

BD'S EXPRESS MENU



Sandwich Station

Served on Whole Grain Buns
 Breaded Chicken
 Spicy Chicken
 Grilled Chicken
 Cheeseburgers
 Hamburgers
 Soft Pretzels w/ cheese sauce
 Nacho Chips w/ cheese sauce
 These choices include fruit, vegetable and milk

Fresh Options Cooler

Fresh Veggie Cup
 Fruit Cup *(12-28)
 Premade Assorted Salads*
 Jammer Slammer*
 w/ Cheese Stick *(34)
 w/ Yogurt *(52)
 Cheese crackers and grapes*
 Yogurt meal with granola fruits and veg-
 gies*



Hot and Cold Salad Bar

Fresh and crisp salad spring and romaine
 blends,
 top with a variety of fresh vegetables including
 shredded carrots, diced cucumbers, radishes, celery
 diced tomatoes and many others
 Fresh seasonal fruits available
 Many hot vegetables offered everyday
Fresh Sandwich topping bar:
 Sliced tomatoes, lettuce, onions and pickles



Pizza Wheel

Vegetable Pizza
 Cheese Pizza
 Pepperoni Pizza



What makes a lunch:
 All entrée choices include 1 cup fruit and 1 cup vegetable choice,
 offered in 1/2 cup servings, so up to 4 small or 1 each large fruit and
 Vegetable.
 Milk is also included.
 Entrées often contain 2 items, protein and grain
 Only 3 items need to be selected to get the value lunch price.
TAKE ALL 5 FOR THE BEST DEAL IN TOWN!

Devilish Delights

**M. BUFFALO BLUE BOLDNESS:
 CHICKEN WINGS AND SAUCES**

**T. ITALIAN INTEGRATION:
 PASTA BAR WITH SAUCES**

**W. DELI DEPOT:
 MADE TO ORDER WITH TOPPING STA-
 TION**

Lunch: \$2.35-2.60 Super: \$3.10
 Entrée: \$2.25 Sides (fruits & veggies): \$.50
 Fries: \$1.00 Chips: \$0.75
 Cookies: \$0.50 Small Cookie: \$0.75 Large
 Beverages: \$0.75—1.50 Milk: \$0.50



Deal of day is lunch with up to 5 items including milk
 Check out our new interactive web site for detailed
 nutrition updates.
 ALLERGENS LISTED

Devilish Delights

**TH. MEXICAN MADNESS
 SEASONED BEEF OR CHICKEN WITH
 CRUNCHY, SOFT OR CHIPS**

**FRI. BURGER BUILDER
 ADD TOPPINGS**

**ALL DD OPTIONS ARE MADE TO ORDER
 AND CAN BE A COMPLETE LUNCH
 AVAILABLE TO ALL!**