

# DAIM MES NUS QHIA TXOG PLUAS HMO TXIAS

Lub Plaub Hlis Ntuj 2026

Hnub Monday	Hnub Tuesday	Hnub Wednesday	Hnub Thursday	Hnub Friday
		-1- SO THAUM LUB CAIJ NPLOOJ NTOO HLAV	-2- SO THAUM LUB CAIJ NPLOOJ NTOO HLAV	-3- SO THAUM LUB CAIJ NPLOOJ NTOO HLAV
-6- POB KHOOM NOJ PLUAS HMO BBQ NQAIJ MOS MUAG QAB ZIB NQAIJ QAIB UA KHAW COV NOOB PAJ HNUB HLIS COV KHOB NOOM CRACKERS CHEEZ IT MUAJ WG KUA ZAUB KUA TXIV NTOO 100% TXIV RAISINS QHOV KEV XAIV NTAWM MIS NYUJ	-7- HAUV SIAB QAIB NTXHW QHA+ UA TUS MIS NYUJ KHOV KIB UA TUG (CHEESE STICK) ZAUB NTUG HAUV PAUS ME TSHIAB KUA QUAV TXOB YWG ZAUB RANCH KHAUB CIJ POB KWS ME WG TXIV EV PAUM UA TEJ DAIM UAS TSHIAB QHOV KEV XAIV NTAWM MIS NYUJ	-8- MIS NYUJ KHOV NPAS TAWS NOOB TAUM WG THIAB KHOB CIJ SANDWICH RAU KUA JELLY MIS NYUJ KHOV KIB UA TUG (CHEESE STICK) KHOB NOOM GOLDFISH PRETZEL WG KHOB NOOM CRACKERS TXUJ LOM CELERY UA TUS KUA QUAV TXOB YWG ZAUB RANCH KHOB TXIV BERRY SIB TOV QHOV KEV XAIV NTAWM MIS NYUJ	-9- WG NQAIJ QAB NTXHW THIAB MIS NYUJ KHOV KHAUB CIJ CIABATTA SANDWICH KUA ZAUB 100% KHOB KUA TXIV APPLE QHOV KEV XAIV NTAWM MIS NYUJ	-10- ZAUB XAM LAV CHEF KHOB NOOM WG GODFISH KHOB NOOM CHEDDAR CRACKERS KUA XAM LAV TXIV KAB NTXWV TSHIAB QHOV KEV XAIV NTAWM MIS NYUJ
-13- NQAIJ QAIB THIAB MIS NYUJ KHOV MUAJ WG KHAUB CIJ CROISSANT SANDWICH KUA ZAUB 100% KHOB KUA TXIV APPLE COV MIS XAIV TAU	-14- MIS NYUJ QAUB MIS NYUJ KHOV KIB UA TUG (CHEESE STICK) ZAUB NTUG HAUV PAUS ME KHOB NOOM GOLDFISH WG PRETZEL KHOB NOOM CRACKERS KHOB KUA TXIV APPLE QHOV KEV XAIV NTAWM MIS NYUJ	-15- POB KHOOM NOJ PLUAS HMO KHAUB CIJ WG CRUSTLESS COCOA MIS NYUJ KHOV NPAS TAWS KHOB CIJ SANDWICH MIS NYUJ KHOV UA TUG (STRING CHEESE) KUA ZAUB 100% KHOB KUA TXIV APPLE QHOV KEV XAIV NTAWM MIS NYUJ	-16- KHOB CIJ WG QHWV NQAIJ QAIB NTXHW CHIPOTLE WG KUA ZAUB 100% TXIV HMAB TXIV NTOO UA KHOB QHOV KEV XAIV NTAWM MIS NYUJ	-17- POB KHOOM NOJ PLUAS HMO KHOB NOOM TORTILLA CHIPS RAU POB KWS WG XAM LAV SALSA TAUM NTSUAB FAVA UA QAB LAWM TXIV HMAB TXIV NTOO UA KHOB COV MIS XAIV TAU
-20- WG NQAIJ QAB NTXHW THIAB MIS NYUJ KHOV KHAUB CIJ CIABATTA SANDWICH KUA ZAUB 100% KHOB KUA TXIV APPLE QHOV KEV XAIV NTAWM MIS NYUJ	-21- NPAV TAWS LAUM HUAB XEEB WG THIAB KHAUB CIJ SANDWICH JELLY MIS NYUJ KHOV KIB UA TUG (CHEESE STICK) KHOB NOOM GOLDFISH PRETZEL WG KHOB NOOM CRACKERS TXUJ LOM CELERY UA TUS KUA QUAV TXOB YWG ZAUB RANCH KHOB TXIV BERRY SIB TOV QHOV KEV XAIV NTAWM MIS NYUJ	-22- MIS NYUJ QAUB MIS NYUJ KHOV KIB UA TUG (CHEESE STICK) ZAUB NTUG HAUV PAUS ME KHOB NOOM GOLDFISH WG PRETZEL KHOB NOOM CRACKERS KHOB KUA TXIV APPLE QHOV KEV XAIV NTAWM MIS NYUJ	-23- XAM LAV CHEF KHOB NOOM WG GODFISH KHOB NOOM CHEDDAR CRACKERS KUA XAM LAV TXIV KAB NTXWV TSHIAB QHOV KEV XAIV NTAWM MIS NYUJ	-24- HAUV SIAB QAIB NTXHW QHA+ UA TUS MIS NYUJ KHOV KIB UA TUG (CHEESE STICK) ZAUB NTUG HAUV PAUS ME TSHIAB KUA QUAV TXOB YWG ZAUB RANCH KHAUB CIJ POB KWS ME WG TXIV EV PAUM UA TEJ DAIM UAS TSHIAB QHOV KEV XAIV NTAWM MIS NYUJ
-27- POB KHOOM NOJ PLUAS HMO BBQ NQAIJ MOS MUAG QAB ZIB NQAIJ QAIB UA KHAW COV NOOB PAJ HNUB HLIS COV KHOB NOOM CRACKERS CHEEZ IT MUAJ WG KUA ZAUB SIB XYAW 100% TXIV RAISINS QHOV KEV XAIV NTAWM MIS NYUJ	-28- KHOB CIJ WG QHWV NQAIJ QAIB NTXHW CHIPOTLE WG KUA ZAUB 100% TXIV HMAB TXIV NTOO UA KHOB QHOV KEV XAIV NTAWM MIS NYUJ	-29- WG NQAIJ QAB NTXHW THIAB MIS NYUJ KHOV KHAUB CIJ CIABATTA SANDWICH KUA ZAUB 100% KHOB KUA TXIV APPLE QHOV KEV XAIV NTAWM MIS NYUJ	-30- HNUB TXOG KEV TXHIM KHO KEV UA HAUJ LWM TSHAJ LIJ  (T SIS MUAJ TUB NTXHAIS TUAJ KAWM NTAWV)	

