



# Snack Menu

**NO FRIED FOODS!!**

Monday, September 04, 2023	Tuesday, September 05, 2023	Wednesday, September 06, 2023	Thursday, September 07, 2023	Friday, September 08, 2023
Happy Memorial Day!	HOK Banana Bread and Market Fruit <b>V</b> <u>Vegan, DF, EF, GF: Cheerios</u>	HOK Oatmeal and Market Fruit <b>V, Vegan, DF, EF, GF</b>	HOK Biscuits and HOK Compote <b>V, EF</b> <b>DF, GF, Vegan: GF Vegan Pancake</b>	HOK Arroz Con Leche and Market Fruit <b>V, EF, GF</b> <b>Vegan, DF: Rice Chex</b>
	Turkey Cubes and HOK Applesauce <b>DF, EF, GF</b> <b>V, Vegan: Veggie Straws</b>	HOK Ranch and Cucumbers <b>V, GF</b> <b>Vegan, DF, EF: White Bean Dip</b>	Wisconsin Cheese Curds and Veggie Straws <b>V, EF, GF</b> <b>DF, Vegan: Applesauce</b>	Chips and HOK Salsa <b>V, Vegan, DF, EF, GF</b>
Monday, September 11, 2023	Tuesday, September 12, 2023	Wednesday, September 13, 2023	Thursday, September 14, 2023	Friday, September 15, 2023
HOK Granola Cereal and HOK Yogurt <b>V, EF, GF</b> <b>Vegan, DF: Applesauce Vegan: Rice Chex</b>	HOK Blueberry Bread and Market Fruit <b>V</b> <b>Vegan, DF, EF, GF: Cheerios</b>	HOK Pancakes and HOK Compote <b>V</b> <b>Vegan, DF, EF, GF: GF Vegan Pancake</b>	HOK Pineapple Bread and Market Fruit <b>V</b> <b>Vegan, DF, EF, GF: Rice Chex</b>	HOK Yogurt and Market Fruit <b>V, EF, GF</b> <b>Vegan, DF: Cheerios</b>
HOK Applesauce and Graham Crackers <b>V, DF, EF</b> <b>Vegan, GF: Vegan Cookie</b>	Cheese Cubes and Tomatos <b>V, EF, GF</b> <b>Vegan, DF: Veggie Straws</b>	Pretzels and HOK Sunbutter <b>V, Vegan, DF, EF</b> <b>GF: GF Pretzels</b>	Cucumbers and HOK Dilly Dip <b>V, EF, GF</b> <b>Vegan, DF: HOK Hummus</b>	HOK Pumpkin Bread and Market Fruit <b>V</b> <b>Vegan, DF, EF, GF: Vegan Cookie</b>
Monday, September 18, 2023	Tuesday, September 19, 2023	Wednesday, September 20, 2023	Thursday, September 21, 2023	Friday, September 22, 2023
Bagels and Cream Cheese <b>V, EF</b> <b>Vegan, DF, GF: Compote GF: GF Vegan Pancake</b>	HOK Banana Bread and Market Fruit <b>V</b> <b>Vegan, DF, EF, GF: Cheerios</b>	HOK Oatmeal and Market Fruit <b>V, Vegan, DF, EF, GF</b>	HOK Biscuits and HOK Gravy <b>EF ***</b>	HOK Arroz Con Leche and Market Fruit <b>V, EF, GF</b> <b>Vegan, DF: Rice Chex</b>
HOK Hummus and Pita <b>V, Vegan, EF, DF</b> <b>GF: Corn Tortilla</b>	Turkey Cubes and HOK Applesauce <b>DF, EF, GF</b> <b>V, Vegan: Veggie Straws</b>	HOK Ranch and Cucumbers <b>V, GF</b> <b>Vegan, DF, EF: White Bean Dip</b>	Wisconsin Cheese Curds and Veggie Straws <b>V, EF, GF</b> <b>DF, Vegan: Applesauce</b>	Chips and HOK Salsa <b>V, Vegan, DF, EF, GF</b>
Monday, September 25, 2023	Tuesday, September 26, 2023	Wednesday, September 27, 2023	Thursday, September 28, 2023	Friday, September 29, 2023
HOK Granola Cereal and HOK Yogurt <b>V, EF, GF</b> <b>Vegan, DF: Applesauce Vegan: Rice Chex</b>	HOK Blueberry Bread and Market Fruit <b>V</b> <b>Vegan, DF, EF, GF: Cheerios</b>	HOK French Toast and HOK Compote <b>V</b> <b>Vegan, DF, EF, GF: GF Vegan Pancake</b>	HOK Pineapple Bread and Market Fruit <b>V</b> <b>Vegan, DF, EF, GF: Rice Chex</b>	HOK Yogurt and Market Fruit <b>V, EF, GF</b> <b>Vegan, DF: Cheerios</b>
HOK Applesauce and Graham Crackers <b>V, DF, EF</b> <b>Vegan, GF: Vegan Cookie</b>	Cheese Cubes and Tomatos <b>V, EF, GF</b> <b>Vegan, DF: Veggie Straws</b>	Pretzels and HOK Sunbutter <b>V, Vegan, DF, EF</b> <b>GF: GF Pretzels</b>	Cucumbers and HOK Dilly Dip <b>V, EF, GF</b> <b>Vegan, DF: HOK Hummus</b>	HOK Pumpkin Bread and Market Fruit <b>V</b> <b>Vegan, DF, EF, GF: Vegan Cookie</b>

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**Vegan, DF, GF: GF Vegan Pancake and HOK Compote**  
**V: Biscuit and HOK Compote**

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