



Snack Menu

NO FRIED FOODS!!

Monday, September 30, 2019	Tuesday, October 1, 2019	Wednesday, October 2, 2019	Thursday, October 3, 2019	Friday, October 4, 2019
HOK WG Fruit Muffin and Market Fruit V	Bagels and Cream Cheese V, EF	HOK WG French Toast and HOK Compote V	HOK WG Biscuits and Gravy EF	HOK Yogurt and Market Fruit V, EF, GF
HOK Hummus and Pita V, Vegan, EF, DF	Turkey Cubes and HOK Applesauce DF, EF	HOK Ranch, Cucumbers, and Flatbread V	HOK WG Granola Bar and Market Fruit V, Vegan, DF, EF, GF	Pretzels and HOK Sunbutter V, Vegan, DF, EF
Monday, October 7, 2019	Tuesday, October 8, 2019	Wednesday, October 9, 2019	Thursday, October 10, 2019	Friday, October 11, 2019
HOK WG Granola Cereal and HOK Yogurt V, EF, GF	HOK WG Cinnamon Bread and Market Fruit V	HOK WG Oatmeal and Market Fruit V, Vegan, DF, EF, GF	HOK WG Cheddar Biscuit and Market Fruit V, EF	HOK WG Apple Bar and Market Fruit V, EF
HOK Applesauce and Graham Crackers V, DF, EF	Cheese Cubes and Tomato Wedges V, EF, GF	Turkey WG Tortilla Roll Up EF, DF	Cucumbers and HOK Dilly Cheese V, EF, GF	Chips and HOK Salsa V, Vegan, DF, EF, GF
Monday, October 14, 2019	Tuesday, October 15, 2019	Wednesday, October 16, 2019	Thursday, October 17, 2019	Friday, October 18, 2019
HOK WG Fruit Muffin and Market Fruit V	Bagels and Cream Cheese V, EF	HOK WG Pancakes and HOK Compote V	Turkey Ham and Cheese WG Biscuits EF	HOK Yogurt and Market Fruit V, EF, GF
HOK Hummus and Pita V, Vegan, EF, DF	Turkey Cubes and HOK Applesauce DF, EF	HOK Ranch, Cucumbers, and Flatbread V	HOK WG Granola Bar and Market Fruit V, Vegan, DF, EF, GF	Pretzels and HOK Sunbutter V, Vegan, DF, EF
Monday, October 21, 2019	Tuesday, October 22, 2019	Wednesday, October 23, 2019	Thursday, October 24, 2019	Friday, October 25, 2019
HOK WG Granola Cereal and HOK Yogurt V, EF, GF	HOK WG Cinnamon Bread and Market Fruit V	HOK WG Oatmeal and Market Fruit V, Vegan, DF, EF, GF	HOK WG Cheddar Biscuit and Market Fruit V, EF	HOK WG Banana Bar and Market Fruit V, EF
HOK Applesauce and Graham Crackers V, DF, EF	Cheese Cubes and Tomato Wedges V, EF, GF	Turkey WG Tortilla Roll Up EF, DF	Cucumbers and HOK Dilly Cheese V, EF, GF	Chips and HOK Salsa V, Vegan, DF, EF, GF
Monday, October 28, 2019	Tuesday, October 29, 2019	Wednesday, October 30, 2019	Thursday, October 31, 2019	Friday, November 1, 2019
HOK WG Fruit Muffin and Market Fruit V	Bagels and Cream Cheese V, EF	HOK WG French Toast and HOK Compote V	HOK WG Biscuits and Gravy EF	HOK Yogurt and Market Fruit V, EF, GF
HOK Hummus and Pita V, Vegan, EF, DF	Turkey Cubes and HOK Applesauce DF, EF	HOK Ranch, Cucumbers, and Flatbread V	HOK WG Granola Bar and Market Fruit V, Vegan, DF, EF, GF	Pretzels and HOK Sunbutter V, Vegan, DF, EF

WG = Whole Grain