



Snack Menu

NO FRIED FOODS!!

Monday, January 4, 2021	Tuesday, January 5, 2021	Wednesday, January 6, 2021	Thursday, January 7, 2021	Friday, January 8, 2021
Bagels and Cream Cheese V, EF	HOK WG Cinnamon Bread and HOK Yogurt V	HOK WG Oatmeal and Market Fruit V, Vegan, DF, EF, GF	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 Pumpkin Bar and Market Fruit V	Pretzels and HOK Sunbutter V, Vegan, DF, EF
Monday, January 11, 2021	Tuesday, January 12, 2021	Wednesday, January 13, 2021	Thursday, January 14, 2021	Friday, January 15, 2021
HOK WG Fruit Muffin and Market Fruit V	HOK WG Granola Cereal and HOK Yogurt V, EF, GF	HOK WG French Toast and HOK Compote V	HOK Cheddar Biscuit and Market Fruit V, EF	HOK WG Banana Bar and Market Fruit V, EF
HOK Applesauce and Graham Crackers V, DF, EF	Cheese Cubes and Tomato Wedges V, EF, GF	Turkey Tortilla Roll Up EF, DF	Cucumbers and HOK Dilly Cheese V, EF, GF	Chips and HOK Salsa V, Vegan, DF, EF, GF
Monday, January 18, 2021	Tuesday, January 19, 2021	Wednesday, January 20, 2021	Thursday, January 21, 2021	Friday, January 22, 2021
HOK WG Cinnamon Bread and Market Fruit V	Bagels and Cream Cheese V, EF	HOK WG Oatmeal and Market Fruit V, Vegan, DF, EF, GF	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 Pumpkin Bar and Market Fruit V	Pretzels and HOK Sunbutter V, Vegan, DF, EF
Monday, January 25, 2021	Tuesday, January 26, 2021	Wednesday, January 27, 2021	Thursday, January 28, 2021	Friday, January 29, 2021
HOK WG Fruit Muffin and Market Fruit V	HOK WG Granola Cereal and HOK Yogurt V, EF, GF	HOK WG Pancakes and HOK Compote V	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 Tortilla Roll Up EF, DF	Cucumbers and HOK Dilly Cheese V, EF, GF	Chips and HOK Salsa V, Vegan, DF, EF, GF

WG = Whole Grain

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