

MARCH 2023

K3 & K4

LUNCH



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



March is National Nutrition Month! To celebrate, try eating at least one new food each week. Keep it interesting by picking out new foods you've never tried before, like mango, lentils, quinoa, kale, or sardines.

References: Academy of Nutrition & Dietetics, USDA MyPlate

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Crispitos
 Cheese Dip
 Salad
 Fruit
 Milk

1

Green Eggs & Ham
 Toast
 Carrots
 Fruit / Milk
 "Happy Birthday, Dr. Seuss!!"

2

Pizza
 Veggie
 Fruit
 Milk

3

Chicken Parmesan Sliders
 Broccoli
 Fruit
 Milk

6

Mini Corndogs
 French Fries
 Peas
 Fruit
 Milk

7

Chicken Spaghetti
 Garlic Bread
 Green Beans
 Fruit
 Milk

8

**HALF DAY!
 NO
 LUNCHES!!**

9

Pizza
 Veggie
 Fruit
 Milk

10

**SPRING
 BREAK**



13

**SPRING
 BREAK**



14

**SPRING
 BREAK**



15

**SPRING
 BREAK**



16

**SPRING
 BREAK**



17

Mini Pancakes
 Sausage
 Baked Apples
 Mixed Veggies
 Milk

20

Chicken Strips
 French Fries
 Toast
 Gravy
 Fruit / Milk

21

Cheese Quesadilla
 Salad
 Fruit
 Milk

22

(The Velveteen Rabbit)
 Chef Salad w/Turkey & Ham
 ½ Boiled Egg
 Crackers / Fruit
 Milk

23

Pizza
 Veggie
 Fruit
 Milk

24

Chicken Rebelde
 Corn
 Fruit
 Milk

27

Meatball Sub
 Chips
 Green Beans
 Fruit
 Milk

28

Grilled Chicken Wrap
 Chips
 Fruit
 Milk

29

(Little House on the Prairie)
 Chicken Fried Chicken
 Mashed Potatoes & Gravy
 Fried Okra
 Fruit / Milk

30

Pizza
 Veggie
 Fruit
 Milk

31