

# Word of Life Academy

## Lunch Menu

Middle and High School

Monday	Tuesday	Wednesday	Thursday	Friday
<b>5/1 and 6/5</b> *Mac n Cheese Fish Sticks *Turkey n Cheese Sub * Yogurt n side salad Veg of Day Fruit of Day	<b>5/2 and 6/6</b> BBQ Chicken Quesa's Tortilla Chips *Turkey n Cheese Sub * Yogurt n side salad Veg of Day Fruit of Day	<b>5/3 and 6/7</b> *Hamburger on Bun *Cheeseburger on Bun *Turkey n Cheese Sub Potato Wedges Carrots w/ dip Fruit of Day	<b>4 CHOOSE ONE</b> *Cheese Pizza *Pepperoni Pizza * Yogurt n side salad Carrots w/dip Fruit of Day	<b>5</b> <i>Professional Dev</i> <i>No School</i>
<b>8 CHOOSE ONE</b> *Chicken Sandwich *Turkey n Cheese Sub Chips Carrots w/ dip Fruit of Day	<b>9 CHOOSE ONE</b> *Salisbury Steak Mashed Potatoes *Turkey n Cheese Sub Potato Wedges Carrots w/ dip Fruit of Day	<b>10 CHOOSE ONE</b> *Hamburger on Bun *Cheeseburger on Bun *Turkey n Cheese Sub Potato Wedges Carrots w/ dip Fruit of Day	<b>11 CHOOSE ONE</b> *Baked Chicken Leg Spanish Rice * Turkey n Cheese Sub * Yogurt n side salad Veg of Day Fruit of Day	<b>12 CHOOSE ONE</b> *Cheese Pizza *Pepperoni Pizza * Yogurt n side salad Carrots w/dip Fruit of Day
<b>15 CHOOSE ONE</b> * Beef Hot Dog *Grilled Cheese Chips Veg of Day Fruit of Day	<b>16 CHOOSE ONE</b> *Creamy Chicken Alfredo with Spinach * Grilled Cheese * Yogurt n side salad Veg of Day Fruit of Day	<b>17 CHOOSE ONE</b> *Hamburger on Bun *Cheeseburger on Bun *Turkey n Cheese Sub Potato Wedges Carrots w/ dip Fruit of Day	<b>18 CHOOSE ONE</b> *Baked Ziti * Turkey n Cheese Sub * Yogurt n side salad Carrots w/dip Fruit of Day	<b>19 Choose One</b> *Cheese Pizza *Pepperoni Pizza * Yogurt n side salad Carrots w/dip Fruit of Day
<b>22 Choose One</b> *Beef n Cheese Mac * Grilled Cheese Side salad Veg of Day Fruit of Day	<b>23 CHOOSE ONE</b> *Chicken Tenders French toast Sticks *Turkey n Cheese Sub * Yogurt n side salad Carrots w/dip Fruit of Day	<b>24 CHOOSE ONE</b> *Hamburger on Bun *Cheeseburger on Bun *Turkey n Cheese Sub Potato Wedges Carrots w/ dip Fruit of Day	<b>25 Choose One</b> *Chicken Teriyaki White Rice * Turkey n Cheese Sub * Yogurt n side salad Carrots w/dip Fruit of Day	<b>26 Choose One</b> *Cheese Pizza *Pepperoni Pizza * Yogurt n side salad Carrots w/dip Fruit of Day
<b>29</b> <i>Memorial Day</i> <i>No School</i>	<b>30 CHOOSE ONE</b> *Chicken Nuggets Pita Bread *Turkey n Cheese Sub * Yogurt n side salad Veg of Day Fruit of Day	<b>31 CHOOSE ONE</b> *Hamburger on Bun *Cheeseburger on Bun *Turkey n Cheese Sub Potato Wedges Carrots w/ dip Fruit of Day	<b>6/1 CHOOSE ONE</b> * Spaghetti marinara meatballs *Turkey n Cheese Sub * Yogurt n side salad Carrots w/dip Fruit of Day Fruit of Day	<b>6/2 CHOOSE ONE</b> *Cheese Pizza *Pepperoni Pizza * Yogurt n side salad Carrots w/dip Fruit of Day

May and June  
2023

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

**Middle and High School**

**Lunch Order Form**

**May and June 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](mailto:br.canteen@gmail.com)**