

# Snack Menu

**NO FRIED FOODS!!**

Monday, January 2, 2023	Tuesday, January 3, 2023	Wednesday, January 4, 2023	Thursday, January 5, 2023	Friday, January 6, 2023
Happy New Year!	Bagels and Cream Cheese <b>V, EF</b> <u>Vegan, DF, GF: Compote GF: GF Waffle</u>	HOK Pancakes and HOK Compote <b>V</b> <u>Vegan, DF, EF, GF: GF Waffles</u>	HOK Pineapple Bread and Market Fruit <b>V</b> <u>Vegan, DF, EF, GF: Rice Chex</u>	HOK Yogurt and Market Fruit <b>V, EF, GF</b> <u>Vegan, DF: Cheerios</u>
	Applesauce and Graham Crackers <b>V, DF, EF</b> <u>Vegan, GF: Vegan Cookie</u>	HOK Ranch and Cucumbers <b>V, GF</b> <u>Vegan, DF, EF: White Bean Dip</u>	Chips and HOK Spinach Dip <b>V, GF</b> <u>Vegan, DF, EF: HOK Salsa</u>	HOK Pumpkin Bread and Market Fruit <b>V</b> <u>Vegan, DF, EF, GF: Vegan Cookie</u>
Monday, January 9, 2023	Tuesday, January 10, 2023	Wednesday, January 11, 2023	Thursday, January 12, 2023	Friday, January 13, 2023
HOK Granola Cereal and Yogurt <b>V, EF, GF</b> <u>Vegan, DF: Applesauce Vegan: Rice Chex</u>	HOK Banana Bread and Market Fruit <b>V</b> <u>Vegan, DF, EF, GF: Cheerios</u>	HOK Oatmeal and Market Fruit <b>V, Vegan, DF, EF, GF</b>	HOK Biscuits and Gravy <b>EF ***</b>	HOK Apple Bar and Market Fruit <b>V, EF</b> <u>Vegan, DF, GF: Rice Chex</u>
HOK Hummus and Pita <b>V, Vegan, EF, DF</b> <u>GF: Corn Tortilla</u>	Turkey Cubes and Applesauce <b>DF, EF, GF</b> <u>V, Vegan: Veggie Straws</u>	Pretzels and Sunbutter <b>V, Vegan, DF, EF</b> <u>GF: GF Pretzels</u>	Cucumbers and HOK Dilly Dip <b>V, EF, GF</b> <u>Vegan, DF: HOK Hummus</u>	Chips and HOK Salsa <b>V, Vegan, DF, EF, GF</b>
Monday, January 16, 2023	Tuesday, January 17, 2023	Wednesday, January 18, 2023	Thursday, January 19, 2023	Friday, January 20, 2023
Bagels and Cream Cheese <b>V, EF</b> <u>Vegan, DF, GF: Compote GF: GF Waffle</u>	HOK Blueberry Bread and Market Fruit <b>V</b> <u>Vegan, DF, EF, GF: Cheerios</u>	HOK French Toast and Compote <b>V</b> <u>Vegan, DF, EF, GF: GF Waffles</u>	HOK Pineapple Bread and Market Fruit <b>V</b> <u>Vegan, DF, EF, GF: Rice Chex</u>	HOK Yogurt and Market Fruit <b>V, EF, GF</b> <u>Vegan, DF: Cheerios</u>
Applesauce and Graham Crackers <b>V, DF, EF</b> <u>Vegan, GF: Vegan Cookie</u>	Cheese Cubes and Tomatoes <b>V, EF, GF</b> <u>Vegan, DF: Snapea Crisps</u>	HOK Ranch and Cucumbers <b>V, GF</b> <u>Vegan, DF, EF: White Bean Dip</u>	Chips and HOK Spinach Dip <b>V, GF</b> <u>Vegan, DF, EF: HOK Salsa</u>	HOK Pumpkin Bread and Market Fruit <b>V</b> <u>Vegan, DF, EF, GF: Vegan Cookie</u>
Monday, January 23, 2023	Tuesday, January 24, 2023	Wednesday, January 25, 2023	Thursday, January 26, 2023	Friday, January 27, 2023
HOK Granola Cereal and Yogurt <b>V, EF, GF</b> <u>Vegan, DF: Applesauce Vegan: Rice Chex</u>	HOK Banana Bread and Market Fruit <b>V</b> <u>Vegan, DF, EF, GF: Cheerios</u>	HOK Oatmeal and Market Fruit <b>V, Vegan, DF, EF, GF</b>	HOK Biscuits and Compote <b>V, EF</b> <u>Vegan, DF: Bagel GF: GF Waffle</u>	HOK Apple Bar and Market Fruit <b>V, EF</b> <u>Vegan, DF, GF: Rice Chex</u>
HOK Hummus and Pita <b>V, Vegan, EF, DF</b> <u>GF: Corn Tortilla</u>	Turkey Cubes and Applesauce <b>DF, EF, GF</b> <u>V, Vegan: Veggie Straws</u>	Pretzels and Sunbutter <b>V, Vegan, DF, EF</b> <u>GF: GF Pretzels</u>	Cucumbers and HOK Dilly Dip <b>V, EF, GF</b> <u>Vegan, DF: HOK Hummus</u>	Chips and HOK Salsa <b>V, Vegan, DF, EF, GF</b>

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Vegan, DF: Bagel and HOK Compote  
GF: GF Waffle and HOK Compote  
V: Biscuit and HOK Compote