

Snack Menu

NO FRIED FOODS!!

Monday	Tuesday	Wednesday	Thursday	Friday
Monday, October 30, 2017	Tuesday, October 31, 2017	Wednesday, November 1, 2017	Thursday, November 2, 2017	Friday, November 3, 2017
Cereal and Market Fruit	Bagel and Cream Cheese	HOK Apple Bar and Market Fruit	HOK Fruit Bread and Yogurt	HOK Oatmeal and Market Fruit
HOK Applesauce and Graham Crackers	Cheese Cubes and Market Fruit	Turkey Roll Up w/ Tortilla	Pretzels and HOK Sunbutter	Chips and HOK Salsa
Monday, November 6, 2017	Tuesday, November 7, 2017	Wednesday, November 8, 2017	Thursday, November 9, 2017	Friday, November 10, 2017
Fruit Bread and Market Fruit	Yogurt and Market Fruit	HOK Biscuits and Gravy	HOK Banana Bar and Yogurt	HOK French Toast and Low Sugar Compote
HOK Hummus and Pita	HOK Spinach Dip and Flatbread	HOK Sunbutter and HOK Jelly Sandwich	HOK Ranch, Cucumbers and Flatbread	HOK Granola Bar and Market Fruit
Monday, November 13, 2017	Tuesday, November 14, 2017	Wednesday, November 15, 2017	Thursday, November 16, 2017	Friday, November 17, 2017
Cereal and Market Fruit	Bagel and Cream Cheese	HOK Apple Bar and Market Fruit	HOK Fruit Bread and Yogurt	HOK Oatmeal and Market Fruit
HOK Applesauce and Graham Crackers	Cheese Cubes and Market Fruit	Turkey Roll Up w/ Tortilla	Pretzels and HOK Sunbutter	Chips and HOK Salsa
Monday, November 20, 2017	Tuesday, November 21, 2017	Wednesday, November 22, 2017	Thursday, November 23, 2017	Friday, November 24, 2017
HOK English Muffin Bread and HOK Fruit Jam	HOK Fruit Bread and Fruit	Turkey Ham and Cheese Biscuit	Happy Thanksgiving!	Cereal and Market Fruit
HOK Hummus and Breadsticks	Turkey Cubes and Market Fruit	HOK Sunbutter and HOK Jelly Sandwich		HOK Granola Bar and Market Fruit
Monday, November 27, 2017	Tuesday, November 28, 2017	Wednesday, November 29, 2017	Thursday, November 30, 2017	Friday, December 1, 2017
Bagel and Cream Cheese	Cereal and Market Fruit	HOK Apple Bar and Market Fruit	HOK Fruit Bread and Yogurt	HOK Oatmeal and Market Fruit
HOK Applesauce and Graham Crackers	Cheese Cubes and Market Fruit	Turkey Roll Up w/ Tortilla	Pretzels and HOK Sunbutter	Chips and HOK Salsa