

# DAIM MES NUS KHOOM NOJ TXOM NCAUJ

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- KHAUB CIJ MUFFIN POB KWS WG QHOV KEV XAIV NTAWM MIS NYUJ	-7- KHAUB CIJ CINNAMON MUAJ WG KHOB NOOM CHURRO CRACKERS FRUIT KHOB TXIV MIS NYUJ QAUB	-8- KHOB NOOM WG TORTILLA CHIPS SALSA UA KHOB QHOV KEV XAIV NTAWM MIS NYUJ	-9- KHAUB CIJ MUFFIN RAU TXIV POS BLUEBERRY MUAJ WG MIS NYUJ KHOV KIB UA TUG (CHEESE STICK)	-10- KHAUB CIJ NOJ TXOM NCAUJ MUAJ TXIV TSAWB WG QHOV KEV XAIV NTAWM MIS NYUJ
-13- TXIV EV PAUM UA TEJ DAIM UAS TSHIAB MIS NYUJ KHOV UA HLAB UA TUS QHOV KEV XAIV NTAWM MIS NYUJ	-14- COV TXAUJ DIB TSHIAB KUA QUAV TXOB YWG ZAUB RANCH WG KHAUB CI UA TUS ME QHOV KEV XAIV NTAWM MIS NYUJ	-15- WG TSHAUS KHAUS LEV KHAUB NOOM CRACKERS BELLY BEAR FRUIT KHOB TXIV MIS NYUJ QAUB	-16- KHOB NOOM WG TORTILLA CHIPS SALSA UA KHOB QHOV KEV XAIV NTAWM MIS NYUJ	-17- ME NYUAM ZAUB NTUG HAUV PAUS TSHIAB THIAB TXHOOV UA TEJ DAIM SIB XYAW KUA QUAV TXOB YWG ZAUB RANCH KHOB NOOM CHEDDAR GOLDFISH WG
-20- KHAUB CIJ MUFFIN RAU TXIV POS BLUEBERRY MUAJ WG MIS NYUJ KHOV KIB UA TUG (CHEESE STICK)	-21- TXIV KAB NTXWV HLAIS UA DAIM TSHIAB MIS NYUJ KHOV UA HLAB UA TUS KHOB NOOM CHEDDAR GOLDFISH KHOB NOOM CRACKERS	-22- KHAUB CIJ NOJ TXOM NCAUJ MUAJ TXIV TSAWB WG QHOV KEV XAIV NTAWM MIS NYUJ	-23- TXIV EV PAUM UA TEJ DAIM UAS TSHIAB MIS NYUJ KHOV UA HLAB UA TUS QHOV KEV XAIV NTAWM MIS NYUJ	-24- KHAUB CIJ CINNAMON MUAJ WG KHOB NOOM CHURRO CRACKERS FRUIT KHOB TXIV MIS NYUJ QAUB
-27- KHAUB CIJ MUFFIN POB KWS WG QHOV KEV XAIV NTAWM MIS NYUJ	-28- WG TSHAUS KHAUS LEV KHAUB NOOM CRACKERS BELLY BEAR FRUIT KHOB TXIV MIS NYUJ QAUB	-29- KHOB NOOM WG TORTILLA CHIPS SALSA UA KHOB QHOV KEV XAIV NTAWM MIS NYUJ	-30- HNUB HAIS TXOG KEV TXHIM KHO KEV UA HAUJ LWM TSHAJ LIJ  (T SIS MUAJ TUB NTXHAIS TUJ KAWM NTAWV)	

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 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 hwv tsam sib npaug zog.”**