

Snack Menu

NO FRIED FOODS!!

Monday, July 1, 2019	Tuesday, July 2, 2019	Wednesday, July 3, 2019	Thursday, July 4, 2019	Friday, July 5, 2019
HOK Granola Cereal and Market Fruit V, Vegan, DF, EF, GF	HOK Cinnamon Bread and HOK Yogurt V	HOK Oatmeal and Market Fruit V, Vegan, DF, EF, GF	HAPPY 4th of July	HOK Banana Bar and Market Fruit V, EF
HOK Hummus and Pita V, Vegan, EF, DF	Turkey Cubes and HOK Applesauce DF, EF	Pretzels and HOK Sunbutter V, Vegan, DF, EF		Chips and HOK Salsa V, Vegan, DF, EF, GF
Monday, July 8, 2019	Tuesday, July 9, 2019	Wednesday, July 10, 2019	Thursday, July 11, 2019	Friday, July 12, 2019
Bagels and Cream Cheese V, EF	HOK Fruit Muffin and Market Fruit V	HOK French Toast and HOK Compote V	HOK Biscuits and Gravy EF	HOK Yogurt and Market Fruit V, EF, GF
HOK Applesauce and Graham Crackers V, DF, EF	Cheese Cubes and Tomato Wedges V, EF, GF	Turkey Tortilla Roll Up EF, DF	HOK Granola Bar and Market Fruit V, Vegan, DF, EF, GF	HOK Ranch, Cucumbers, and Flatbread V
Monday, July 15, 2019	Tuesday, July 16, 2019	Wednesday, July 17, 2019	Thursday, July 18, 2019	Friday, July 19, 2019
HOK Granola Cereal and Market Fruit V, Vegan, DF, EF, GF	HOK Cinnamon Bread and HOK Yogurt V	HOK Oatmeal and Market Fruit V, Vegan, DF, EF, GF	HOK Cheddar Biscuit and Market Fruit V, EF	HOK Apple Bar and Market Fruit V, EF
HOK Hummus and Pita V, Vegan, EF, DF	Turkey Cubes and HOK Applesauce DF, EF	Pretzels and HOK Sunbutter V, Vegan, DF, EF	Cucumbers and HOK Dilly Cheese V, EF, GF	Chips and HOK Salsa V, Vegan, DF, EF, GF
Monday, July 22, 2019	Tuesday, July 23, 2019	Wednesday, July 24, 2019	Thursday, July 25, 2019	Friday, July 26, 2019
HOK Fruit Muffin and Market Fruit V	Bagels and Cream Cheese V, EF	HOK Pancakes and HOK Compote V	Turkey Ham and Cheese Biscuits EF	HOK Yogurt and Market Fruit V, EF, GF
HOK Applesauce and Graham Crackers V, DF, EF	Cheese Cubes and Tomato Wedges V, EF, GF	Turkey Tortilla Roll Up EF, DF	HOK Granola Bar and Market Fruit V, Vegan, DF, EF, GF	HOK Ranch, Cucumbers, and Flatbread V
Monday, July 29, 2019	Tuesday, July 30, 2019	Wednesday, July 31, 2019	Thursday, August 1, 2019	Friday, August 2, 2019
HOK Granola Cereal and Market Fruit V, Vegan, DF, EF, GF	HOK Cinnamon Bread and HOK Yogurt V	HOK Oatmeal and Market Fruit V, Vegan, DF, EF, GF	HOK Cheddar Biscuit and Market Fruit V, EF	HOK Banana Bar and Market Fruit V, EF
HOK Hummus and Pita V, Vegan, EF, DF	Turkey Cubes and HOK Applesauce DF, EF	Pretzels and HOK Sunbutter V, Vegan, DF, EF	Cucumbers and HOK Dilly Cheese V, EF, GF	Chips and HOK Salsa V, Vegan, DF, EF, GF