



# Snack Menu

**NO FRIED FOODS!!**

Monday, November 03, 2025	Tuesday, November 04, 2025	Wednesday, November 05, 2025	Thursday, November 06, 2025	Friday, November 07, 2025
Bagels and Cream Cheese <b>V, EF</b> <b>Vegan, DF, GF: Compote GF: GF Vegan Pancake</b>	HOK Blueberry Bread and Pears <b>V</b> <b>Vegan, DF, EF, GF: GF Vegan Banana Bread</b>	HOK Cinnamon Bread and Mango Chunks <b>V</b> <b>Vegan, DF, EF, GF: Organic Rice Crisps</b>	French Toast and HOK Blueberry Compote <b>V</b> <b>Vegan, DF, EF, GF: GF Vegan Pancake</b>	HOK Peach Yogurt and Bananas <b>V, EF, GF</b> <b>Vegan, DF: Dairy Free Vanilla Yogurt</b>
HOK Applesauce and Graham Crackers <b>V, DF, EF</b> <b>Vegan, GF: Veggie Straws</b>	Wisconsin Cheese Curds and Apple Slices <b>V, EF, GF</b> <b>Vegan, DF: Chickpea Puffs</b>	Cucumbers and HOK Dilly Dip <b>V, EF, GF</b> <b>Vegan, DF: HOK Hummus</b>	HOK Turkey Wraps <b>DF, EF</b> <b>V, Vegan: HOK White Bean Wrap GF: Corn Tortilla</b>	HOK Pumpkin Bread and Cantaloupe <b>V, DF</b> <b>Vegan, EF, GF: Veggie Straws</b>
Monday, November 10, 2025	Tuesday, November 11, 2025	Wednesday, November 12, 2025	Thursday, November 13, 2025	Friday, November 14, 2025
HOK Granola Cereal and HOK Vanilla Yogurt <b>V, EF, GF</b> <b>Vegan, DF: DF Vanilla Yogurt Vegan: Organic Rice Crisps</b>	HOK Banana Bread and Peaches <b>V</b> <b>Vegan, DF, EF, GF: GF Vegan Banana Bread</b>	Maple Mini Waffles and HOK Peach Compote <b>V</b> <b>Vegan, DF, EF, GF: GF Vegan Pancake</b>	HOK Oatmeal and Honeydew <b>V, Vegan, DF, EF, GF</b>	HOK Sunbutter Granola Bar and Cantaloupe <b>V, Vegan, DF, EF, GF</b>
HOK Hummus and Pita <b>V, Vegan, EF, DF</b> <b>GF: Cucumbers</b>	Turkey Cubes and HOK Applesauce <b>DF, EF, GF</b> <b>V, Vegan: Veggie Straws</b>	Pretzel Bites and HOK Cheese Dip <b>V, EF</b> <b>GF: GF Pretzels DF, Vegan: Sunbutter</b>	HOK Banana Oat Bites and Apple Slices <b>V, Vegan, DF, EF, GF</b>	Organic Tortilla Chips and HOK Spinach Dip <b>V, GF</b> <b>Vegan, DF, EF: HOK Salsa</b>
Monday, November 17, 2025	Tuesday, November 18, 2025	Wednesday, November 19, 2025	Thursday, November 20, 2025	Friday, November 21, 2025
Bagels and Cream Cheese <b>V, EF</b> <b>Vegan, DF, GF: Compote GF: GF Vegan Pancake</b>	HOK Blueberry Bread and Pears <b>V</b> <b>Vegan, DF, EF, GF: GF Vegan Banana Bread</b>	HOK Peach Bread and Mango Chunks <b>V</b> <b>Vegan, DF, EF, GF: Organic Rice Crisps</b>	HOK Pancakes and Strawberry Compote <b>V</b> <b>Vegan, DF, EF, GF: GF Vegan Pancake</b>	HOK Strawberry Yogurt and Bananas <b>V, EF, GF</b> <b>Vegan, DF: Dairy Free Vanilla Yogurt</b>
HOK Applesauce and Graham Crackers <b>V, DF, EF</b> <b>Vegan, GF: Veggie Straws</b>	Cheese Cubes and Apple Slices <b>V, EF, GF</b> <b>Vegan, DF: Chickpea Puffs</b>	Blanched Baby Carrots and HOK Ranch <b>V, GF</b> <b>Vegan, DF, EF: White Bean Dip</b>	HOK Turkey Wraps <b>DF, EF</b> <b>V, Vegan: HOK White Bean Wrap GF: Corn Tortilla</b>	HOK Apple Butter Bread and Watermelon <b>V, DF</b> <b>Vegan, EF, GF: Veggie Straws</b>
Monday, November 24, 2025	Tuesday, November 25, 2025	Wednesday, November 26, 2025	Thursday, November 27, 2025	Friday, November 28, 2025
HOK Granola Cereal and HOK Blueberry Yogurt <b>V, EF, GF</b> <b>Vegan, DF: DF Vanilla Yogurt Vegan: Organic Rice Crisps</b>	HOK Banana Bread and Peaches <b>V</b> <b>Vegan, DF, EF, GF: GF Vegan Banana Bread</b>	HOK Oatmeal and Cantaloupe <b>V, Vegan, DF, EF, GF</b>	Happy Thanksgiving!	HOK Sunbutter Granola Bar and Honeydew <b>V, Vegan, DF, EF, GF</b>
HOK Spinach Dip and Pita <b>V</b> <b>Vegan, DF, EF: White Bean Dip GF: Cucumbers</b>	Turkey Cubes and HOK Applesauce <b>DF, EF, GF</b> <b>V, Vegan: Veggie Straws</b>	Pretzels and HOK Sunbutter <b>V, Vegan, DF, EF</b> <b>GF: GF Pretzels</b>		Organic Tortilla Chips and HOK Salsa <b>V, Vegan, DF, EF, GF</b>

Disclaimer: For a complete list of ingredients, please refer to the official ingredient list provided.  
All meals prepared in a facility that handles wheat and wheat-based products