

Snack Menu

NO FRIED FOODS!!

Monday, August 31, 2026	Tuesday, September 1, 2026	Wednesday, September 2, 2026	Thursday, September 3, 2026	Friday, September 4, 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 Peach 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>
Monday, September 7, 2026	Tuesday, September 8, 2026	Wednesday, September 9, 2026	Thursday, September 10, 2026	Friday, September 11, 2026
HOK Granola Cereal and HOK Blueberry 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 Honeydew 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, September 14, 2026	Tuesday, September 15, 2026	Wednesday, September 16, 2026	Thursday, September 17, 2026	Friday, September 18, 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, September 21, 2026	Tuesday, September 22, 2026	Wednesday, September 23, 2026	Thursday, September 24, 2026	Friday, September 25, 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	HOK Pancakes and Strawberry Compote V <u>Vegan, DF, EF, GF: GF Vegan Pancake</u>	HOK Vanilla 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, September 28, 2026	Tuesday, September 29, 2026	Wednesday, September 30, 2026	Thursday, October 1, 2026	Friday, October 2, 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 Peach Compote V <u>Vegan, DF, EF, GF: GF Vegan Pancake</u>	HOK Apple Cinnamon Granola Bar and Bananas V, Vegan, DF, EF, GF