

# DAIM MES NUS QHIA PLUAS SU TXIAS HAUV TSEV KAWM NTAWV THEEM SIAB

Lub Plaub Hlis Ntuj 2026

| Hnub Monday  | Hnub Tuesday  | Hnub Wednesday   | Hnub Thursday   | Hnub Friday  |
|--|---|--|---|--|
|  |   | -1-<br>SO THAUM LUB CAIJ NPLOOJ NTOO HLAIV   | -2-<br>SO THAUM LUB CAIJ NPLOOJ NTOO HLAIV  | -3-<br>SO THAUM LUB CAIJ NPLOOJ NTOO HLAIV   |
| -6-<br>XAIV NTAWM:<br>KHOB CIJ WG PB&J SANDWICH LOJ<br>KUA QUAV TXOB YWG ZAUB RANCH<br>LOS SIS<br>FAWM KAUV RANCH RAU NQAIJ SAWB WG<br>LOS SIS<br>WG +NQAIJ DAW NTSEV QAIB NTXHW THIAB<br>MIS NYUJ KHOV<br><br>-THIAB-<br>ZAUB NTUG HAUV PAUS ME<br>TXUJ LOM CELERY<br>KUA QUAV TXOB YWG ZAUB RANCH<br>KHOB TXIV HMAB TXIV NTOO SIB TOV<br>TXIV EV PAUM IB LUB KHEEJ TSHIAB<br>WG CHOV KOS LEV BELLY BEAR<br>QHOV KEV XAIV NTAWM MIS NYUJ  | -7-<br>XAIV NTAWM:<br>+QAIB NTXHW THIAB MIS NYUJ KHOV<br>HOAGIE NYOB SAB SAUD KHOB CIJ UAS MUAJ<br>WG<br>LOS SIS<br>WG ZAUB XAM LAV CAESAR QHWV NROG<br>NQAIJ QAB<br>LOS SIS<br>ZAUB XAM LAV CHEF NROG<br>QHOV KEV XAIV TXOG KUA YWG ZAUB<br>WG COV KHOB CIJ UA TUG<br>MIS NYUJ KHOV NPAS TAWS<br><br>-THIAB-<br>TAU FAVA KUA QUAV TXOB RAU NQAIJ TWM<br>TXIV KAB NTXWV TSHIAB<br>KHOB KUA TXIV APPLE<br>QHOV KEV XAIV NTAWM MIS NYUJ                                     | -8-<br>XAIV NTAWM:<br>KHOB CIJ WG QHWV NQAIJ QAIB NTXHW<br>CHIPOTLE WG<br>LOS SIS<br>+ NQAIJ QAIB NTXHW NQAIJ SAWB THIAB<br>MIS NYUJ KHOV<br>HOAGIE NYOB SAB SAUD KHOB CIJ MUAJ WG<br>LOS SIS<br>XAM LAV ZAUB NROG<br>WG COV KHOB CIJ UA TUG<br>MIS NYUJ KHOV NPAS TAWS<br><br>-THIAB-<br>DIB HLAIS UA DAIM<br>KUA QUAV TXOB RANCH/FRENCH<br>TXIV DUA UA KHOB (PEACH CUP)<br>TAIS TXIV HMAB TXIV NTOO TSHIAB<br>QHOV KEV XAIV NTAWM MIS NYUJ | -9-<br>XAIV NTAWM:<br>KHOB CIJ WG PB&J SANDWICH LOJ<br>LOS SIS<br>MIS NYUJ QAUB YOGURT THIAB MIS NYUJ<br>KHOV UA TUS<br>KHAUB CIJ MUFFIN RAU TXIV POS BLUEBERRY<br>MUAJ WG<br>LOS SIS<br>FAWM KAUV RAU NQAIJ QAIB FLAM'EN WG<br><br>-THIAB-<br>ZAUB PAJ BROCCOLI TSHIAB<br>KHOB NOOM JICAMA STICKS nrog<br>TUJ LOM TAJIN<br>TXIV TSAWB<br>TXIV STRAWBERRY UA KHOB<br>KHOB NOOM WG BROOKIE UA DAIM<br>QHOV KEV XAIV NTAWM MIS NYUJ                               | -10-<br>XAIV NTAWM:<br>WG +NQAIJ QAIB NTXHW SALAMI PASTRAMI<br>HOAGIE NYOB SAB SAUD KHOB CIJ MUAJ WG<br>LOS SIS<br>ZAUB XAM LAV CHEF NROG<br>WG COV KHOB CIJ UA TUG<br>MIS NYUJ KHOV NPAS TAWS<br>LOS SIS<br>KHOB CIJ WG PB&J SANDWICH LOJ<br><br>-THIAB-<br>XAM LAV ZAUB NROG<br>KUA QUAV TXOB YWG ZAUB RANCH/ITALIAN<br>DIB THIAB TXIV HMAB TXIV LWS SUAV<br>TAU FAVA KUA QUAV TXOB RAU NQAIJ TWM<br>KUA TXIV HMAB TXIV NTOO 100%<br>TAIS TXIV HMAB TXIV NTOO TSHIAB<br>QHOV KEV XAIV NTAWM MIS NYUJ |
