

JANUARY 2023

K3 & K4

LUNCH



School Information: Marvell Academy
www.marvellacademyeagles.com
 Payschools: www.payschoolscentral.com
 Brittiny Morris, Cafeteria Supervisor



Nutrition Tip: Help with food waste by getting creative with leftovers and planning meals around the food you already have on hand.

Reference: Eat Right

MONDAY

No School
 Teacher Work Day

2

TUESDAY

Spaghetti
 Meatballs
 Roll
 Broccoli
 Fruit / Milk

3

WEDNESDAY

Corndog
 Fries
 Peas
 Fruit
 Milk

4

THURSDAY

(Where the Red Fern Grows)
 Steak Fingers / Purple Hulls
 Mashed Potatoes / Gravy
 Fruit / Milk

5

FRIDAY

PIZZA
 Veggie
 Fruit
 Milk

6

Sweet & Sour Chicken
 Fried Rice
 Mixed Vegetables
 Fruit / Milk

9

Ham & Cheese Sliders
 Baked Beans
 Chips
 Fruit / Milk

10

National Milk Day
 Frito Pie
 Salad
 Fruit
 Milk

11

(Stone Soup)
 Beef & Vegetable Soup
 Corn Muffin
 Fruit
 Milk

12

PIZZA
 Veggie
 Fruit
 Milk

13

Fish Sticks
 Fries
 Peas
 Fruit / Milk

16

Club Sandwich
 Chips
 Salad
 Pickles / Fruit / Milk

17

Chicken Strips
 Mashed Potatoes
 Biscuit / Gravy
 Okra / Fruit / Milk

18

(Toast & Jam for Frances)
 Toast & Jam
 Sausage & Eggs
 Carrots / Fruit
 Milk

19

National Cheese Lover's Day
 PIZZA
 Veggie
 Fruit / Milk

20

Chicken Fajitas
 Rice
 Beans
 Fruit / Milk

23

National Compliment Day
 Chicken Spaghetti
 Garlic Bread
 Green Beans / Fruit / Milk

24

Walking Tacos
 Salad
 Fruit
 Milk

25

(Little House on the Prairie)
 Chicken & Dumplings
 Cornbread
 English Peas / Fruit / Milk

26

PIZZA
 Veggie
 Fruit
 Milk

27

Meatballs in Gravy
 Buttered Noodles
 Carrots
 Fruit / Milk

30

Chicken Rebelde
 Beans
 Fruit
 Milk

31

