

## **2010-2011 CDS Lunch Program Menu Descriptions**

### **Lunch Basket Burger**

#### **Hamburger or Cheeseburger:**

5.3 ounce locally raised Angus beef patty served plain or with cheese on a soft bun. Top with purchased chili cup for a chili-burger! Lettuce, tomato and condiments served on the side.

#### **Potato Wedges:**

Fresh twice-baked potato wedges seasoned with Danny's special seasonings. Consider this your fries with your burger!

#### **Veggie Burger:**

A vegetarian burger with all the trimmings! Very healthy.

#### **Savory Grilled Chicken Sandwich:**

6 ounce *grilled* chicken breast with subtle lemon pepper seasoning served plain on a whole wheat bun. Purchase the garden salad to compliment this low fat choice! Lettuce, tomato and condiments served on the side.

#### **All Beef Hot Dog:**

A good old fashioned beef hot dog served plain on a bun. Condiments served on the side. Purchase a side chili cup to make it a hearty dog!

#### **Effie's Fresh Peanut Butter & Jelly Sandwich:**

A fresh, "mom-made" PB&J. Grape jelly.

#### **Baked Potato:**

7 ounce plain baked potato. Buy a side chili cup to make this a meal! Butter and sour cream available on the side.

#### **Side Chili Cup:**

1.5 ounce chili cup. Purchase to eat alone or as a condiment for burgers, hot dogs or baked potato.

#### **Garden Side Salad:**

Crisp lettuce piled with julienned carrots, grape tomatoes and cucumbers. Danny's homemade light Ranch dressing and crackers round out this great salad.

#### **LBB Fruit Cup:**

4 oz. of fresh mangoes, peaches and oranges all in extra-light syrup.

#### **Fresh Apple:**

An apple a day keeps the doctor away!

#### **Effie's Brownie:**

A big chocolately square of goodness!

### **Chick-fil-A**

#### **Chick-fil-A Sandwich:**

The classic Chick-fil-A treat, no instructions necessary!

#### **8-Pack/10-Pack Chicken Nuggets:**

Eight-pack or ten-pack of bite-sized pieces of tender chicken done the Chick-fil-A way. Choose your size. Dipping sauces available (BBQ, Ranch, Chick-fil-A).

Chargrilled Cool Wrap-Whole or Chargrilled Cool Wrap-Half:

Slices of grilled chicken with a mix of Romaine lettuce and summer crunch veggies with cheese wrapped in a multigrain flat bread and served with Ranch dressing. A whole wrap or a half wrap is available.

Chicken Caesar Side Salad:

Crispy Romaine lettuce topped with grilled chicken breast and Parmesan cheese. A healthy, light side salad. Purchase a fresh fruit cup to round out your lunch. Served with Caesar dressing.

Crispy Entrée' Salad or Side Salad:

Crispy Romaine and iceberg lettuce with Monterey jack cheese, small broccoli florets and grape tomatoes. Served with Ranch dressing. Choose an entrée size or side size.

Chicken Salad Cup:

A 4 ounce scoop of chicken salad served on lettuce and made with Chick-fil-A chicken breast, celery, sweet pickle relish and mayo. Served with Premium brand crackers. A lighter choice for lunch. Pair this with a fruit cup and you've got yourself a tasty lunch!

Fresh Fruit Cup:

4 ounces of fresh fruit; done the Chick-fil-A way.

**KFC**

Small/Large Popcorn Chicken:

Bite-sized pieces of tasty white meat chicken seasoned and fried to a crispy golden brown. Choose your size.

KFC Snackers:

A small "slider", but with bold taste! It's an all white meat KFC crunchy chicken strip topped with fresh lettuce and a tangy mayo sauce all on a warm bun. Big on taste! Order as many as you wish!

KFC Side Items:

Macaroni & Cheese, Mashed Potatoes, Kernel Corn, Green Beans or fresh homemade Slaw. Order as many yummy sides as you wish!

