

# Snack Menu

**NO FRIED FOODS!!**

| Monday, March 4, 2024                                                                                         | Tuesday, March 5, 2024                                                                             | Wednesday, March 6, 2024                                                                         | Thursday, March 7, 2024                                                                            | Friday, March 8, 2024                                                                          |
|---------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|
| HOK Granola Cereal and HOK Blueberry Yogurt <b>V, EF, GF</b><br><u>Vegan, DF: Applesauce Vegan: Rice Chex</u> | HOK Banana Bread and Market Fruit <b>V</b><br><u>Vegan, DF, EF, GF: GF Vegan Banana Bread</u>      | HOK Oatmeal and Market Fruit<br><b>V, Vegan, DF, EF, GF</b>                                      | HOK Cinnamon Bread and Market Fruit <b>V</b><br><u>Vegan, DF, EF, GF: Cheerios</u>                 | HOK Biscuits and HOK Vegan Apple Butter <b>V, EF</b><br><u>DF, GF, Vegan: GF Vegan Pancake</u> |
| HOK Spinach Dip and Pita <b>V</b><br><u>Vegan, DF, EF: White Bean Dip GF: Cucumbers</u>                       | Croissant and HOK Applesauce <b>V</b><br><u>Vegan, DF, EF, GF: Veggie Straws</u>                   | Pretzel Bites and HOK Cheese Dip <b>V, EF</b><br><u>GF: GF Pretzels GF, DF, Vegan: Sunbutter</u> | Wisconsin Cheese Curds and Veggie Straws <b>V, EF, GF</b><br><u>DF, Vegan: Applesauce</u>          | Chips and HOK Salsa <b>V, Vegan, DF, EF, GF</b>                                                |
| Monday, March 11, 2024                                                                                        | Tuesday, March 12, 2024                                                                            | Wednesday, March 13, 2024                                                                        | Thursday, March 14, 2024                                                                           | Friday, March 15, 2024                                                                         |
| Bagels and Cream Cheese <b>V, EF</b><br><u>Vegan, DF, GF: Compote GF: GF Vegan Pancake</u>                    | HOK Blueberry Bread and Market Fruit <b>V</b><br><u>Vegan, DF, EF, GF: GF Vegan Banana Bread</u>   | HOK Pineapple Bread and Market Fruit <b>V</b><br><u>Vegan, DF, EF, GF: Rice Chex</u>             | HOK French Toast and HOK Strawberry Compote <b>V</b><br><u>Vegan, DF, EF, GF: GF Vegan Pancake</u> | HOK Strawberry Yogurt and Market Fruit <b>V, EF, GF</b><br><u>Vegan, DF: Cheerios</u>          |
| HOK Applesauce and Graham Crackers <b>V, DF, EF</b><br><u>Vegan, GF: Veggie Straws</u>                        | Cheese Cubes and Oyster Crackers <b>V, EF</b><br><u>Vegan, DF: Applesauce GF: GF Pretzels</u>      | HOK Carrot & Zucchini Bars and Market Fruit <b>V</b><br><u>Vegan, DF, EF, GF: Chickpea Puffs</u> | Cucumbers and HOK Dilly Dip <b>V, EF, GF</b><br><u>Vegan, DF: HOK Hummus</u>                       | HOK Pumpkin Bread and Market Fruit <b>V</b><br><u>Vegan, DF, EF, GF: Snap Pea Crisps</u>       |
| Monday, March 18, 2024                                                                                        | Tuesday, March 19, 2024                                                                            | Wednesday, March 20, 2024                                                                        | Thursday, March 21, 2024                                                                           | Friday, March 22, 2024                                                                         |
| HOK Granola Cereal and HOK Vanilla Yogurt <b>V, EF, GF</b><br><u>Vegan, DF: Applesauce Vegan: Rice Chex</u>   | HOK Banana Bread and Market Fruit <b>V</b><br><u>Vegan, DF, EF, GF: GF Vegan Banana Bread</u>      | HOK Oatmeal and Market Fruit<br><b>V, Vegan, DF, EF, GF</b>                                      | HOK Cinnamon Bread and Market Fruit <b>V</b><br><u>Vegan, DF, EF, GF: Cheerios</u>                 | HOK Biscuits and HOK Blueberry Compote <b>V, EF</b><br><u>DF, GF, Vegan: GF Vegan Pancake</u>  |
| HOK Hummus and Pita <b>V, Vegan, EF, DF</b><br><u>GF: Corn Tortilla</u>                                       | Turkey Cubes and HOK Applesauce <b>DF, EF, GF</b><br><u>V, Vegan: Veggie Straws</u>                | Pretzels and HOK Sunbutter <b>V, Vegan, DF, EF</b><br><u>GF: GF Pretzels</u>                     | Wisconsin Cheese Curds and Veggie Straws <b>V, EF, GF</b><br><u>DF, Vegan: Applesauce</u>          | Chips and HOK Cheese Dip <b>V, EF</b><br><u>DF, GF, Vegan: HOK Salsa</u>                       |
| Monday, March 25, 2024                                                                                        | Tuesday, March 26, 2024                                                                            | Wednesday, March 27, 2024                                                                        | Thursday, March 28, 2024                                                                           | Friday, March 29, 2024                                                                         |
| Bagels and Cream Cheese <b>V, EF</b><br><u>Vegan, DF, GF: Compote GF: GF Vegan Pancake</u>                    | HOK Blueberry Bread and Market Fruit <b>V</b><br><u>Vegan, DF, EF, GF: GF Vegan Banana Bread</u>   | HOK Pineapple Bread and Market Fruit <b>V</b><br><u>Vegan, DF, EF, GF: Rice Chex</u>             | HOK Pancakes and HOK Vegan Apple Butter <b>V</b><br><u>Vegan, DF, EF, GF: GF Vegan Pancake</u>     | HOK Peach Yogurt and Market Fruit <b>V, EF, GF</b><br><u>Vegan, DF: Cheerios</u>               |
| HOK Applesauce and Graham Crackers <b>V, DF, EF</b><br><u>Vegan, GF: Veggie Straws</u>                        | Cheese Cubes and Whole Grain Goldfish <b>V, EF</b><br><u>Vegan, DF: Applesauce GF: GF Pretzels</u> | HOK Carrot & Zucchini Bars and Market Fruit <b>V</b><br><u>Vegan, DF, EF, GF: Chickpea Puffs</u> | HOK Ranch and Cucumbers <b>V, GF</b><br><u>Vegan, DF, EF: White Bean Dip</u>                       | HOK Pumpkin Bread and Market Fruit <b>V</b><br><u>Vegan, DF, EF, GF: Snap Pea Crisps</u>       |

**\*Vegan, DF, GF: GF Vegan Pancake and HOK Compote**

**V: Biscuit and HOK Compote**