| -13-<br>XAIV NTAWM:<br>KHOB CIJ WG QHWV NQAIJ QAIB NTXHW<br>CHIPOTLE WG<br>LOS SIS<br>XAM LAV ZAUB NROG<br>KHOB CI ME UA TUS WG<br>MIS NYUJ KHOV NPAS TAWS<br>LOS SIS<br>+NQAIJ QAIB NTXHW NQAIJ SAWB THIAB MIS<br>NYUJ KHOV<br>HOAGIE NYOB SAB SAUD KHOB CIJ MUAJ WG<br><br>-THIAB-<br>COV KUA TXOV LIAB LOJ HLAIS UA DAIM<br>TSHIAB<br>ZAUB PAJ BROCCOLI TSHIAB<br>KUA QUAV TXOB YWG ZAUB RANCH<br>KHOB KUA TXIV HMAB TXIV NTOO SIB XYAW<br>UA KE<br>TAIS TXIV HMAB TXIV NTOO TSHIAB<br>QHOV KEV XAIV NTAWM MIS NYUJ | -14-<br>XAIV NTAWM:<br>KHOB CIJ WG PB&J SANDWICH LOJ<br>KUA QUAV TXOB YWG ZAUB RANCH<br>LOS SIS<br>FAWM KAUV RANCH RAU NQAIJ SAWB WG<br>LOS SIS<br>ZAUB XAM LAV CAESAR NQAIJ QAB NROG<br>WG COV KHOB CIJ UA TUG<br>MIS NYUJ KHOV NPAS TAWS<br><br>-THIAB-<br>ZAUB NTUG HAUV PAUS ME<br>TXUJ LOM CELERY<br>KUA YWG ZAUB RANCH/FRENCH<br>KHOB TXIV HMAB TXIV NTOO SIB TOV<br>TXIV EV PAUM IB LUB KHEEJ TSHIAB<br>WG CHOV KOS LEV BELLY BEAR<br>QHOV KEV XAIV NTAWM MIS NYUJ | -15-<br>XAIV NTAWM:<br>+QAIB NTXHW THIAB MIS NYUJ KHOV<br>HOAGIE NYOB SAB SAUD KHOB CIJ UAS MUAJ<br>WG<br>LOS SIS<br>WG ZAUB XAM LAV CAESAR QHWV NROG<br>NQAIJ QAB<br>LOS SIS<br>ZAUB XAM LAV CHEF NROG<br>WG COV KHOB CIJ UA TUG<br>MIS NYUJ KHOV NPAS TAWS<br>KUA QUAV TXOB YWG ZAUB RANCH/ITALIAN<br><br>-THIAB-<br>TAU FAVA KUA QUAV TXOB RAU NQAIJ TWM<br>TXIV KAB NTXWV TSHIAB<br>KHOB KUA TXIV APPLE<br>QHOV KEV XAIV NTAWM MIS NYUJ  | -16-<br>XAIV NTAWM:<br>KHOB CIJ WG QHWV NQAIJ QAIB NTXHW<br>CHIPOTLE WG<br>LOS SIS<br>+ NQAIJ QAIB NTXHW NQAIJ SAWB THIAB<br>MIS NYUJ KHOV<br>HOAGIE NYOB SAB SAUD KHOB CIJ MUAJ WG<br>LOS SIS<br>XAM LAV ZAUB ROMAINE NROG<br>WG COV KHOB CIJ UA TUG<br>MIS NYUJ KHOV NPAS TAWS<br><br>-THIAB-<br>DIB HLAIS UA DAIM<br>KUA QUAV TXOB YWG ZAUB RANCH/ITALIAN<br>TXIV DUA UA KHOB (PEACH CUP)<br>TAIS TXIV HMAB TXIV NTOO TSHIAB<br>QHOV KEV XAIV NTAWM MIS NYUJ | -17-<br>XAIV NTAWM:<br>KHOB CIJ WG PB&J SANDWICH LOJ<br>LOS SIS<br>MIS NYUJ QAUB YOGURT THIAB MIS NYUJ<br>KHOV UA TUS<br>KHAUB CIJ MUFFIN RAU TXIV POS BLUEBERRY<br>MUAJ WG<br>LOS SIS<br>FAWM KAUV NQAIJ QAIB FLAM'EN WG<br><br>-THIAB-<br>ZAUB PAJ BROCCOLI TSHIAB<br>KHOB NOOM JICAMA STICKS nrog<br>TUJ LOM TAJIN<br>TXIV TSAWB<br>TXIV STRAWBERRY UA KHOB<br>KHOB NOOM WG BROOKIE UA DAIM<br>QHOV KEV XAIV NTAWM MIS NYUJ   |

