

SAMPLE SNACK MENU

DAILY SNACK

MONDAY

PRETZEL RODS

SERVING SIZE: 2 EA

CONTAINS: GLUTEN, WHEAT

TUESDAY

CLEMENTINES

SERVING SIZE: 2 EA

WEDNESDAY

NUTRITIONAL YEAST POPCORN

SERVING SIZE: 1 CUP EA

CONTAINS: CORN

THURSDAY

BANANA

SERVING SIZE: 1 EA

FRIDAY

GLUTEN-FREE VEGAN BANANA MUFFIN

SERVING SIZE: 1 EA

CONTAINS: SOY

ALLERGEN-FRIENDLY ALTERNATIVES

Options for those who require
substitutions

WHOLE FRUIT IN THE PEEL

ROTATION BETWEEN BANANAS,
APPLES, CLEMENTINES

ENJOY LIFE COOKIES

POTATO CHIPS

ORIGINAL CHEERIOS



*Allergen Labeling Key:

Egg, Gluten, Milk, Pork, Soy, Sesame, Wheat

Contains: Chickpeas, Pepita Seeds, & Sunflower Seeds.

*Our kitchen is nut-aware, which means we do not work with nuts or ingredients produced in facilities that use nuts. For other Top 8 allergens and known community allergens, we follow best practices to avoid cross contamination during production. Kids' menus are free from fish, shellfish, pork and sesame.

Questions related to ingredient information or nutritional content?

Email: nutrition@handcutfoods.com