Famous KFC Biscuit:

A fresh buttermilk biscuit to go with your mac-n-cheese or mashed potatoes or corn or green beans!

**The Lunch Basket Café**

Danny's Mac-n-Cheese:

Creamy, made from scratch (really!) macaroni and cheese. Danny's best recipe.

Corn Dog:

A good old fashioned corn dog! Order one, two or however many you wish! Ketchup and mustard available.

Fresh Chicken Nuggets:

Classic chicken nuggets with ketchup for dipping!

Effie's Fresh Peanut Butter & Jelly Sandwich:

A fresh, "mom-made" PB&J. Grape jelly.

Ham and Cheese Croissant:

Lots of lean ham and American cheese piled on a soft buttery croissant. Served with a side of lettuce and tomatoes. Condiments available.

Chicken Club:

Grilled chicken with bacon and provolone cheese on a Kaiser roll. Lettuce and tomatoes on the side. Condiments available.

Classic Lasagna:

Danny's homemade entrée! Classic lasagna all baked until bubbly. Served with bread. A hearty lunch option.

Potato Wedges:

Fresh twice-baked potato wedges seasoned with Danny's special seasonings. Consider this your French fries!!

Garden Side Salad:

Crisp lettuce piled with tomatoes and cucumbers. Danny's homemade light Ranch dressing and crackers round out this great salad.

Applesauce Side:

4 oz. applesauce. A good fruity option.

Fresh Fruit:

A fruity-banana.

Effie's Brownie:

A big, chocolately square of goodness!

**Hungry Howie's Pizza**

Cheese Pizza Slice or Pepperoni Pizza Slice:

Classic pizza with the  *freshest*  ingredients, guaranteed. Your choice of cheese or pepperoni. A generous slice with a thick tasty crust. Order as many slices as you wish!

Fresh Fruit:

A fresh peel-yourself banana!

**McAlister's Deli**

Café (Small) Bacon Spud or Large-sized Spud:

Your choice of two sizes of the classic McAlister's spud topped with savory bacon, Swiss, and cheddar cheese. Butter and sour cream available.

Café Club Sandwich:

A smaller version of their classic club. Ham, turkey and bacon served on wheat with lettuce, tomato, Swiss and cheddar cheese. Condiments available.

Chicken Caesar Wrap:

Everyone's favorite wrap. Tender chicken strips and romaine lettuce lightly coated with Caesar dressing and parmesan cheese served in a healthy flax wrap.

Kid's Ham and Cheese Hoagie:

Hickory smoked ham and American cheese served on a wheat hoagie. Just the right size! Condiments available.

Kid's Cheese Pizza:

Classic cheese pizza with pizza sauce and cheddar-jack cheese all served on a pita round.

Café (Small) Cheese Spud or Large-sized Spud:

Your choice of two sizes of the classic McAlister's spud topped with lots of Swiss and cheddar cheeses. Butter and sour cream available.

Turkey and Cheese Wrap:

McAlister's sized! Savory hickory smoked turkey with lettuce, tomato and provolone cheese served in a hearty wheat wrap.

All Veggies Sandwich:

Tasty, fresh cucumbers, bell peppers, roasted red peppers, lettuce and tomato with a creamy slice of Swiss cheese served on Pita bread with a side of peppercorn dressing. Veg out!

Orange Cranberry Club:

Smoked turkey, hickory ham, applewood smoked bacon, cheddar, Swiss, lite mayo, lettuce tomatoes and orange cranberry sauce harvest wheat bread. A tangy treat.

Kid's Turkey and Cheese Hoagie:

Hickory smoked turkey and American cheese served on a wheat hoagie. Just the right size! Condiments available.

Café Grilled Chicken Salad:

Fresh salad greens with cucumber, tomato and bacon topped with cheddar-jack cheese and 3-ounces of grilled chicken breast strips. Low-fat Ranch and croutons on the side.

