

Snack Menu

NO FRIED FOODS!!

Monday, October 1, 2018	Tuesday, October 2, 2018	Wednesday, October 3, 2018	Thursday, October 4, 2018	Friday, October 5, 2018
HOK Fruit Muffin and Market Fruit	Bagels and Cream Cheese	HOK Biscuits and Low Sugar Compote	HOK Cinnamon Roll and HOK Yogurt	HOK Oatmeal and Market Fruit
HOK Applesauce and HOK Granola Cereal	Cheese Cubes and Tomato Wedges	Turkey Tortilla Roll Up	Pretzels and HOK Sunbutter	Chips and HOK Salsa
Monday, October 8, 2018	Tuesday, October 9, 2018	Wednesday, October 10, 2018	Thursday, October 11, 2018	Friday, October 12, 2018
CLOSED FOR PD DAY	HOK Fruit Muffin and Market Fruit	HOK Cheddar Biscuit and Market Fruit	HOK Banana Bar and Market Fruit	HOK Oatmeal and Market Fruit
	Turkey Cubes and HOK Applesauce	HOK Sunbutter and Jelly Sandwich	HOK Ranch, Cucumbers, and Flatbread	HOK Granola Bar and Market Fruit
Monday, October 15, 2018	Tuesday, October 16, 2018	Wednesday, October 17, 2018	Thursday, October 18, 2018	Friday, October 19, 2018
HOK Fruit Muffin and Market Fruit	Bagels and Cream Cheese	HOK Biscuits and Low Sugar Compote	HOK Cinnamon Roll and HOK Yogurt	HOK Oatmeal and Market Fruit
HOK Applesauce and Graham Crackers	Cheese Cubes and Tomato Wedges	Turkey Tortilla Roll Up	HOK Sunbutter Bites and Market Fruit	Chips and HOK Salsa
Monday, October 22, 2018	Tuesday, October 23, 2018	Wednesday, October 24, 2018	Thursday, October 25, 2018	Friday, October 26, 2018
HOK Granola Cereal and HOK Yogurt	HOK Fruit Muffin and Market Fruit	HOK Cheddar Biscuit and Market Fruit	HOK Apple Bar and Market Fruit	HOK Oatmeal and Market Fruit
HOK Hummus and Pita	Turkey Cubes and HOK Applesauce	HOK Sunbutter and Jelly Sandwich	HOK Ranch, Cucumbers, and Flatbread	HOK Granola Bar and Market Fruit
Monday, October 29, 2018	Tuesday, October 30, 2018	Wednesday, October 31, 2018	Thursday, November 1, 2018	Friday, November 2, 2018
HOK Fruit Muffin and Market Fruit	Bagels and Cream Cheese	HOK Biscuits and Low Sugar Compote	HOK Cinnamon Roll and HOK Yogurt	HOK Oatmeal and Market Fruit
HOK Applesauce and HOK Granola Cereal	Cheese Cubes and Tomato Wedges	Turkey Tortilla Roll Up	Pretzels and HOK Sunbutter	Chips and HOK Salsa

October Lunch

NO FRIED FOODS!!

