

Snack Menu

NO FRIED FOODS!!

| Monday, February 28, 2022 | Tuesday, March 1, 2022 | Wednesday, March 2, 2022 | Thursday, March 3, 2022 | Friday, March 4, 2022 |
|---|--|--|--|--|
| HOK WG Banana 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 Biscuits and Low Sugar Compote V, EF | HOK WG Apple Bar and Market Fruit V, EF |
| HOK Applesauce and Graham Crackers V, DF, EF | Cheese Cubes and Tomato Wedges V, EF, GF | Turkey Tortilla Roll Up EF, DF | Cucumbers and HOK Dilly Cheese V, EF, GF | Chips and HOK Salsa V, Vegan, DF, EF, GF |
| Monday, March 7, 2022 | Tuesday, March 8, 2022 | Wednesday, March 9, 2022 | Thursday, March 10, 2022 | Friday, March 11, 2022 |
| HOK WG Cinnamon Bread and Market Fruit V | Bagels and Cream Cheese V, EF | HOK WG Oatmeal and Market Fruit V, Vegan, DF, EF, GF | HOK Cheddar Biscuit and Market Fruit V, EF | HOK Yogurt and Market Fruit V, EF, GF |
| HOK Hummus and Pita V, Vegan, EF, DF | Turkey Cubes and HOK Applesauce DF, EF | HOK Ranch, Cucumbers, and Flatbread V | Pretzels and HOK Sunbutter V, Vegan, DF, EF | Chips and HOK Spinach Dip V |
| Monday, March 14, 2022 | Tuesday, March 15, 2022 | Wednesday, March 16, 2022 | Thursday, March 17, 2022 | Friday, March 18, 2022 |
| HOK WG Blueberry 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 Biscuits and Low Sugar Compote V, EF | HOK WG Banana Bar and Market Fruit V, EF |
| HOK Applesauce and Graham Crackers V, DF, EF | Cheese Cubes and Tomato Wedges V, EF, GF | Turkey Tortilla Roll Up EF, DF | Cucumbers and HOK Dilly Cheese V, EF, GF | Chips and HOK Salsa V, Vegan, DF, EF, GF |
| Monday, March 21, 2022 | Tuesday, March 22, 2022 | Wednesday, March 23, 2022 | Thursday, March 24, 2022 | Friday, March 25, 2022 |
| HOK WG Cinnamon Bread and Market Fruit V | Bagels and Cream Cheese V, EF | HOK WG Oatmeal and Market Fruit V, Vegan, DF, EF, GF | HOK Cheddar Biscuit and Market Fruit V, EF | HOK Yogurt and Market Fruit V, EF, GF |
| HOK Hummus and Pita V, Vegan, EF, DF | Turkey Cubes and HOK Applesauce DF, EF | HOK Ranch, Cucumbers, and Flatbread V | Pretzels and HOK Sunbutter V, Vegan, DF, EF | Chips and HOK Spinach Dip V |
| Monday, March 28, 2022 | Tuesday, March 29, 2022 | Wednesday, March 30, 2022 | Thursday, March 31, 2022 | Friday, April 1, 2022 |
| HOK WG Banana 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 Biscuits and Low Sugar Compote V, EF | HOK WG Apple Bar and Market Fruit V, EF |
| HOK Applesauce and Graham Crackers V, DF, EF | Cheese Cubes and Tomato Wedges V, EF, GF | Turkey Tortilla Roll Up EF, DF | Cucumbers and HOK Dilly Cheese V, EF, GF | Chips and HOK Salsa V, Vegan, DF, EF, GF |

WG = Whole Grain

March Lunch

NO FRIED FOODS!!

