

# Word of Life Academy

## Lunch Menu

Middle and High School

Monday	Tuesday	Wednesday	Thursday	Friday
March 2023		<b>1 Choose One</b> *Hamburger on Bun *Cheeseburger on Bun *Turkey n Cheese Sub Potato Wedges Carrots w/ dip Fruit of Day	<b>2 Choose One</b> *Baked Ziti Meatballs * Turkey n Cheese Sub * Yogurt n side salad Veg of Day Fruit of Day	<b>3 Choose One</b> *Cheese Pizza *Pepperoni Pizza * Yogurt n side salad Carrots w/dip Fruit of Day
<b>6 Choose One</b> *Mac n Cheese Fish Sticks * Grilled Cheese * Yogurt n side salad Veg of Day Fruit of Day	<b>7 Choose One</b> *Salisbury Steak Mashed Potatoes *Turkey n Cheese Sub * Yogurt n side salad Veg of Day Fruit of the day	<b>8 Choose One</b> *Hamburger on Bun *Cheeseburger on Bun *Turkey n Cheese Sub Potato Wedges Lettuce n tomato Carrots w/ dip Fruit of Day	<b>9 Choose One</b> *Creamy Chicken Alfredo with Spinach * Grilled Cheese * Yogurt n side salad Veg of Day Fruit of Day	<b>10 Choose One</b> *Cheese Pizza *Pepperoni Pizza * Yogurt n side salad Carrots w/dip Fruit of Day
<b>13 Choose One</b> *Beef n Cheese Mac * Grilled Cheese Side salad Veg of Day Fruit of Day	<b>14 CHOOSE ONE</b> *Chicken Tenders French toast Sticks *Turkey n Cheese Sub * Yogurt n side salad Carrots w/dip Fruit of Day	<b>15 CHOOSE ONE</b> *Hamburger on Bun *Cheeseburger on Bun *Turkey n Cheese Sub Potato Wedges Carrots w/ dip Fruit of Day	<b>16 CHOOSE ONE</b> *Chicken Teriyaki White Rice * Turkey n Cheese Sub * Yogurt n side salad Carrots w/dip Fruit of Day	<b>17 Choose One</b> *Cheese Pizza *Pepperoni Pizza * Yogurt n side salad Carrots w/dip Fruit of Day
<b>20 Choose One</b> *Beef Hot Dog *Turkey n Cheese Sub Chips * Yogurt n side salad Carrots w/dip Fruit of Day	<b>21 CHOOSE ONE</b> *Chicken Nuggets Pita Bread *Turkey n Cheese Sub * Yogurt n side salad Veg of Day Fruit of Day	<b>22 CHOOSE ONE</b> *Hamburger on Bun *Cheeseburger on Bun *Turkey n Cheese Sub Potato Wedges Carrots w/ dip Fruit of Day	<b>23 Choose One</b> * Spaghetti marinara meatballs *Turkey n Cheese Sub * Yogurt n side salad Carrots w/dip Fruit of Day	<b>24</b> <i>Parent/ Teacher            Conference</i>  <i>No School</i>
<b>27 CHOOSE ONE</b> * Chicken Sandwich * Grilled Cheese Side salad Veg of Day Fruit of Day	<b>28 CHOOSE ONE</b> *BBQ Chickn Cheese Quesadilla's *Grilled Cheese Chips * Yogurt n side salad Carrots w/dip Fruit of Day	<b>29 CHOOSE ONE</b> *Hamburger on Bun *Cheeseburger on Bun *Turkey n Cheese Sub Potato Wedges Carrots w/ dip Fruit of Day	<b>30 CHOOSE ONE</b> *Fried Chicken Leg Rice *Turkey n Cheese Sub Veg of Day Fruit of Day	<b>31 CHOOSE ONE</b> *Cheese Pizza *Pepperoni Pizza * Yogurt n side salad Carrots w/dip Fruit of Day

School Lunch is \$6.00 includes 8 oz Milk, lemonade, or 8oz Apple Juice

**Middle and High School**

**Lunch Order Form**

**March 2023**

Name \_\_\_\_\_

Grade \_\_\_\_\_

Parent Email \_\_\_\_\_

- A) Circle the Entrée choice within each day
- B) Add the number of days Circled
- C) \_\_\_\_\_ Number of Days X \$6.00 = \$ \_\_\_\_\_

**Payment Opt**

- 1) Make Check Payable to ***Big Rich's Canteen***
- 2) Make Payment through   
@Rich\_Ametin
- 3) Make payment by Credit Card  
an Invoice will be emailed
- D) Return Form to Teacher

a la carte items will be available for purchase

**Sandwiches, salads, drinks, Snacks**

**Menu items subject to change based on availability**

**email: br.canteen@gmail.com**