

## Snack Menu

## NO FRIED FOODS!!

Monday, March 1, 2021	Tuesday, March 2, 2021	Wednesday, March 3, 2021	Thursday, March 4, 2021	Friday, March 5, 2021
Worlday, Warch 1, 2021	Tuesday, March 2, 2021	Wednesday, March 5, 2021	Thursday, Warch 4, 2021	Friday, Warch 5, 2021
HOK <b>WG</b> Cinnamon Bread	Bagels and Cream Cheese	HOK <b>WG</b> Oatmeal and Market Fruit	HOK Biscuits and Gravy	HOK Yogurt and Market Fruit
and Market Fruit V	V, EF	V, Vegan, DF, EF, GF	EF	V, EF, GF
HOK Hummus and Pita	Turkey Cubes and HOK Applesauce	HOK Ranch, Cucumbers,	Pretzels and HOK Sunbutter	Chips and HOK Salsa
V, Vegan, EF, DF	DF, EF	and Flatbread V	V, Vegan, DF, EF	V, Vegan, DF, EF, GF
Monday, March 8, 2021	Tuesday, March 9, 2021	Wednesday, March 10, 2021	Thursday, March 11, 2021	Friday, March 12, 2021
HOK <b>WG</b> Fruit Muffin and	HOK <b>WG</b> Granola Cereal and	HOK <b>WG</b> French Toast and	HOK Cheddar Biscuit	HOK <b>WG</b> Banana Bar and Market Fruit
Market Fruit V	HOK Yogurt V, EF, GF	HOK Compote V	and Market Fruit V, EF	V, EF
HOK Applesauce and Graham	Cheese Cubes and Tomato Wedges	Turkey Tortilla Roll Up	Cucumbers and HOK Dilly Cheese	Chips and HOK Spinach Dip
Crackers V, DF, EF	V, EF, GF	EF, DF	V, EF, GF	V
Monday, March 15, 2021	Tuesday, March 16, 2021	Wednesday, March 17, 2021	Thursday, March 18, 2021	Friday, March 19, 2021
HOK <b>WG</b> Cinnamon Bread	Bagels and Cream Cheese	HOK <b>WG</b> Oatmeal and Market Fruit	Turkey Ham and Cheese Biscuits	HOK Yogurt and Market Fruit
and Market Fruit V	V, EF	V, Vegan, DF, EF, GF	EF	V, EF, GF
HOK Hummus and Pita	Turkey Cubes and HOK Applesauce	HOK Ranch, Cucumbers,	Pretzels and HOK Sunbutter	Chips and HOK Salsa
V, Vegan, EF, DF	DF, EF	and Flatbread V	V, Vegan, DF, EF	V, Vegan, DF, EF, GF
Monday, March 22, 2021	Tuesday, March 23, 2021	Wednesday, March 24, 2021	Thursday, March 25, 2021	Friday, March 26, 2021
HOK <b>WG</b> Fruit Muffin and	HOK <b>WG</b> Granola Cereal and	HOK <b>WG</b> Pancakes and HOK Compote	HOK Cheddar Biscuit	HOK <b>WG</b> Apple Bar and Market Fruit
Market Fruit V	HOK Yogurt V, EF, GF	V	and Market Fruit V, EF	V, EF
HOK Applesauce and Graham	Cheese Cubes and Tomato Wedges	Turkey Tortilla Roll Up	Cucumbers and HOK Dilly Cheese	Chips and HOK Spinach Dip
Crackers V, DF, EF	V, EF, GF	EF, DF	V, EF, GF	V
Monday, March 29, 2021	Tuesday, March 30, 2021	Wednesday, March 31, 2021	Thursday, April 1, 2021	Friday, April 2, 2021
HOK <b>WG</b> Cinnamon Bread	Bagels and Cream Cheese	HOK <b>WG</b> Oatmeal and Market Fruit	HOK Biscuits and Gravy	HOK Yogurt and Market Fruit
and Market Fruit V	V, EF	V, Vegan, DF, EF, GF	EF	V, EF, GF
HOK Hummus and Pita	Turkey Cubes and HOK Applesauce	HOK Ranch, Cucumbers,	Pretzels and HOK Sunbutter	Chips and HOK Salsa
V, Vegan, EF, DF	DF, EF	and Flatbread V	V, Vegan, DF, EF	V, Vegan, DF, EF, GF

WG = Whole Grain

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