



Snack Menu

NO FRIED FOODS!!

Monday, October 30, 2023	Tuesday, October 31, 2023	Wednesday, November 1, 2023	Thursday, November 2, 2023	Friday, November 3, 2023
Bagels and Cream Cheese V, EF <u>Vegan, DF, GF: Compote GF: GF Vegan Pancake</u>	HOK Banana Bread and Market Fruit V <u>Vegan, DF, EF, GF: HOK GF Vegan Banana Bread</u>	HOK Oatmeal and Market Fruit V, Vegan, DF, EF, GF	HOK Biscuits and HOK Compote V, EF <u>DF, GF, Vegan: GF Vegan Pancake</u>	HOK Arroz Con Leche and Market Fruit V, EF, GF <u>Vegan, DF: Cheerios</u>
HOK Hummus and Pita V, Vegan, EF, DF <u>GF: Corn Tortilla</u>	Turkey Cubes and HOK Applesauce DF, EF, GF <u>V, Vegan: Veggie Straws</u>	HOK Ranch and Cucumbers V, GF <u>Vegan, DF, EF: White Bean Dip</u>	Wisconsin Cheese Curds and Veggie Straws V, EF, GF <u>DF, Vegan: Applesauce</u>	Chips and HOK Salsa V, Vegan, DF, EF, GF
Monday, November 6, 2023	Tuesday, November 7, 2023	Wednesday, November 8, 2023	Thursday, November 9, 2023	Friday, November 10, 2023
HOK Granola Cereal and HOK Yogurt V, EF, GF <u>Vegan, DF: Applesauce Vegan: Rice Chex</u>	HOK Blueberry Bread and Market Fruit V <u>Vegan, DF, EF, GF: HOK GF Vegan Banana Bread</u>	HOK Pancakes and HOK Compote V <u>Vegan, DF, EF, GF: GF Vegan Pancake</u>	HOK Pineapple Bread and Market Fruit V <u>Vegan, DF, EF, GF: HOK GF Vegan Banana Bread</u>	HOK Yogurt and Market Fruit V, EF, GF <u>Vegan, DF: Rice Chex</u>
HOK Applesauce and Graham Crackers V, DF, EF <u>Vegan, GF: Vegan Cookie</u>	Cheese Cubes and Tomatos V, EF, GF <u>Vegan, DF: Veggie Straws</u>	Pretzels and HOK Sunbutter V, Vegan, DF, EF <u>GF: GF Pretzels</u>	Cucumbers and HOK Dilly Dip V, EF, GF <u>Vegan, DF: HOK Hummus</u>	HOK Pumpkin Bread and Market Fruit V <u>Vegan, DF, EF, GF: Vegan Cookie</u>
Monday, November 13, 2023	Tuesday, November 14, 2023	Wednesday, November 15, 2023	Thursday, November 16, 2023	Friday, November 17, 2023
Bagels and Cream Cheese V, EF <u>Vegan, DF, GF: Compote GF: GF Vegan Pancake</u>	HOK Banana Bread and Market Fruit V <u>Vegan, DF, EF, GF: HOK GF Vegan Banana Bread</u>	HOK Oatmeal and Market Fruit V, Vegan, DF, EF, GF	HOK Biscuits and HOK Gravy EF ***	HOK Arroz Con Leche and Market Fruit V, EF, GF <u>Vegan, DF: Cheerios</u>
HOK Hummus and Pita V, Vegan, EF, DF <u>GF: Corn Tortilla</u>	Turkey Cubes and HOK Applesauce DF, EF, GF <u>V, Vegan: Veggie Straws</u>	HOK Ranch and Cucumbers V, GF <u>Vegan, DF, EF: White Bean Dip</u>	Wisconsin Cheese Curds and Veggie Straws V, EF, GF <u>DF, Vegan: Applesauce</u>	Chips and HOK Salsa V, Vegan, DF, EF, GF
Monday, November 20, 2023	Tuesday, November 21, 2023	Wednesday, November 22, 2023	Thursday, November 23, 2023	Friday, November 24, 2023
HOK Granola Cereal and HOK Yogurt V, EF, GF <u>Vegan, DF: Applesauce Vegan: Rice Chex</u>	HOK Blueberry Bread and Market Fruit V <u>Vegan, DF, EF, GF: HOK GF Vegan Banana Bread</u>	HOK French Toast and HOK Compote V <u>Vegan, DF, EF, GF: GF Vegan Pancake</u>	Happy Thanksgiving!	
HOK Applesauce and Graham Crackers V, DF, EF <u>Vegan, GF: Vegan Cookie</u>	Cheese Cubes and Tomatos V, EF, GF <u>Vegan, DF: Veggie Straws</u>	Pretzels and HOK Sunbutter V, Vegan, DF, EF <u>GF: GF Pretzels</u>		
Monday, November 27, 2023	Tuesday, November 28, 2023	Wednesday, November 29, 2023	Thursday, November 30, 2023	Friday, December 1, 2023
Bagels and Cream Cheese V, EF <u>Vegan, DF, GF: Compote GF: GF Vegan Pancake</u>	HOK Banana Bread and Market Fruit V <u>Vegan, DF, EF, GF: HOK GF Vegan Banana Bread</u>	HOK Oatmeal and Market Fruit V, Vegan, DF, EF, GF	HOK Biscuits and HOK Compote V, EF <u>DF, GF, Vegan: GF Vegan Pancake</u>	HOK Arroz Con Leche and Market Fruit V, EF, GF <u>Vegan, DF: Cheerios</u>
HOK Hummus and Pita V, Vegan, EF, DF <u>GF: Corn Tortilla</u>	Turkey Cubes and HOK Applesauce DF, EF, GF <u>V, Vegan: Veggie Straws</u>	HOK Ranch and Cucumbers V, GF <u>Vegan, DF, EF: White Bean Dip</u>	Wisconsin Cheese Curds and Veggie Straws V, EF, GF <u>DF, Vegan: Applesauce</u>	Chips and HOK Salsa V, Vegan, DF, EF, GF

Vegan, DF, GF: GF Vegan Pancake and HOK Compote
V: Biscuit and HOK Compote