LUS SAU CIM TSEG-TXOG KHOOM NOJ: \*=Nqaij Npuas +=Nqaij Qaib Ntxhw. Txhua plus mov yuav muaj cov mis 1/2 pint. Cov tub ntxhais kawm tuaj yeem xaiv Mis Tsis Muaj Roj los sis Mis Dawb 1% thaum Noj Tshais, thiab Mis Tsis Muaj Roj, Mis Dawb 1% los sis Mis Muaj Chocolate Tsis Muaj Roj thaum Noj Su THIAB thaub Noj Hmo. Tag Nrho Cov Mes Nus thiab cov foos Cov Khoom Noj Xav Tau Txog Kev Noj Haus Tshwj Xeeb yuav muaj sau ua 7 hom lus sib txawv, tuaj yeem nrhiav tau lawv nyob hauv MPS Lub Thawj Fab Saib Xyuas Hauj Lwm Muab Kev Pab Cuam Khoom Noj Khoom Haus Zoo phab vev xaib ntawm: [mpsmke.com/nutrition](https://mpsmke.com/nutrition) Qhov mes nus yuav muaj qhov hloov pauv tau.

**“Lub tsev kawm ntawv no yog ib lub chaw muab kev pab cuam uas muab hmv tsam sib npaug zog.”**