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 thaum 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 hww tsam sib npaug zog.”**

**DAIM MES NUS QHIA PLUAS SU TXIAS HAUV TSEV KAWM NTAWV THEEM SIAB LUB PLAUB  
HLIS NTUJ Txuas Ntxiv**

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|--|--|---|--|--|
| <p align="center">-20-<br/>XAIV NTAWM:<br/>+NQAIJ QAIB NTXHW SALAMI PASTRAMI<br/>HOAGIE NYOB SAB SAUD KHOB CIJ MUAJ WG<br/>LOS SIS<br/>ZAUB XAM LAV CHEF NROG<br/>WG COV KHOB CIJ UA TUG<br/>MIS NYUJ KHOV NPAS TAWS<br/>LOS SIS<br/>KHOB CIJ WG PB&amp;J SANDWICH LOJ</p> <p align="center">-THIAB-<br/>XAM LAV ZAUB NROG<br/>KUA TXIV YWG ZAUB RANCH/FRENCH<br/>DIB THIAB TXIV HMAB TXIV LWS SUAV<br/>TAU FAVA KUA QUAV TXOB RAU NQAIJ TWM<br/>KUA TXIV HMAB TXIV NTOO 100%<br/>TAIS TXIV HMAB TXIV NTOO TSHIAB<br/>QHOV KEV XAIV NTAWM MIS NYUJ</p> | <p align="center">-21-<br/>XAIV NTAWM:<br/>KHOB CIJ WG QHWV NQAIJ QAIB NTXHW<br/>CHIPOTLE WG<br/>LOS SIS<br/>XAM LAV ZAUB NROG<br/>KHOB CI ME UA TUS WG<br/>MIS NYUJ KHOV NPAS TAWS<br/>LOS SIS<br/>+NQAIJ QAIB NTXHW NQAIJ SAWB THIAB MIS<br/>NYUJ KHOV<br/>HOAGIE NYOB SAB SAUD KHOB CIJ MUAJ WG</p> <p align="center">-THIAB-<br/>COV KUA TXOV LIAB LOJ HLAIS UA DAIM<br/>TSHIAB<br/>ZAUB PAJ BROCCOLI TSHIAB<br/>KUA QUAV TXOB YWG ZAUB RANCH/ITALIAN<br/>KHOB KUA TXIV HMAB TXIV NTOO SIB XYAW<br/>UA KE<br/>TAIS TXIV HMAB TXIV NTOO TSHIAB<br/>QHOV KEV XAIV NTAWM MIS NYUJ</p> | <p align="center">-22-<br/>XAIV NTAWM:<br/>KHOB CIJ WG PB&amp;J SANDWICH LOJ<br/>KUA QUAV TXOB YWG ZAUB RANCH<br/>LOS SIS<br/>FAWM KAUV RANCH RAU NQAIJ SAWB WG<br/>LOS SIS<br/>ZAUB XAM LAV CAESAR NQAIJ QAB NROG<br/>WG COV KHOB CIJ UA TUG<br/>MIS NYUJ KHOV NPAS TAWS</p> <p align="center">-THIAB-<br/>ZAUB NTUG HAUV PAUS ME<br/>TXUJ LOM CELERY<br/>KUA QUAV TXOB YWG ZAUB RANCH<br/>KHOB TXIV HMAB TXIV NTOO SIB TOV<br/>TXIV EV PAUM IB LUB KHEEJ TSHIAB<br/>WG CHOY KOS LEV BELLY BEAR<br/>QHOV KEV XAIV NTAWM MIS NYUJ</p>                                       | <p align="center">-23-<br/>XAIV NTAWM:<br/>+QAIB NTXHW THIAB MIS NYUJ KHOV<br/>HOGGIE NYOB SAUD<br/>KHOB CIJ MOV NPLEJ WHOLE GRAIN (WG SUB<br/>BUN)<br/>LOS SIS<br/>ZAUB XAV LAV CAESAR QHWV NROG NQAIJ<br/>QAB<br/>LOS SIS<br/>ZAUB XAM LAV CHEF NROG<br/>KUA QUAV TXOB YWG ZAUB RANCH/ITALIAN<br/>WG COV KHOB CIJ UA TUG<br/>MIS NYUJ KHOV NPAS TAWS</p> <p align="center">-THIAB-<br/>TAU FAVA KUA QUAV TXOB RAU NQAIJ TWM<br/>TXIV KAB NTXWV TSHIAB<br/>KHOB KUA TXIV APPLE<br/>QHOV KEV XAIV