



Snack Menu

NO FRIED FOODS!!

Monday, September 29, 2025	Tuesday, September 30, 2025	Wednesday, October 01, 2025	Thursday, October 02, 2025	Friday, October 03, 2025
Bagels and Cream Cheese V, EF Vegan, DF, GF: Compote GF: GF Vegan Pancake	HOK Blueberry Bread and Pears V Vegan, DF, EF, GF: GF Vegan Banana Bread	HOK Cinnamon Bread and Mango Chunks V Vegan, DF, EF, GF: Organic Rice Crisps	French Toast and HOK Blueberry Compote V Vegan, DF, EF, GF: GF Vegan Pancake	HOK Peach Yogurt and Bananas V, EF, GF Vegan, DF: Dairy Free Vanilla Yogurt
HOK Applesauce and Graham Crackers V, DF, EF Vegan, GF: Veggie Straws	Wisconsin Cheese Curds and Apple Slices V, EF, GF Vegan, DF: Chickpea Puffs	Cucumbers and HOK Dilly Dip V, EF, GF Vegan, DF: HOK Hummus	HOK Turkey Wraps DF, EF V, Vegan: HOK White Bean Wrap GF: Corn Tortilla	HOK Pumpkin Bread and Cantaloupe V, DF Vegan, EF, GF: Veggie Straws
Monday, October 06, 2025	Tuesday, October 07, 2025	Wednesday, October 08, 2025	Thursday, October 09, 2025	Friday, October 10, 2025
HOK Granola Cereal and HOK Vanilla Yogurt V, EF, GF Vegan, DF: DF Vanilla Yogurt Vegan: Organic Rice Crisps	HOK Banana Bread and Peaches V Vegan, DF, EF, GF: GF Vegan Banana Bread	HOK Oatmeal and Honeydew V, Vegan, DF, EF, GF	HOK Pancakes and Peach Compote V Vegan, DF, EF, GF: GF Vegan Pancake	HOK Sunbutter Granola Bar and Cantaloupe V, Vegan, DF, EF, GF
HOK Hummus and Pita V, Vegan, EF, DF GF: Cucumbers	Turkey Cubes and HOK Applesauce DF, EF, GF V, Vegan: Veggie Straws	Pretzel Bites and HOK Cheese Dip V, EF GF: GF Pretzels DF, Vegan: Sunbutter	HOK Banana Oat Bites and Apple Slices V, Vegan, DF, EF, GF	Organic Tortilla Chips and HOK Spinach Dip V, GF Vegan, DF, EF: HOK Salsa
Monday, October 13, 2025	Tuesday, October 14, 2025	Wednesday, October 15, 2025	Thursday, October 16, 2025	Friday, October 17, 2025
Bagels and Cream Cheese V, EF Vegan, DF, GF: Compote GF: GF Vegan Pancake	HOK Blueberry Bread and Pears V Vegan, DF, EF, GF: GF Vegan Banana Bread	HOK Peach Bread and Mango Chunks V Vegan, DF, EF, GF: Organic Rice Crisps	Maple Mini Waffles and HOK Strawberry Compote V Vegan, DF, EF, GF: GF Vegan Pancake	HOK Strawberry Yogurt and Bananas V, EF, GF Vegan, DF: Dairy Free Vanilla Yogurt
HOK Applesauce and Graham Crackers V, DF, EF Vegan, GF: Veggie Straws	Cheese Cubes and Apple Slices V, EF, GF Vegan, DF: Chickpea Puffs	Blanched Baby Carrots and HOK Ranch V, GF Vegan, DF, EF: White Bean Dip	HOK Turkey Wraps DF, EF V, Vegan: HOK White Bean Wrap GF: Corn Tortilla	HOK Apple Butter Bread and Watermelon V, DF Vegan, EF, GF: Veggie Straws
Monday, October 20, 2025	Tuesday, October 21, 2025	Wednesday, October 22, 2025	Thursday, October 23, 2025	Friday, October 24, 2025
HOK Granola Cereal and HOK Blueberry Yogurt V, EF, GF Vegan, DF: DF Vanilla Yogurt Vegan: Organic Rice Crisps	HOK Banana Bread and Peaches V Vegan, DF, EF, GF: GF Vegan Banana Bread	HOK Oatmeal and Cantaloupe V, Vegan, DF, EF, GF	Biscuits and HOK Vegan Apple Butter V, EF DF, GF, Vegan: GF Vegan Pancake	HOK Sunbutter Granola Bar and Honeydew V, Vegan, DF, EF, GF
HOK Spinach Dip and Pita V Vegan, DF, EF: White Bean Dip GF: Cucumbers	Turkey Cubes and HOK Applesauce DF, EF, GF V, Vegan: Veggie Straws	Pretzels and HOK Sunbutter V, Vegan, DF, EF GF: GF Pretzels	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 27, 2025	Tuesday, October 28, 2025	Wednesday, October 29, 2025	Thursday, October 30, 2025	Friday, October 31, 2025
Bagels and Cream Cheese V, EF Vegan, DF, GF: Compote GF: GF Vegan Pancake	HOK Blueberry Bread and Pears V Vegan, DF, EF, GF: GF Vegan Banana Bread	HOK Cinnamon Bread and Mango Chunks V Vegan, DF, EF, GF: Organic Rice Crisps	French Toast and HOK Blueberry Compote V Vegan, DF, EF, GF: GF Vegan Pancake	HOK Peach Yogurt and Bananas V, EF, GF Vegan, DF: Dairy Free Vanilla Yogurt
HOK Applesauce and Graham Crackers V, DF, EF Vegan, GF: Veggie Straws	Wisconsin Cheese Curds and Apple Slices V, EF, GF Vegan, DF: Chickpea Puffs	Cucumbers and HOK Dilly Dip V, EF, GF Vegan, DF: HOK Hummus	HOK Turkey Wraps DF, EF V, Vegan: HOK White Bean Wrap GF: Corn Tortilla	HOK Pumpkin Bread and Cantaloupe V, DF Vegan, EF, GF: Veggie Straws

All meals prepared in a facility that handles wheat and wheat-based products