



# Snack Menu

**NO FRIED FOODS!!**

Monday, November 4, 2024	Tuesday, November 5, 2024	Wednesday, November 6, 2024	Thursday, November 7, 2024	Friday, November 8, 2024
HOK Granola Cereal and HOK Blueberry Yogurt <b>V, EF, GF</b> <u>Vegan, DF: DF Vanilla Yogurt</u> <u>Vegan: Rice Chex</u>	HOK Banana Bread and Peaches <b>V</b> <u>Vegan, DF, EF, GF: GF Vegan Banana Bread</u>	HOK Oatmeal and Honeydew <b>V, Vegan, DF, EF, GF</b>	Biscuits and HOK Strawberry Compote <b>V, EF</b> <u>DF, GF, Vegan: GF Vegan Pancake</u>	Maple Mini Waffles and Mango Chunks <b>V</b> <u>Vegan, DF, EF, GF: Rice Chex</u>
HOK Spinach Dip and Pita <b>V</b> <u>Vegan, DF, EF: White Bean Dip</u> <u>GF: Cucumbers</u>	Wisconsin Cheese Curds and Veggie Straws <b>V, EF, GF</b> <u>DF, Vegan: Applesauce</u>	HOK Carrot & Zucchini Bars and Apple Slices <b>V, DF</b> <u>Vegan, EF, GF: Chickpea Puffs</u>	Croissant and HOK Applesauce <b>V</b> <u>Vegan, DF, EF, GF: Veggie Straws</u>	Chips and HOK Salsa <b>V, Vegan, DF, EF, GF</b>
Monday, November 11, 2024	Tuesday, November 12, 2024	Wednesday, November 13, 2024	Thursday, November 14, 2024	Friday, November 15, 2024
Bagels and Cream Cheese <b>V, EF</b> <u>Vegan, DF, GF: Compote</u> <u>GF: GF Vegan Pancake</u>	HOK Blueberry Bread and Pears <b>V</b> <u>Vegan, DF, EF, GF: GF Vegan Banana Bread</u>	HOK French Toast and HOK Peach Compote <b>V</b> <u>Vegan, DF, EF, GF: GF Vegan Pancake</u>	HOK Peach Bread and Mango Chunks <b>V</b> <u>Vegan, DF, EF, GF: Rice Chex</u>	HOK Strawberry Yogurt and Bananas <b>V, EF, GF</b> <u>Vegan, DF: Dairy Free Vanilla Yogurt</u>
HOK Applesauce and Graham Crackers <b>V, DF, EF</b> <u>Vegan, GF: Veggie Straws</u>	Cheese Cubes and Chickpea Puffs <b>V, EF, GF</b> <u>Vegan, DF: Applesauce</u>	Pretzel Bites and HOK Cheese Dip <b>V, EF</b> <u>GF: GF Pretzels</u> <u>DF, Vegan: Sunbutter</u>	HOK Ranch and Cucumbers <b>V, GF</b> <u>Vegan, DF, EF: White Bean Dip</u>	HOK Pumpkin Bread and Cantaloupe <b>V, DF</b> <u>Vegan, EF, GF: Snap Pea Crisps</u>
Monday, November 18, 2024	Tuesday, November 19, 2024	Wednesday, November 20, 2024	Thursday, November 21, 2024	Friday, November 22, 2024
HOK Granola Cereal and HOK Vanilla Yogurt <b>V, EF, GF</b> <u>Vegan, DF: DF Vanilla Yogurt</u> <u>Vegan: Rice Chex</u>	HOK Banana Bread and Peaches <b>V</b> <u>Vegan, DF, EF, GF: GF Vegan Banana Bread</u>	HOK Oatmeal and Cantaloupe <b>V, Vegan, DF, EF, GF</b>	Maple Mini Waffles and HOK Blueberry Compote <b>V</b> <u>Vegan, DF, EF, GF: GF Vegan Pancake</u>	HOK Pear Bread and Mango Chunks <b>V, DF</b> <u>Vegan, EF, GF: Rice Chex</u>
HOK Hummus and Pita <b>V, Vegan, EF, DF</b> <u>GF: Corn Tortilla</u>	Wisconsin Cheese Curds and Veggie Straws <b>V, EF, GF</b> <u>DF, Vegan: Applesauce</u>	HOK Carrot & Zucchini Bars and Apple Slices <b>V, DF</b> <u>Vegan, EF, GF: Chickpea Puffs</u>	Turkey Cubes and HOK Applesauce <b>DF, EF, GF</b> <u>V, Vegan: Veggie Straws</u>	Chips and HOK Cheese Dip <b>V, EF, GF</b> <u>DF, Vegan: HOK Salsa</u>
Monday, November 25, 2024	Tuesday, November 26, 2024	Wednesday, November 27, 2024	Thursday, November 28, 2024	Friday, November 29, 2024
Bagels and Cream Cheese <b>V, EF</b> <u>Vegan, DF, GF: Compote</u> <u>GF: GF Vegan Pancake</u>	HOK Blueberry Bread and Pears <b>V</b> <u>Vegan, DF, EF, GF: GF Vegan Banana Bread</u>	HOK French Toast and HOK Vegan Apple Butter <b>V</b> <u>Vegan, DF, EF, GF: GF Vegan Pancake</u>	Happy Thanksgiving!	HOK Peach Yogurt and Honeydew <b>V, EF, GF</b> <u>Vegan, DF: Dairy Free Vanilla Yogurt</u>
HOK Applesauce and Graham Crackers <b>V, DF, EF</b> <u>Vegan, GF: Veggie Straws</u>	Cheese Cubes and Chickpea Puffs <b>V, EF, GF</b> <u>Vegan, DF: Applesauce</u>	Pretzels and HOK Sunbutter <b>V, Vegan, DF, EF</b> <u>GF: GF Pretzels</u>		Chips and HOK Salsa <b>V, Vegan, DF, EF, GF</b>