

Tej zaum 2019

Martin Elementary Lunch

HNUB IB HNUB HNUB PEB HNUB PLAUB HNUB VAS XUV

		1	2	3
		<ul style="list-style-type: none"> Savory Seasoned Taco nqajj Pob kws uas slav Tseem grain Tositos Crispy rau tej dalm Zaub xas lav crisp Romaine Salsa Qos hmab soo tshlab Shredded Cheddar Cheese Txiv moj coos tsuav khob Hlals tau cov biv ntseef dub 	<ul style="list-style-type: none"> Tseem grain Breaded qalb Nuggets Qos yaj ywm WG hmo yob Zaub xas lav crisp Romaine Mighty zaub ntsuab Hlals kua txob ntsuab Cov kua Slices nyob hauv ib lub hnab 	<ul style="list-style-type: none"> Tseem grain Cheesy Pizza Fabbis mov ci Italian Marinara khob Zaub xas lav crisp Romaine Mighty zaub ntsuab Shredded Carrots Taum paj ntsuab Pinto taum Txiv puv luj qab khob

6	7	8	9	10
<ul style="list-style-type: none"> Mai hamburger Taum paj ntsuab WG Hamburger Bun Tus me nyuam tshlab Carrots Cov coj los dia Tsuav Pears Tej dalm crisp dib qaub Tseem grain zoo slab ib xyoos Chocolate Cupcake 	<ul style="list-style-type: none"> Tseem Grain qej Parmesan Flatbread Italian Marinara khob Zaub xas lav crisp Romaine Cov biv hmap biv lws suav Taum paj ntsuab Tsuav Ib hau qe Crunchy Croutons Muaj yeeb yuj Mixed biv khob 	<ul style="list-style-type: none"> Qe nqajj qalb ntshw Mini Ntsees marinara Tseem grain Mini qej ci Zaub xas lav crisp Romaine Salsa Neeg tsis noj nqajj taum Tsev me Cheese Blueberries 	<ul style="list-style-type: none"> Tseem grain Breaded qalb Nuggets Qos yaj ywm Wedges WG hmo yob Zaub xas lav crisp Romaine Sticks law dals qab Hlals kua txob ntsuab Kua Slices nrog Cinnamon 	<ul style="list-style-type: none"> Ntxuav WG Pancakes Kua mis nyeem qaub creamy Trix biv pos Zaub xas lav crisp Romaine Cov biv hmap biv lws suav Qos hmab soo tshlab Neeg tsis noj nqajj taum Txiv kab ntshw Mandarin khob

13	14	15	16	17
<ul style="list-style-type: none"> Tseem Iis Breaded Mai qalb Steamed taum ntsuab WG Hamburger Bun Tus me nyuam tshlab Carrots Cov coj los dia Txiv pos nphuab tseem Tseem Grain Chocolate nti kua nplaum uas 	<ul style="list-style-type: none"> Ntxuav WG Pancakes Qalb ntshw hluaes hnuyw ntshw Mai Zaub xas lav crisp Romaine Zaub cob pob tshlab Florets Shredded Carrots Qos hmab soo tshlab Hummus kua txob lhab Blueberries 	<ul style="list-style-type: none"> Savory Seasoned Taco nqajj Pob kws uas slav Tseem Grain Tositos Crispy rau tej dalm Shredded Cheddar Cheese Zaub xas lav crisp Romaine Salsa Pinto taum Hlals tau cov biv ntseef dub Txiv moj coos tsuav khob 	<ul style="list-style-type: none"> BBQ qalb Taum paj ntsuab WG Hamburger Bun Zaub xas lav crisp Romaine Mighty zaub ntsuab Shredded Carrots Cov kua Slices nyob hauv ib lub hnab 	<ul style="list-style-type: none"> WW tej qalb ntshw Pepperoni Pizza Round Zaub xas lav crisp Romaine Mighty zaub ntsuab Taum paj ntsuab Pinto taum Crunchy Croutons Txiv puv luj qab khob

20	21	22	23	24
<ul style="list-style-type: none"> Mai hamburger Taum paj ntsuab WG Hamburger Bun Tus me nyuam tshlab Carrots Cov coj los dia Tsuav Pears Tej dalm crisp dib qaub Tseem grain Xuv toaj Crocker muab ob npaug rau qhob noom xim kasles Oatmeal Bar 	<ul style="list-style-type: none"> Qe nqajj qalb ntshw Mini Ntsees marinara Tseem grain Mini qej ci Tsuav qalb Zaub xas lav crisp Romaine Zaub cob pob tshlab Florets Cov biv hmap biv lws suav Qos hmab soo tshlab Muaj yeeb yuj Mixed biv khob 	<ul style="list-style-type: none"> Mai lub qe Tseem Grain Hmong Muffin Zaub xas lav crisp Romaine Cov biv hmap biv lws suav Hlals taub dag Neeg tsis noj nqajj taum Txiv hmab biv ntoo mixed khob 	<ul style="list-style-type: none"> Tseem grain Breaded qalb Nuggets Qos yaj ywm Wedges WG hmo yob Zaub xas lav crisp Romaine Sticks law dals qab Dib cov Slices Kua Slices nrog Cinnamon 	<ul style="list-style-type: none"> Tseem grain Cheesy Pizza Fabbis mov ci Italian Marinara khob Zaub xas lav crisp Romaine Cov biv hmap biv lws suav Neeg tsis noj nqajj taum Txiv kab ntshw Mandarin khob