| Monday, February 28, 2022 | Tuesday, March 1, 2022 | Wednesday, March 2, 2022 | Thursday, March 3, 2022 | Friday, March 4, 2022 |
|--|--|---|---|--|
| <p>Cheesy Italian Pasta V, EF</p> <p>Green Beans Cantaloupe Vegan, DF: Pasta Marinara & Vegan Cheese GF: Entrée w/ GF Pasta</p> | <p>Red Pepper Turkey - EF, GF Whole Grain Brown Rice Sliced Carrots Bananas V, Vegan: Tofu w/ DF Sauce DF: Turkey w/ DF Sauce</p> | <p>Turkey Sloppy Joes - DF, EF Dinner Roll Broccoli Honey Dew V, Vegan: Lentil & Bean Sloppy Joe GF: GF Bread</p> | <p>Chicken Pot Pie - EF Wheat Bread Peas and Carrots Watermelon V, Vegan: Tofu Veggie Bowl DF, GF: Chicken Veggie Bowl</p> | <p>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</p> |
| Monday, March 7, 2022 | Tuesday, March 8, 2022 | Wednesday, March 9, 2022 | Thursday, March 10, 2022 | Friday, March 11, 2022 |
| <p>Swedish Meatballs Wheat Bread Peas and Carrots Honey Dew V, Vegan, DF, EF, GF: Veggie Meatballs GF: GF Bread</p> | <p>Spaghetti w/ Meat Sauce - DF, EF Green Beans Cantaloupe V: Cheesy Italian Pasta Vegan: Pasta Marinara & Vegan Cheese GF: Entrée w/ GF Pasta</p> | <p>Turkey Gyros - DF, EF Pita Bread (Tzatziki on the side) Cauliflower Bananas V, Vegan: Chickpea and Veggie Gyros GF: Entrée w/ Corn Tortilla</p> | <p>Pasta Alfredo - V, EF Sliced Carrots Pineapple DF, Vegan: Pasta Marinara w/ Vegan Cheese GF: GF Pasta Alfredo</p> | <p>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</p> |
| Monday, March 14, 2022 | Tuesday, February 15, 2022 | Wednesday, February 16, 2022 | Thursday, February 17, 2022 | Friday, February 18, 2022 |
| <p>Pasta Fagioli - V, Vegan, DF, EF (Cheese on the Side) Green Beans Cantaloupe GF: Entrée w/ GF Pasta</p> | <p>Taco Tuesday! Flour Tortillas Lettuce, Salsa Bananas V, Vegan: Veggie & Bean Taco GF: Entrée with Corn Tortilla</p> | <p>Mega Mac & Cheese V, EF Broccoli Watermelon GF: GF Pasta w/ GF Sauce Vegan, DF: Cheesy Vegan Pasta</p> | <p>Sheppard's Pie - EF Wheat Bread Mashed Potatoes Honeydew V, Vegan, GF: Vegan Sheppard's Pie Vegan, DF: Roasted Potatoes</p> | <p>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</p> |
| Monday, March 21, 2022 | Tuesday, March 22, 2022 | Wednesday, March 23, 2022 | Thursday, March 24, 2022 | Friday, March 25, 2022 |
| <p>Meatball Slider Dinner Roll Sliced Carrots Honey Dew V, Vegan, DF, EF: Tofu Slider GF: Tofu Slider w/GF Bread</p> | <p>Nut Free Pesto Chicken - EF Pasta Peas and Carrots Cantaloupe V, Vegan: DF Pesto Tofu DF: DF Pesto Chicken GF: Entrée w/ GF Pasta</p> | <p>Three Bean Chili Buttered Pasta Pineapple Vegan, DF: Plain Pasta GF: GF Pasta</p> | <p>Chicken Jambalaya - DF, EF, GF Whole Grain Brown Rice Cauliflower Bananas V, Vegan: Tofu Jambalaya</p> | <p>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</p> |
| Monday, March 28, 2022 | Tuesday, March 29, 2022 | Wednesday, March 30, 2022 | Thursday, March 31, 2022 | Friday, April 1, 2022 |
| <p>Spaghetti and Meatballs Green Beans Cantaloupe V, Vegan, DF, EF: Spaghetti w/ Tofu, Marinara GF: GF Pasta w/ Tofu Marinara</p> | <p>Chicken Paella - DF, EF, GF Whole Grain Turmeric Rice Broccoli Bananas V, Vegan: Tofu Paella</p> | <p>Turkey Meatloaf - EF, GF Wheat Bread Sliced Carrots Watermelon V, Vegan, DF - Veggie Patty GF: Gluten Free Bread</p> | <p>Mama's Bolognese DF, EF Peas and Carrots Honeydew V, Vegan: Pasta w/ Vegetable Ragu GF: Entrée w/ GF Pasta</p> | <p>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</p> |