK **WG** Fruit Muffin and Market Fruit V	Bagels and Cream Cheese V, EF	HOK **WG** Pancakes and HOK Compote V	Turkey Ham and Cheese Biscuits EF	HOK Yogurt and Market Fruit V, EF, GF
HOK Hummus and Pita V, Vegan, EF, DF	Turkey Cubes and HOK Applesauce DF, EF	HOK Ranch, Cucumbers, and Flatbread V	HOK **WG** Pumpkin Bar and Market Fruit V	Pretzels and HOK Sunbutter V, Vegan, DF, EF
Monday, December 23, 2019	Tuesday, December 24, 2019	Wednesday, December 25, 2019	Thursday, December 26, 2019	Friday, December 27, 2019
HOK **WG** Banana Bar and Market Fruit V, EF	HOK **WG** Cinnamon Bread and Market Fruit V	**Happy Holidays!**	Bagels and Cream Cheese V, EF	Cereal and HOK Yogurt V, EF
HOK Applesauce and Graham Crackers V, DF, EF	Cheese Cubes and Tomato Wedges V, EF, GF		Chips and HOK Salsa V, Vegan, DF, EF, GF	Cucumbers and HOK Dilly Cheese V, EF, GF

WG = Whole Grain

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