



Snack Menu

NO FRIED FOODS!!

Monday, September 30, 2024	Tuesday, October 1, 2024	Wednesday, October 2, 2024	Thursday, October 3, 2024	Friday, October 4, 2024
HOK Granola Cereal and HOK Blueberry Yogurt V, EF, GF <u>Vegan, DF: DF Vanilla Yogurt</u> <u>Vegan: Rice Chex</u>	HOK Banana Bread and Peaches V <u>Vegan, DF, EF, GF: GF Vegan Banana Bread</u>	HOK Oatmeal and Honeydew V, Vegan, DF, EF, GF	Biscuits and HOK Strawberry Compote V, EF <u>DF, GF, Vegan: GF Vegan Pancake</u>	Maple Mini Waffles and Mango Chunks V <u>Vegan, DF, EF, GF: Rice Chex</u>
HOK Spinach Dip and Pita V <u>Vegan, DF, EF: White Bean Dip</u> <u>GF: Cucumbers</u>	Wisconsin Cheese Curds and Veggie Straws V, EF, GF <u>DF, Vegan: Applesauce</u>	HOK Carrot & Zucchini Bars and Apple Slices V, DF <u>Vegan, EF, GF: Chickpea Puffs</u>	Croissant and HOK Applesauce V <u>Vegan, DF, EF, GF: Veggie Straws</u>	Chips and HOK Salsa V, Vegan, DF, EF, GF
Monday, October 7, 2024	Tuesday, October 8, 2024	Wednesday, October 9, 2024	Thursday, October 10, 2024	Friday, October 11, 2024
Bagels and Cream Cheese V, EF <u>Vegan, DF, GF: Compote</u> <u>GF: GF Vegan Pancake</u>	HOK Blueberry Bread and Pears V <u>Vegan, DF, EF, GF: GF Vegan Banana Bread</u>	HOK French Toast and HOK Peach Compote V <u>Vegan, DF, EF, GF: GF Vegan Pancake</u>	HOK Pineapple Bread and Mango Chunks V <u>Vegan, DF, EF, GF: Rice Chex</u>	HOK Strawberry Yogurt and Bananas V, EF, GF <u>Vegan, DF: Dairy Free Vanilla Yogurt</u>
HOK Applesauce and Graham Crackers V, DF, EF <u>Vegan, GF: Veggie Straws</u>	Cheese Cubes and Chickpea Puffs V, EF, GF <u>Vegan, DF: Applesauce</u>	Pretzel Bites and HOK Cheese Dip V, EF <u>GF: GF Pretzels</u> <u>DF, Vegan: Sunbutter</u>	Cucumbers and HOK Dilly Dip V, EF, GF <u>Vegan, DF: HOK Hummus</u>	HOK Pumpkin Bread and Cantaloupe V, DF <u>Vegan, EF, GF: Snap Pea Crisps</u>
Monday, October 14, 2024	Tuesday, October 15, 2024	Wednesday, October 16, 2024	Thursday, October 17, 2024	Friday, October 18, 2024
HOK Granola Cereal and HOK Vanilla Yogurt V, EF, GF <u>Vegan, DF: DF Vanilla Yogurt</u> <u>Vegan: Rice Chex</u>	HOK Banana Bread and Peaches V <u>Vegan, DF, EF, GF: GF Vegan Banana Bread</u>	HOK Oatmeal and Cantaloupe V, Vegan, DF, EF, GF	Maple Mini Waffles and HOK Blueberry Compote V <u>Vegan, DF, EF, GF: GF Vegan Pancake</u>	HOK Pear Bread and Mango Chunks V, DF <u>Vegan, EF, GF: Rice Chex</u>
HOK Hummus and Pita V, Vegan, EF, DF <u>GF: Corn Tortilla</u>	Wisconsin Cheese Curds and Veggie Straws V, EF, GF <u>DF, Vegan: Applesauce</u>	HOK Carrot & Zucchini Bars and Apple Slices V, DF <u>Vegan, EF, GF: Chickpea Puffs</u>	Turkey Cubes and HOK Applesauce DF, EF, GF <u>V, Vegan: Veggie Straws</u>	Chips and HOK Cheese Dip V, EF, GF <u>DF, Vegan: HOK Salsa</u>
Monday, October 21, 2024	Tuesday, October 22, 2024	Wednesday, October 23, 2024	Thursday, October 24, 2024	Friday, October 25, 2024
Bagels and Cream Cheese V, EF <u>Vegan, DF, GF: Compote</u> <u>GF: GF Vegan Pancake</u>	HOK Blueberry Bread and Pears V <u>Vegan, DF, EF, GF: GF Vegan Banana Bread</u>	HOK French Toast and HOK Vegan Apple Butter V <u>Vegan, DF, EF, GF: GF Vegan Pancake</u>	HOK Strawberry Banana Bread and Mango Chunks V <u>Vegan, DF, EF, GF: Rice Chex</u>	HOK Peach Yogurt and Bananas V, EF, GF <u>Vegan, DF: Dairy Free Vanilla Yogurt</u>
HOK Applesauce and Graham Crackers V, DF, EF <u>Vegan, GF: Veggie Straws</u>	Cheese Cubes and Chickpea Puffs V, EF, GF <u>Vegan, DF: Applesauce</u>	Pretzels and HOK Sunbutter V, Vegan, DF, EF <u>GF: GF Pretzels</u>	HOK Ranch and Cucumbers V, GF <u>Vegan, DF, EF: White Bean Dip</u>	HOK Apple Butter Bread and Cantaloupe V, DF <u>Vegan, EF, GF: Snap Pea Crisps</u>
Monday, October 28, 2024	Tuesday, October 29, 2024	Wednesday, October 30, 2024	Thursday, October 31, 2024	Friday, November 1, 2024
HOK Granola Cereal and Strawberry Yogurt V, EF, GF <u>Vegan, DF: DF Vanilla Yogurt</u> <u>Vegan: Rice Chex</u>	HOK Banana Bread and Peaches V <u>Vegan, DF, EF, GF: GF Vegan Banana Bread</u>	HOK Oatmeal and Honeydew V, Vegan, DF, EF, GF	Biscuits and HOK Peach Compote V, EF <u>DF, GF, Vegan: GF Vegan Pancake</u>	Maple Mini Waffles and Mango Chunks V <u>Vegan, DF, EF, GF: Rice Chex</u>
HOK Spinach Dip and Pita V <u>Vegan, DF, EF: White Bean Dip</u> <u>GF: Cucumbers</u>	Wisconsin Cheese Curds and Veggie Straws V, EF, GF <u>DF, Vegan: Applesauce</u>	HOK Carrot & Zucchini Bars and Apple Slices V, DF <u>Vegan, EF, GF: Chickpea Puffs</u>	Croissant and HOK Applesauce V <u>Vegan, DF, EF, GF: Veggie Straws</u>	Chips and HOK Salsa V, Vegan, DF, EF, GF