

Snack Menu

NO FRIED FOODS!!

Monday, June 30, 2025	Tuesday, July 1, 2025	Wednesday, July 2, 2025	Thursday, July 3, 2025	Friday, July 4, 2025
HOK Granola Cereal and HOK Vanilla Yogurt V, EF, GF <u>Vegan, DF: DF Vanilla Yogurt</u> <u>Vegan: Organic Rice Crisps</u>	HOK Banana Bread and Peaches V <u>Vegan, DF, EF, GF: GF Vegan Banana Bread</u>	HOK Oatmeal and Cantaloupe V, Vegan, DF, EF, GF	Biscuits and HOK Blueberry Compote V, EF <u>DF, GF, Vegan: GF Vegan Pancake</u>	Happy Fourth of July!
HOK Spinach Dip and Pita V <u>Vegan, DF, EF: White Bean Dip</u> <u>GF: Cucumbers</u>	Turkey Cubes and HOK Applesauce DF, EF, GF <u>V, Vegan: Veggie Straws</u>	Pretzels and HOK Sunbutter V, Vegan, DF, EF <u>GF: GF Pretzels</u>	HOK Banana Oat Bites and Apple Slices V, Vegan, DF, EF, GF	
Monday, July 7, 2025	Tuesday, July 8, 2025	Wednesday, July 9, 2025	Thursday, July 10, 2025	Friday, July 11, 2025
Bagels and Cream Cheese V, EF <u>Vegan, DF, GF: Compote</u> <u>GF: GF Vegan Pancake</u>	HOK Blueberry Bread and Pears V <u>Vegan, DF, EF, GF: GF Vegan Banana Bread</u>	Maple Mini Waffles and HOK Peach Compote V <u>Vegan, DF, EF, GF: GF Vegan Pancake</u>	HOK Peach Bread and Mango Chunks V <u>Vegan, DF, EF, GF: Organic Rice Crisps</u>	HOK Sunbutter Granola Bar and Cantaloupe V, Vegan, DF, EF, GF
HOK Applesauce and Graham Crackers V, DF, EF <u>Vegan, GF: Veggie Straws</u>	Wisconsin Cheese Curds and Apple Slices V, EF, GF <u>Vegan, DF: Chickpea Puffs</u>	Cucumbers and HOK Dilly Dip V, EF, GF <u>Vegan, DF: HOK Hummus</u>	HOK Turkey Wraps DF, EF <u>V, Vegan: HOK White Bean Wrap</u> <u>GF: Sweet Potato Tortilla</u>	HOK Mango Banana Smoothie and Graham Crackers V, DF, EF <u>Vegan, GF: Veggie Straws</u>
Monday, July 14, 2025	Tuesday, July 15, 2025	Wednesday, July 16, 2025	Thursday, July 17, 2025	Friday, July 18, 2025
HOK Granola Cereal and HOK Peach Yogurt V, EF, GF <u>Vegan, DF: DF Vanilla Yogurt</u> <u>Vegan: Organic Rice Crisps</u>	HOK Banana Bread and Peaches V <u>Vegan, DF, EF, GF: GF Vegan Banana Bread</u>	HOK Oatmeal and Honeydew V, Vegan, DF, EF, GF	HOK Pancakes and HOK Strawberry Compote V <u>Vegan, DF, EF, GF: GF Vegan Pancake</u>	HOK Strawberry Yogurt and Bananas V, EF, GF <u>Vegan, DF: Dairy Free Vanilla Yogurt</u>
HOK Hummus and Pita V, Vegan, EF, DF <u>GF: Cucumbers</u>	Turkey Cubes and HOK Applesauce DF, EF, GF <u>V, Vegan: Veggie Straws</u>	Pretzel Bites and HOK Cheese Dip V, EF <u>GF: GF Pretzels</u> <u>DF, Vegan: Sunbutter</u>	HOK Banana Oat Bites and Apple Slices V, Vegan, DF, EF, GF	Organic Tortilla Chips and HOK Salsa V, Vegan, DF, EF, GF
Monday, July 21, 2025	Tuesday, July 22, 2025	Wednesday, July 23, 2025	Thursday, July 24, 2025	Friday, July 25, 2025
Bagels and Cream Cheese V, EF <u>Vegan, DF, GF: Compote</u> <u>GF: GF Vegan Pancake</u>	HOK Blueberry Bread and Pears V <u>Vegan, DF, EF, GF: GF Vegan Banana Bread</u>	French Toast and HOK Blueberry Compote V <u>Vegan, DF, EF, GF: GF Vegan Pancake</u>	HOK Pineapple Bread and Mango Chunks V <u>Vegan, DF, EF, GF: Organic Rice Crisps</u>	HOK Sunbutter Granola Bar and Honeydew V, Vegan, DF, EF, GF
HOK Applesauce and Graham Crackers V, DF, EF <u>Vegan, GF: Veggie Straws</u>	Cheese Cubes and Apple Slices V, EF, GF <u>Vegan, DF: Chickpea Puffs</u>	Blanched Baby Carrots and HOK Ranch V, GF <u>Vegan, DF, EF: White Bean Dip</u>	HOK Cucumber Cream Cheese Wrap V, EF <u>Vegan, DF: Cucumber Hummus Wrap</u> <u>GF: Sweet Potato Tortilla</u>	HOK Mango Banana Smoothie and Graham Crackers V, DF, EF <u>Vegan, GF: Veggie Straws</u>
Monday, July 28, 2025	Tuesday, July 29, 2025	Wednesday, July 30, 2025	Thursday, July 31, 2025	Friday, August 1, 2025
HOK Granola Cereal and HOK Vanilla Yogurt V, EF, GF <u>Vegan, DF: DF Vanilla Yogurt</u> <u>Vegan: Organic Rice Crisps</u>	HOK Banana Bread and Peaches V <u>Vegan, DF, EF, GF: GF Vegan Banana Bread</u>	HOK Oatmeal and Cantaloupe V, Vegan, DF, EF, GF	Biscuits and HOK Peach Compote V, EF <u>DF, GF, Vegan: GF Vegan Pancake</u>	HOK Strawberry Yogurt and Bananas V, EF, GF <u>Vegan, DF: Dairy Free Vanilla Yogurt</u>
HOK Spinach Dip and Pita V <u>Vegan, DF, EF: White Bean Dip</u> <u>GF: Cucumbers</u>	Turkey Cubes and HOK Applesauce DF, EF, GF <u>V, Vegan: Veggie Straws</u>	Pretzels and HOK Sunbutter V, Vegan, DF, EF <u>GF: GF Pretzels</u>	HOK Banana Oat Bites and Apple Slices V, Vegan, DF, EF, GF	Organic Tortilla Chips and HOK Salsa V, Vegan, DF, EF, GF

All meals prepared in a facility that handles wheat and wheat-based products