

Snack Menu

NO FRIED FOODS!!

Monday, August 31, 2020	Tuesday, September 1, 2020	Wednesday, September 2, 2020	Thursday, September 3, 2020	Friday, September 4, 2020
HOK WG Fruit Muffin and Market Fruit V	HOK WG Granola Cereal and HOK Yogurt V, EF, GF	HOK WG Oatmeal and Market Fruit V, Vegan, DF, EF, GF	HOK Cheddar Biscuit and Market Fruit V, EF	HOK WG Banana Bar and Market Fruit V, EF
HOK Hummus and Pita V, Vegan, EF, DF	Turkey Cubes and HOK Applesauce DF, EF	HOK Ranch, Cucumbers, and Flatbread V	HOK Sunbutter and Jelly Sandwich V, Vegan, DF, EF	Chips and HOK Salsa V, Vegan, DF, EF, GF
Monday, September 7, 2020	Tuesday, September 8, 2020	Wednesday, September 9, 2020	Thursday, September 10, 2020	Friday, September 11, 2020
Happy Labor Day!	Bagels and Cream Cheese V, EF	HOK WG French Toast and HOK Compote V	HOK Biscuits and Gravy EF	HOK Yogurt and Market Fruit V, EF, GF
	HOK Applesauce and Graham Crackers V, DF, EF	Turkey WG Tortilla Roll Up EF, DF	Cucumbers and HOK Dilly Cheese V, EF, GF	Pretzels and HOK Sunbutter V, Vegan, DF, EF
Monday, September 14, 2020	Tuesday, September 15, 2020	Wednesday, September 16, 2020	Thursday, September 17, 2020	Friday, September 18, 2020
HOK WG Cinnamon Bread and Market Fruit V	HOK WG Granola Cereal and HOK Yogurt V, EF, GF	HOK WG Oatmeal and Market Fruit V, Vegan, DF, EF, GF	HOK Cheddar Biscuit and Market Fruit V, EF	HOK WG Apple Bar and Market Fruit V, EF
HOK Hummus and Pita V, Vegan, EF, DF	Turkey Cubes and HOK Applesauce DF, EF	HOK Ranch, Cucumbers, and Flatbread V	HOK Sunbutter and Jelly Sandwich V, Vegan, DF, EF	Chips and HOK Salsa V, Vegan, DF, EF, GF
Monday, September 21, 2020	Tuesday, September 22, 2020	Wednesday, September 23, 2020	Thursday, September 24, 2020	Friday, September 25, 2020
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 Biscuits EF	HOK Yogurt and Market Fruit V, EF, GF
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	Pretzels and HOK Sunbutter V, Vegan, DF, EF
Monday, September 28, 2020	Tuesday, September 29, 2020	Wednesday, September 30, 2020	Thursday, October 1, 2020	Friday, October 2, 2020
HOK WG Cinnamon Bread and Market Fruit V	HOK WG Granola Cereal and HOK Yogurt V, EF, GF	HOK WG Oatmeal and Market Fruit V, Vegan, DF, EF, GF	HOK Cheddar Biscuit and Market Fruit V, EF	HOK WG Banana Bar and Market Fruit V, EF
HOK Hummus and Pita V, Vegan, EF, DF	Turkey Cubes and HOK Applesauce DF, EF	HOK Ranch, Cucumbers, and Flatbread V	HOK Sunbutter and Jelly Sandwich V, Vegan, DF, EF	Chips and HOK Salsa V, Vegan, DF, EF, GF

WG = Whole Grain

A