



Snack Menu

NO FRIED FOODS!!

Monday, October 05, 2026	Tuesday, October 06, 2026	Wednesday, October 07, 2026	Thursday, October 08, 2026	Friday, October 09, 2026
HOK Granola Cereal and HOK Peach Yogurt V, EF, GF <u>Vegan, DF: DF Vanilla Yogurt Vegan: Organic Rice Crisps</u>	HOK Blueberry Bread and Peaches V <u>Vegan, DF, EF, GF: GF Vegan Banana Bread</u>	HOK Oatmeal and Mango Chunks V, Vegan, DF, EF, GF	French Toast and HOK Blueberry Compote V <u>Vegan, DF, EF, GF: GF Vegan Pancake</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 Watermelon V, EF, GF <u>Vegan, DF: Chickpea Puffs</u>	Cucumbers and HOK Ranch V, GF <u>Vegan, DF, EF: White Bean Dip</u>	Cottage Cheese and Pineapple V, EF, GF <u>Vegan, DF: Cucumbers</u>	HOK Apple Butter Bread and Pears V, DF <u>Vegan, EF, GF: GF Vegan Peach Bread</u>
Monday, October 12, 2026	Tuesday, October 13, 2026	Wednesday, October 14, 2026	Thursday, October 15, 2026	Friday, October 16, 2026
Bagels and Cream Cheese V, EF <u>Vegan, DF, GF: Compote GF: GF Vegan Pancake</u>	HOK Banana Bread and Pears V <u>Vegan, DF, EF, GF: GF Vegan Banana Bread</u>	HOK Peach Bread and Mango Chunks V <u>Vegan, DF, EF, GF: GF Vegan Peach Bread</u>	Biscuits and Strawberry Compote V, EF <u>Vegan, DF, GF: GF Vegan Pancake</u>	HOK Apple Cinnamon Granola Bar and Bananas V, Vegan, DF, EF, GF
HOK Hummus and Pita V, Vegan, EF, DF <u>GF: Cucumbers</u>	Turkey Cubes and HOK Applesauce DF, EF, GF <u>V, Vegan: Veggie Straws</u>	Pretzels and HOK Sunbutter V, Vegan, DF, EF <u>GF: GF Pretzels</u>	HOK Banana Oat Bites and Apple Slices V, Vegan, DF, EF, GF	Organic Tortilla Chips and HOK Salsa V, Vegan, DF, EF, GF
Monday, October 19, 2026	Tuesday, October 20, 2026	Wednesday, October 21, 2026	Thursday, October 22, 2026	Friday, October 23, 2026
HOK Granola Cereal and HOK Vanilla Yogurt V, EF, GF <u>Vegan, DF: DF Vanilla Yogurt Vegan: Organic Rice Crisps</u>	HOK Blueberry Bread and Peaches V <u>Vegan, DF, EF, GF: GF Vegan Banana Bread</u>	HOK Oatmeal and Mango Chunks V, Vegan, DF, EF, GF	HOK Pancakes and Peach Compote V <u>Vegan, DF, EF, GF: GF Vegan Pancake</u>	HOK Blueberry 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>	Wisconsin Cheese Curds and Watermelon V, EF, GF <u>Vegan, DF: Chickpea Puffs</u>	Pita and HOK Dilly Dip V, EF <u>GF: Cucumbers Vegan, DF: HOK Hummus</u>	HOK Turkey Wraps DF, EF <u>V, Vegan: HOK White Bean Wrap GF: Corn Tortilla</u>	HOK Pumpkin Bread and Apple Slices V, DF <u>Vegan, EF, GF: GF Vegan Peach Bread</u>
Monday, October 26, 2026	Tuesday, October 27, 2026	Wednesday, October 28, 2026	Thursday, October 29, 2026	Friday, October 30, 2026
Bagels and Cream Cheese V, EF <u>Vegan, DF, GF: Compote GF: GF Vegan Pancake</u>	HOK Banana Bread and Pears V <u>Vegan, DF, EF, GF: GF Vegan Banana Bread</u>	HOK Cinnamon Bread and Mango Chunks V <u>Vegan, DF, EF, GF: GF Vegan Peach Bread</u>	Maple Mini Waffles and HOK Blueberry Compote V <u>Vegan, DF, EF, GF: GF Vegan Pancake</u>	HOK Apple Cinnamon Granola Bar and Bananas V, Vegan, DF, EF, GF
HOK Hummus and Pita V, Vegan, EF, DF <u>GF: Cucumbers</u>	Turkey Cubes and HOK Applesauce DF, EF, GF <u>V, Vegan: Veggie Straws</u>	Pretzel Bites and HOK Cheese Dip V, EF <u>GF: GF Pretzels DF, Vegan: Sunbutter</u>	HOK Banana Oat Bites and Apple Slices V, Vegan, DF, EF, GF	Organic Tortilla Chips and HOK Spinach Dip V, GF <u>Vegan, DF, EF: HOK Salsa</u>

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