27	28	29	30	31
Hnub Memorial	<ul style="list-style-type: none"> Tseem Iis Breaded Mai qalb Steamed taum ntsuab WG Hamburger Bun Tus me nyuam tshlab Carrots Cov coj los dia Blueberries Muag muag ci Tseem Grain Chocolate nti M & M kua nplaum uas 	<ul style="list-style-type: none"> WW tej qalb ntshw Pepperoni Pizza Round Zaub xas lav crisp Romaine Mighty zaub ntsuab Shredded Carrots Taum paj ntsuab Pinto taum Txiv puv luj qab khob 	<ul style="list-style-type: none"> Ntxuav WG Pancakes Tsis tshua muaj rog Mozzarella hlua Cheese Kua mis nyeem qaub creamy Trix biv pos Zaub xas lav crisp Romaine Zaub cob pob tshlab Florets Shredded Carrots Cov kua Slices nyob hauv ib lub hnab 	<ul style="list-style-type: none"> Savory Seasoned Taco nqajj Pob kws uas slav Tseem grain Tositos Crispy rau tej dalm Zaub xas lav crisp Romaine Mighty zaub ntsuab Salsa Pinto taum Txiv moj coos tsuav khob

SI mov noj: A entree , WG txias qalb ntshw Bologna & Cheese nyuaj, Crunchy Carroteenies thlab Cov biv hmap biv lws suav, Assorted biv ntoo khob Dole biv duaj khob los sis Txiv puv luj qab khob los sis Txiv kab ntshw Mandarin khob los sis Muaj yeeb yuj Mixed biv khob los sis Txiv hmab biv ntoo tauij khob los sis Txiv moj coos tsuav khob, Yim mis dawb LOS SIS MIs tsis muaj rej pub Chocolate, Dressing ranch, Ntuj tuaj rau laww, Entree B , Tseem Iis Sunbutter & Jelly nyuaj, Tsis tshua muaj rog Mozzarella hlua Cheese, Crunchy Carroteenies thlab Cov biv hmap biv lws suav, Assorted biv ntoo khob Dole biv duaj khob los sis Txiv puv luj qab khob los sis Txiv kab ntshw Mandarin khob los sis Muaj yeeb yuj Mixed biv khob los sis Txiv hmab biv ntoo tauij khob los sis Txiv moj coos tsuav khob, Yim mis dawb LOS SIS MIs tsis muaj rej pub Chocolate, Dressing ranch, Ntuj tuaj rau laww

Mis muaj nyob rau bhua hnub: Yim mis dawb, Mis tsis muaj rej pub Chocolate

Txuj lom: Txhua hnub nyob rau ntawm qhov txuj lom nws txawv, Ntsees barbecue, Butter, Fabbis Dressing, Ketchup, Ntuj tuaj rau laww, Mustard, Dressing ranch, Zaub tsib lee, Qab zib & ntsees qaub, Nylam ua qab dib qaub, Mrs. Bullockworth phoov, Taco ntsees, Quav hnlay ntsees

Gluten dawb/mis los tsis tshuab raj ua lb yam: Noj tshals (nrog Dole biv khob, applesauce khob thlab kua mis nyuj) , GF Chocolate Chex Cereal, GF Cinnamon Chex Cereal, GF mov Chex Cereal, GF mov Krispy Cereal, Udi GF Blueberry Muffin, Udi GF Coj Chocolate Muffin, Noj su (uas muaj nyias hlals nyias noj thlab cov kua mis nyuj) , Cov nplaj zom cov qalb , Penne GF nplaj zom, Tsuav qalb, Ntsees spaghetti, Taum paj ntsuab, Qalb Fajita , Tsuav qalb, Pob kws uas slav, Tortilla pob kws tseem grain tej dalm, Hnyuw ntshw , Qalb ntshw pob-si hnuyw ntshw, GF hnuyw ntshw Bun, Pob kws uas slav los sis Steamed taum ntsuab los sis Carrots slav los sis Taum paj ntsuab, Qalb ntshw kab nyuaj , Hamburger ntawm Ib lub Bun , Mai hamburger, GF Hamburger Bun, Pob kws uas slav los sis Steamed taum ntsuab los sis Carrots slav los sis Taum paj ntsuab, Qalb & qos yaj ywm , Grilled qalb mis, Real qos yaj ywm, Khob ci dawb bhuv GF, Grilled qalb mis, Carrots slav, GF Hamburger Bun, Qalb Strips , GF Breaded qalb Strips, Steamed taum ntsuab, Khob ci dawb bhuv GF, Phoj plus noj , Qalb ntshw hlals mis, GF Hamburger Bun, Crunchy Carroteenies thlab Cov biv hmap biv lws suav, Cua Applesauce khob los sis Chewy Raisins, Ntuj tuaj rau laww

Ntawm qhla zaub mov yuav hloov tsis tau dalm ntawm ceeb toom, Ntawm qhla zaub mov yuav hloov nyob ntawm nyob rau ntawm cov khoom noj, tsev kawm ntawm kaw, thlab lwm yam cov xwm txheef ceev.

Yog xav paub ntshw: g.baps.nutrislice.com/menu/martin/lunch/
 Caf Layout, Isim & chaws © Nutrislice, Inc. Private thlab qhov uas tsis yog-chaw slav
 Mes yog lb tug neeg zov me nyuam kev vaj huam sib luag.