

DECEMBER 2023

K3-12th

LUNCH



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



Nutrition Tip: Include whole grains. 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



Grilled Chicken Sandwich
 Chips
 Lettuce / Pickles
 Fruit

1

Hot Pockets
 Broccoli
 Fruit

4

Meatball Subs
 Chips
 Green Beans
 Fruit

5

PIZZA

6

Ham
 Scalloped Potatoes
 English Peas
 Fruit / Roll

7



Grinch Pancakes
 Sausage
 Carrots
 Fruit

8

Chicken Rebelde
 Beans
 Fruit

11

Bacon Cheeseburgers
 Fries/Fruit
 Lettuce/Pickles

12

PIZZA

13

Fried Ravioli
 Marinara sauce
 Salad
 Fruit

14



No Lunches
 Early Dismissal

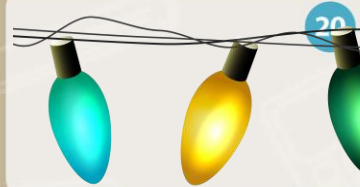
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No Lunches
 Early Dismissal

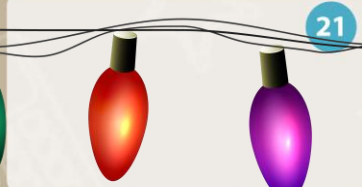
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No Lunches
 Early Dismissal

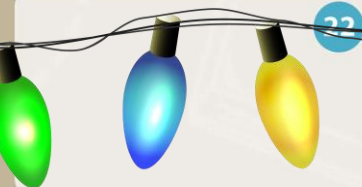
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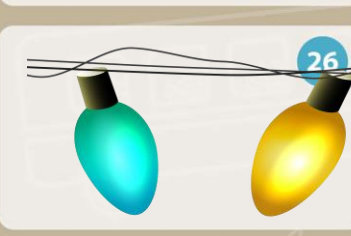
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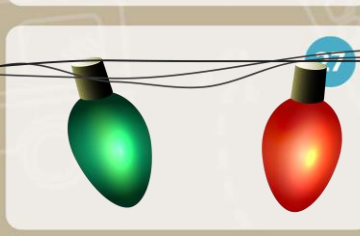
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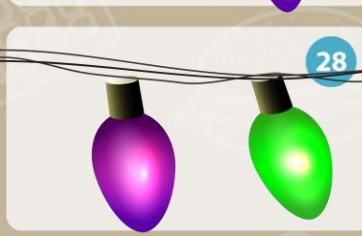
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