

Snack Menu

NO FRIED FOODS!!

Monday, July 1, 2024	Tuesday, July 2, 2024	Wednesday, July 3, 2024	Thursday, July 4, 2024	Friday, July 5, 2024
HOK Granola Cereal and HOK Blueberry Yogurt V, EF, GF Vegan, DF: DF Vanilla Yogurt Vegan: Rice Chex	HOK Banana Bread and Honeydew V Vegan, DF, EF, GF: GF Vegan Banana Bread	HOK Oatmeal and Mango Chunks V, Vegan, DF, EF, GF	Happy 4th of July!	HOK Blueberry Bread and Pears V Vegan, DF, EF, GF: GF Vegan Banana Bread
HOK Spinach Dip and Pita V Vegan, DF, EF: White Bean Dip GF: Cucumbers	Wisconsin Cheese Curds and Veggie Straws V, EF, GF DF, Vegan: Applesauce	HOK Carrot & Zucchini Bars and Apple Slices V Vegan, DF, EF, GF: Chickpea Puffs		Chips and HOK Salsa V, Vegan, DF, EF, GF
Monday, July 8, 2024	Tuesday, July 9, 2024	Wednesday, July 10, 2024	Thursday, July 11, 2024	Friday, July 12, 2024
Bagels and Cream Cheese V, EF Vegan, DF, GF: Compote GF: GF Vegan Pancake	Rice Chex and Peaches V, Vegan, DF, EF, GF	French Toast and HOK Peach Compote V Vegan, DF, EF, GF: GF Vegan Pancake	HOK Pineapple Bread and Pears V Vegan, DF, EF, GF: Rice Chex	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 Oyster Crackers V, EF Vegan, DF: Applesauce GF: Chickpea Puffs	Pretzel Bites and HOK Cheese Dip V, EF GF: GF Pretzels DF, Vegan: Sunbutter	Cucumbers and HOK Dilly Dip V, EF, GF Vegan, DF: HOK Hummus	HOK Pumpkin Bread and Cantaloupe V Vegan, DF, EF, GF: Snap Pea Crisps
Monday, July 15, 2024	Tuesday, July 16, 2024	Wednesday, July 17, 2024	Thursday, July 18, 2024	Friday, July 19, 2024
HOK Granola Cereal and HOK Vanilla Yogurt V, EF, GF Vegan, DF: DF Vanilla Yogurt Vegan: Rice Chex	HOK Banana Bread and Cantaloupe V Vegan, DF, EF, GF: GF Vegan Banana Bread	HOK Oatmeal and Peaches V, Vegan, DF, EF, GF	Maple Mini Waffles and HOK Blueberry Compote V Vegan, DF, EF, GF: GF Vegan Pancake	HOK Pear Bread and Mango Chunks V, DF Vegan, EF, GF: Rice Chex
HOK Hummus and Pita V, Vegan, EF, DF GF: Corn Tortilla	Wisconsin Cheese Curds and Veggie Straws V, EF, GF DF, Vegan: Applesauce	HOK Carrot & Zucchini Bars and Apple Slices V Vegan, DF, EF, GF: Chickpea Puffs	Turkey Cubes and HOK Applesauce DF, EF, GF V, Vegan: Veggie Straws	Chips and HOK Cheese Dip V, EF, GF DF, Vegan: HOK Salsa
Monday, July 22, 2024	Tuesday, July 23, 2024	Wednesday, July 24, 2024	Thursday, July 25, 2024	Friday, July 26, 2024
Bagels and Cream Cheese V, EF Vegan, DF, GF: Compote GF: GF Vegan Pancake	HOK Blueberry Bread and Honey Dew V Vegan, DF, EF, GF: GF Vegan Banana Bread	French Toast and HOK Vegan Apple Butter V Vegan, DF, EF, GF: GF Vegan Pancake	HOK Strawberry Banana Bread and Pears V Vegan, DF, EF, GF: Rice Chex	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	Cheese Cubes and Chickpea Puffs V, EF, GF Vegan, DF: Applesauce	Pretzels and HOK Sunbutter V, Vegan, DF, EF GF: GF Pretzels	HOK Ranch and Cucumbers V, GF Vegan, DF, EF: White Bean Dip	HOK Apple Butter Bread and Cantaloupe V Vegan, DF, EF, GF: Snap Pea Crisps
Monday, July 29, 2024	Tuesday, July 30, 2024	Wednesday, July 31, 2024	Thursday, August 1, 2024	Friday, August 2, 2024
HOK Granola Cereal and HOK Blueberry Yogurt V, EF, GF Vegan, DF: DF Vanilla Yogurt Vegan: Rice Chex	HOK Banana Bread and Cantaloupe V Vegan, DF, EF, GF: GF Vegan Banana Bread	HOK Oatmeal and Peaches V, Vegan, DF, EF, GF	Biscuits and HOK Strawberry Compote V, EF DF, GF, Vegan: GF Vegan Pancake	Maple Mini Waffles and Mango Chunks V Vegan, DF, EF, GF: Rice Chex
HOK Spinach Dip and Pita V Vegan, DF, EF: White Bean Dip GF: Cucumbers	Wisconsin Cheese Curds and Veggie Straws V, EF, GF DF, Vegan: Applesauce	HOK Carrot & Zucchini Bars and Apple Slices V Vegan, DF, EF, GF: Chickpea Puffs	Croissant and HOK Applesauce V Vegan, DF, EF, GF: Veggie Straws	Chips and HOK Salsa V, Vegan, DF, EF, GF