Monday, October 1, 2018	Tuesday, October 2, 2018	Wednesday, October 3, 2018	Thursday, October 4, 2018	Friday, October 5, 2018
Mega Mac & Cheese V, EF Sliced Carrots Cantaloupe GF: GF Pasta w/ GF Sauce Vegan, DF: Cheesy Vegan Pasta	Red Pepper Turkey - GF, EF Whole Grain Brown Rice Cauliflower Honey Dew V, Vegan: Tofu w/ DF Sauce DF: Turkey w/ DF Sauce	BBQ Chicken - DF, EF, GF Roasted Potatoes Broccoli Pineapple V, Vegan: BBQ Tofu	Pasta Marinara and Mozzarella V, EF Green Beans Bananas Vegan, DF: Pasta Marinara & Vegan Cheese GF: Entrée w/ GF Pasta	Pizza Day - V, EF Flour Pizza Crust Cucumbers Fruit Salad DF: Pizza w/Turkey Pepperoni GF: Gluten Free Pizza w/ Cheese Vegan: Pizza w/ Vegan Cheese
Monday, October 8, 2018	Tuesday, October 9, 2018	Wednesday, October 10, 2018	Thursday, October 11, 2018	Friday, October 12, 2018
CLOSED FOR PD DAY	Quinoa Penne Marinara V, Vegan, DF, EF Cauliflower Pineapple GF: Entrée w/ GF Pasta	Turkey Burgers Slider Buns Green Beans Bananas V, Vegan: Veggie Burger Vegan, DF, EF: Wheat Bread GF: GF Bread	Chicken Paella - DF, EF, GF Whole Grain Turmeric Rice Broccoli Cantaloupe V, Vegan: Tofu Paella	Pizza Day - V, EF Flour Pizza Crust Cucumbers Fruit Salad DF: Pizza w/Turkey Pepperoni GF: Gluten Free Pizza w/ Cheese Vegan: Pizza w/ Vegan Cheese
Monday, October 15, 2018	Tuesday, October 16, 2018	Wednesday, October 17, 2018	Thursday, October 18, 2018	Friday, October 19, 2018
Pasta Marinara and Mozzarella V, EF Sliced Carrots Cantaloupe Vegan, DF: Pasta Marinara & Vegan Cheese GF: Entrée w/ GF Pasta	Chicken Teriyaki - DF, EF, GF Whole Grain Brown Rice Broccoli Pineapple V, Vegan: Tofu Teriyaki	Turkey Chili - DF, EF, GF Roasted Potatoes Green Beans Honey Dew V, Vegan - Three Bean Chili	Nut Free Pesto Chicken - EF Pasta Cauliflower Bananas V, Vegan: DF Pesto Tofu DF: DF Pesto Chicken GF: Entrée w/ GF Pasta	Pizza Day - V, EF Flour Pizza Crust Cucumbers Fruit Salad DF: Pizza w/Turkey Pepperoni GF: Gluten Free Pizza w/ Cheese Vegan: Pizza w/ Vegan Cheese
Monday, October 22, 2018	Tuesday, October 23, 2018	Wednesday, October 24, 2018	Thursday, October 25, 2018	Friday, October 26, 2018
Spaghetti and Meatballs Peas and Carrots Honey Dew V, Vegan, EF, DF: Spaghetti w/ Tofu, Marinara GF: GF Pasta w/ Tofu Marinara	Chicken Fajitas - EF, DF Tortillas Peppers, Onions Cantaloupe V, Vegan: Veggie & Bean Taco GF: Entrée with corn tortilla	Turkey Meatloaf - EF, GF Roasted Potatoes Cauliflower Pineapple V, Vegan, DF - Veggie Patty	Chicken Pot Pie Puff Pastry Green Beans Bananas V, Vegan - Tofu Veggie Bowl DF/GF- Chicken Veggie Bowl EF - Wheat Bread	Pizza Day - V, EF Flour Pizza Crust Cucumbers Fruit Salad DF: Pizza w/Turkey Pepperoni GF: Gluten Free Pizza w/ Cheese Vegan: Pizza w/ Vegan Cheese
Monday, October 29, 2018	Tuesday, October 30, 2018	Wednesday, October 31, 2018	Thursday, November 1, 2018	Friday, November 2, 2018
Quinoa Penne Marinara V, Vegan, DF, EF Sliced Carrots Cantaloupe GF: Entrée w/ GF Pasta	Turkey Sloppy Joes Slider Buns Green Beans Bananas V, Vegan: Lentil & Bean Sloppy Joe Vegan, DF, EF: Wheat Bread GF: GF Bread	Mega Mac & Cheese V, EF Broccoli Pineapple GF: GF Pasta w/ GF Sauce Vegan, DF: Cheesy Vegan Pasta	Red Pepper Chicken - GF, EF Whole Grain Brown Rice Cauliflower Honey Dew V, Vegan: Tofu w/ DF Sauce DF: Chicken w/ DF Sauce	Pizza Day - V, EF Flour Pizza Crust Cucumbers Fruit Salad DF: Pizza w/Turkey Pepperoni GF: Gluten Free Pizza w/ Cheese Vegan: Pizza w/ Vegan Cheese



NO FRIED FOODS! NO MSG!
HIGH FRUCTOSE CORN!