

# Snack Menu

**NO FRIED FOODS!!**

Monday, February 3, 2020	Tuesday, February 4, 2020	Wednesday, February 5, 2020	Thursday, February 6, 2020	Friday, February 7, 2020
HOK <b>WG</b> Cinnamon Bread and Market Fruit <b>V</b>	HOK <b>WG</b> Granola Cereal and HOK Yogurt <b>V, EF, GF</b>	HOK <b>WG</b> Oatmeal and Market Fruit <b>V, Vegan, DF, EF, GF</b>	HOK Cheddar Biscuit and Market Fruit <b>V, EF</b>	HOK <b>WG</b> Apple Bar and Market Fruit <b>V, EF</b>
HOK Applesauce and Graham Crackers <b>V, DF, EF</b>	Cheese Cubes and Tomato Wedges <b>V, EF, GF</b>	HOK Ranch, Cucumbers, and Flatbread <b>V</b>	HOK Sunbutter and Jelly Sandwich <b>V, Vegan, DF, EF</b>	Chips and HOK Salsa <b>V, Vegan, DF, EF, GF</b>
Monday, February 10, 2020	Tuesday, February 11, 2020	Wednesday, February 12, 2020	Thursday, February 13, 2020	Friday, February 14, 2020
HOK <b>WG</b> Fruit Muffin and Market Fruit <b>V</b>	Bagels and Cream Cheese <b>V, EF</b>	HOK <b>WG</b> Pancakes and HOK Compote <b>V</b>	Turkey Ham and Cheese Biscuits <b>EF</b>	HOK Yogurt and Market Fruit <b>V, EF, GF</b>
HOK Hummus and Pita <b>V, Vegan, EF, DF</b>	Turkey Cubes and HOK Applesauce <b>DF, EF</b>	Turkey <b>WG</b> Tortilla Roll Up <b>EF, DF</b>	Cucumbers and HOK Dilly Cheese <b>V, EF, GF</b>	Pretzels and HOK Sunbutter <b>V, Vegan, DF, EF</b>
Monday, February 17, 2020	Tuesday, February 18, 2020	Wednesday, February 19, 2020	Thursday, February 20, 2020	Friday, February 21, 2020
HOK <b>WG</b> Cinnamon Bread and Market Fruit <b>V</b>	HOK <b>WG</b> Granola Cereal and HOK Yogurt <b>V, EF, GF</b>	HOK <b>WG</b> Oatmeal and Market Fruit <b>V, Vegan, DF, EF, GF</b>	HOK Cheddar Biscuit and Market Fruit <b>V, EF</b>	HOK <b>WG</b> Banana Bar and Market Fruit <b>V, EF</b>
HOK Applesauce and Graham Crackers <b>V, DF, EF</b>	Cheese Cubes and Tomato Wedges <b>V, EF, GF</b>	HOK Ranch, Cucumbers, and Flatbread <b>V</b>	HOK Sunbutter and Jelly Sandwich <b>V, Vegan, DF, EF</b>	Chips and HOK Salsa <b>V, Vegan, DF, EF, GF</b>
Monday, February 24, 2020	Tuesday, February 25, 2020	Wednesday, February 26, 2020	Thursday, February 27, 2020	Friday, February 28, 2020
HOK <b>WG</b> Fruit Muffin and Market Fruit <b>V</b>	Bagels and Cream Cheese <b>V, EF</b>	HOK <b>WG</b> French Toast and HOK Compote <b>V</b>	HOK Biscuits and Gravy <b>EF</b>	HOK Yogurt and Market Fruit <b>V, EF, GF</b>
HOK Hummus and Pita <b>V, Vegan, EF, DF</b>	Turkey Cubes and HOK Applesauce <b>DF, EF</b>	Turkey <b>WG</b> Tortilla Roll Up <b>EF, DF</b>	Cucumbers and HOK Dilly Cheese <b>V, EF, GF</b>	Pretzels and HOK Sunbutter <b>V, Vegan, DF, EF</b>

**WG = Whole Grain**

**A**