NTAWM MIS NYUJ</p> | <p align="center">-24-<br/>XAIV NTAWM:<br/>NQAIJ QAIB NTXHW CHIPOTLE QHWV<br/>LOS SIS<br/>+ NQAIJ QAIB NTXHW NQAIJ SAWB THIAB<br/>MIS NYUJ KHOV<br/>HOAGIE NYOB SAB SAUD KHOB CIJ MUAJ WG<br/>LOS SIS<br/>XAM LAV ZAUB NROG<br/>WG COV KHOB CIJ UA TUG<br/>MIS NYUJ KHOV NPAS TAWS</p> <p align="center">-THIAB-<br/>DIB HLAIS UA DAIM<br/>KUA YWG ZAUB RANCH/FRENCH<br/>TXIV DUA UA KHOB (PEACH CUP)<br/>TAIS TXIV HMAB TXIV NTOO TSHIAB<br/>QHOV KEV XAIV NTAWM MIS NYUJ</p> |
| <p align="center">-27-<br/>XAIV NTAWM:<br/>WG KHOB CIJ PB&amp;J LOJ<br/>KHOB CIJ SANDWICH<br/>LOS SIS<br/>MIS NYUJ QAUB YOGURT THIAB MIS NYUJ<br/>KHOV UA TUS<br/>KHAUB CIJ MUFFIN RAU TXIV POS BLUEBERRY<br/>MUAJ WG<br/>LOS SIS<br/>FAWM KAUV NQAIJ QAIB FLAM'EN WG</p> <p align="center">-THIAB-<br/>ZAUB PAJ BROCCOLI TSHIAB<br/>KHOB NOOM JICAMA STICKS nrog<br/>TUJ LOM TAJIN<br/>TXIV TSAWB<br/>TXIV STRAWBERRY UA KHOB<br/>KHOB NOOM WG BROOKIE UA DAIM<br/>QHOV KEV XAIV NTAWM MIS NYUJ</p>   | <p align="center">-28-<br/>XAIV NTAWM:<br/>+NQAIJ QAIB NTXHW SALAMI PASTRAMI<br/>HOAGIE NYOB SAB SAUD KHOB CIJ MUAJ WG<br/>LOS SIS<br/>ZAUB XAM LAV CHEF NROG<br/>WG COV KHOB CIJ UA TUG<br/>MIS NYUJ KHOV NPAS TAWS<br/>LOS SIS<br/>KHOB CIJ WG PB&amp;J SANDWICH LOJ</p> <p align="center">-THIAB-<br/>XAM LAV ZAUB NROG<br/>DIB THIAB TXIV HMAB TXIV LWS SUAV<br/>TAU FAVA KUA QUAV TXOB RAU NQAIJ TWM<br/>KUA TXIV HMAB TXIV NTOO 100%<br/>TAIS TXIV HMAB TXIV NTOO TSHIAB<br/>QHOV KEV XAIV NTAWM MIS NYUJ</p>  | <p align="center">-29-<br/>XAIV NTAWM:<br/>KHOB CIJ WG QHWV NQAIJ QAIB NTXHW<br/>CHIPOTLE WG<br/>LOS SIS<br/>XAM LAV ZAUB NROG<br/>KHOB CI ME UA TUS WG<br/>MIS NYUJ KHOV NPAS TAWS<br/>LOS SIS<br/>+NQAIJ QAIB NTXHW NQAIJ SAWB THIAB MIS<br/>NYUJ KHOV<br/>HOAGIE NYOB SAB SAUD KHOB CIJ MUAJ WG</p> <p align="center">-THIAB-<br/>COV KUA TXOV LIAB LOJ HLAIS UA DAIM<br/>TSHIAB<br/>ZAUB PAJ BROCCOLI TSHIAB<br/>KUA YWG ZAUB RANCH/FRENCH<br/>KHOB KUA TXIV HMAB TXIV NTOO SIB XYAW<br/>UA KE<br/>TAIS TXIV HMAB TXIV NTOO TSHIAB<br/>QHOV KEV XAIV NTAWM MIS NYUJ</p> | <p align="center">-30-<br/>HNUB TXOG KEV TXHIM KHO KEV UA HAUJ<br/>LWM TSHAJ LIJ<br/><br/>(Tsis Muaj Tub Ntxhais Tuaj Kawm<br/>Ntawv)</p>  |  |

LUS SAU CIM TSEG-TXOG KHOOM NOJ: \*=Nqaij Npuas +=Nqaij Qaib Ntxhw. Txhua pluas 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 thaum 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 nrhavi 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 hwmv tсам sib npaug zog.”**