

# SEPTEMBER 2023

## K - 12

### LUNCH



**School Information:** Marvell Academy  
[www.marvellacademyeagles.com](http://www.marvellacademyeagles.com)  
 Payschools: [www.payschoolscentral.com](http://www.payschoolscentral.com)  
 Brittiny Morris, Cafeteria Supervisor



**September is Whole Grains Month!** Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



#### MONDAY

#### TUESDAY

#### WEDNESDAY

#### THURSDAY

#### FRIDAY



**Labor Day  
No School**

4

Cheeseburger Wrap  
Chips  
Fruit

5

PIZZA

6

Chef Salad with Turkey &  
Ham  
½ Egg  
Crackers / Fruit

7

**International Literacy  
Day**  
Popcorn Chicken  
French Fries

8



Chicken Rebelde  
Beans  
Fruit

11

Bacon Cheeseburgers  
Lettuce / Pickles  
Chips  
Fruit

12

PIZZA

13

Egg  
Sausage  
Buttered Toast  
Carrots/Fruit

14

Meatball Sub  
Chips  
Broccoli  
Fruit

15



Sweet & Sour Chicken  
Fried Rice  
Broccoli  
Fruit (Egg Roll \$1.25)

18

Chicken Fajita Salad  
Fruit

19

PIZZA

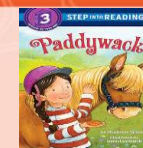
20

Sandwich  
Chips  
Carrots  
Apple Sauce /Fruit

21

Chili Cheese Fries  
Celery  
Fruit

22



Walking Taco  
Lettuce  
Fruit

25

Chicken Spaghetti  
Roll  
Green Beans  
Fruit

26

PIZZA

27

Steak Fingers  
Mashed Potatoes  
White Gravy  
Peas / Fruit

28

Chicken Strips  
Baked Potato  
Salad  
Fruit

29

