

# Daim Ntawv Qhia Zaub Mov Noj Rau Lub Cuaj Hli

## Zaub Mov Noj Tuaj Nqa Rau Lub Cuaj Hli 8 txog 11

Pluas Tshais  
Homemade muffin  
Mini waffles  
Assorted cereal varieties  
Cinnamon Danish  
String cheese txhua hnuv

Pluas Su  
Hot dog and potato wedges  
French toast sticks with scrambled eggs  
Cheesy nachos  
Cheese pizza  
Chicken smackers & waffles

Txiv Hmab Txiv Ntoo & Zaub Ntxiv Rau Pluas Tshais  
Thiab Su  
Txiv apple  
Txiv duaj txiav ua thoov  
Txiv kab ntxwv  
Kua txiv hmab txiv ntoo  
Applesauce cup  
Txiv pear txiav ua thoov  
Txiv cranberry qhuav

Broccoli  
Cauliflower  
Baby carrots  
Refried beans  
Salsa

## Zaub Mov Noj Tuaj Nqa Rau Lub Cuaj Hli 14 txog 18

Pluas Tshais  
Homemade muffin  
Mini waffles  
Cereal  
Cinnamon Danish  
String cheese txhua hnuv

Pluas Su  
Mini corn dogs  
Grab & Go  
*(muaj yogurt, string cheese, & bread slice)*  
Grilled cheese  
Bento box  
*(muaj turkey thiab cheese slices & crackers)*  
Walking tacos nrog tortilla chips

Txiv Hmab Txiv Ntoo & Zaub Ntxiv Rau Pluas Tshais  
Thiab Su  
Txiv apple  
Txiv duaj txiav ua thoov  
Txiv kab ntxwv  
Kua txiv hmab txiv ntoo  
Applesauce  
Txiv pear txiav ua thoov

Broccoli  
Cauliflower  
Baby carrots  
Garbanzo beans  
Pob kws

## Zaub Mov Noj Tuaj Nqa Rau Lub Cuaj Hli 21 txog 25

Pluas Tshais  
Homemade muffin  
Mini waffles  
Cereal  
Cinnamon Danish  
String cheese txhua hnuv

Pluas Su  
Grilled cheese  
Hot dog thiab potato wedges  
Chicken nuggets  
Beefy fiesta nachos  
Cheese pizza

Txiv Hmab Txiv Ntoo & Zaub Ntxiv Rau Pluas Tshais  
Thiab Su  
Txiv apple  
Txiv duaj txiav ua thoov  
Txiv kab ntxwv  
Kua txiv hmab txiv ntoo  
Applesauce  
Txiv pear txiav ua thoov

Broccoli florets  
Cauliflower  
Baby carrots  
Bean salsa  
Pob kws



Cov Zaub Mov Noj Tuaj Nqa Rau Lub Cuaj Hli 28 txog lub Kaum Hli 2

Pluas Tshais  
 Homemade muffin  
 Mini waffles  
 Cereal  
 Cinnamon Danish  
 String cheese txhua hnuv

Pluas Su  
 Hot dog thiab potato wedges  
 French toast sticks nrog qe kib  
 Cheesy nachos  
 Cheese pizza  
 Chicken smackers & waffles

Txiv Hmab Txiv Ntoo & Zaub Ntxiv Rau Pluas Tshais

Thiab Su  
 Txiv apple  
 Txiv duaj txiav ua thooj  
 Txiv kab ntxwv  
 Kua txiv hmab txiv ntoo  
 Applesauce cup  
 Txiv pear txiav ua thooj  
 Txiv cranberry qhuav

Broccoli  
 Cauliflower  
 Baby carrots  
 Refried beans  
 Salsa



Caij Nyoog Nqa

		Monday	Tuesday	Wednesday	Thursday	Friday
Cuaj Hli 8 - 11	10:00 – 11:45am		Elvehjem, Emerson, Falk, Olson, Thoreau	Black Hawk, Crestwood, Hamilton, LaFollette, Leopold	Lincoln, Lindbergh, O’Keeffe, Stephens, West	Chavez, East, Franklin, Sandburg, Whitehorse
	12:00 – 1:45pm		Kennedy, Lapham, Memorial, Midvale, Toki	Cherokee, Glendale, Lake View, Shorewood, Spring Harbor	Badger Rock, Lowell, Mendota, Muir, Randall	Allis, Hawthorne, Huegel, Sherman, Wright
Cuaj Hli 14 – Kaum Hli	10:00 – 11:45am	East, Falk, Hamilton, Lincoln	Elvehjem, Emerson, Olson, Thoreau	Black Hawk, Crestwood, LaFollette, Leopold	Lindbergh, O’Keeffe, Stephens, West	Chavez, Franklin, Sandburg, Whitehorse
	12:00 – 1:45pm	Badger Rock, Sherman, Shorewood, Toki	Kennedy, Lapham, Memorial, Midvale	Cherokee, Glendale, Lake View, Spring Harbor	Lowell, Mendota, Muir, Randall	Allis, Hawthorne, Huegel, Wright

**Paub txog cov zaub mov noj txhua hnuv hauv koj lub xov tooj!**

Download qhov Nutrislice app! Paub txog cov lus qhia txog khoom noj haus rau txhua cov zaub mov, duab thiab lus piav qhia.

Mus saib peb lub cheeb tsam tsev kawm ntawv qhov site tshiab rau cov ntawv qhia zaub mov noj ntawm: <https://mmsd.nutrislice.com/>.

*Thov nkag siab tias tej thaum peb yuav tau hloov daim ntawv qhia zaub mov noj no vim muaj kev pauv ntawm cov khoom ua siv rau lub sij hawm no uas tsis tau muaj dua los. Thaum muaj tej yam yuav tau hloov tshwm sim, peb mam siv tag nrho lub dag zog los qhia qhov hloov tshiab rau **Nutrislice daim ntawv qhia zaub mov noj ua ntej hnuv muab**. Rov qab ib sij saib rau cov lus qhia tshiab!*

**Cov zaub mov yuav muab pub dawb rau cov me nyuam kawm ntawv txhua tus tsis hais qhov tau txais zaub mov noj dawb, qhov tau txo tus nqi los yog qhov tau them li.**

Lub tsev kawm ntawv no yog ib lub muab hwi tsam sib luag zos.