Peanut Butter & Jelly Sandwich:

A PB&J with grape jelly...made McAlister's style.

Mashed Potatoes & Gravy Side:

Smooth, creamy potatoes topped with a light gravy.

Country Vegetable Soup:

16 oz. of hearty soup. Lots of country taste...served with crackers.

McAlister's Mac & Cheese:

A hot 8 oz. cup of awesome, yummy, filling, creamy macaroni and cheese.

McAlister's Small Garden Salad:

A nice mix of greens including Spring Mix, iceberg, and Romaine lettuces topped with Swiss and cheddar cheese, tomatoes, cucumbers and croutons. Ranch dressing.

Fruit Cup:

A generous mix of orange, pineapple, grapes and cantaloupe served in its own juices. Yummy in the tummy!

Fresh Apple:

A crunchy, munchy apple just for you!

McAlister's Sugar Cookie:

A huge, delightful treat!

## **Moe's Southwest Grill**

### **Burrito:**

A large, tasty burrito filled with rice, beans, chicken, cheese, salsa and lettuce. "Welcome to Moe's!"

### **Soft Taco:**

Chicken, cheese and lettuce with salsa on the side.

### **Quesadilla:**

Toasty flour tortillas filled with cheese, salsa and a side of Daisy sour cream.

### **Nachos:**

A large portion of Moe's nacho chips with cups of fresh ground beef, black olives, a large cup of fresh salsa and a large cup of nacho cheese. Build it yourself lunch!

### **Rice & Beans:**

12 ounces of rice, black beans, salsa and Daisy sour cream. A great vegetarian lunch.

### **Moe's Side Salad:**

Order this salad to round out your lunch. Fresh lettuce, veggies, cheese and lite Ranch round out this salad.

### **Fresh Banana:**

Monkey Joe's fresh banana!

## **Panera Bread**

### **Italian Combo Sandwich:**

A generous sandwich with 96% fat-free ham, 99% fat-free turkey, roast beef and salami and Swiss cheese all served on fresh Ciabatta bread. This sandwich is a hit. Lettuce and tomato available. Condiments available.

### **Ham or Turkey Sandwich:**

96% fat-free savory ham and Swiss cheese or 99% fat-free smoked turkey and Swiss cheese served on Panera's fantastic fresh Honey Wheat bread. The bread makes this sandwich! Lettuce and tomato available. Condiments available.

### **Roast Beef & Cheddar Baguette Sandwich:**

Oven roasted lean beef and smoked cheddar piled on French baguette bread. A great tasting sandwich. Lettuce and tomato available. Condiments available.

### **Chicken Noodle Soup and French Baguette:**

8 ounces of low-fat Chicken Noodle Soup served with crusty French baguette bread. Everybody loves chicken noodle soup!

### **Panera's Mac-n-Cheese:**

An 8 ounce serving of Panera's fabulous macaroni and cheese.

### **Classic Cafe' Salad:**

Crispy mixed field greens and Romaine lettuce topped with vine ripened tomatoes, cool cucumbers and red onions. Served with low-fat Ranch dressing.

### **Very Fresh Fruit Cup:**

Fresh cut cantaloupe, honeydew melon, pineapple and red seedless grapes. Always a sweet wholesome treat.

Fresh Fruit:

A fruity-fresh apple.

Panera's Chocolate Chip Cookie:

A chewy, gooey cookie with big chocolate taste.

Panera's Duet Cookie:

A chocolate cookie with dark chocolate chunks and white chocolate chunks and walnuts.

**Salsarita's Fresh Cantina**

Salsarita's Burrito:

A flour tortilla stuffed with fresh grilled chicken, black beans, rice, crispy lettuce, tomatoes and cheese with a splash of tangy garden salsa for extra flavor. Purchase a side of those famous nacho chips for a great lunch!

Nacho Meal:

A *generous* helping of Salsarita's famous nacho chips with fresh ground beef, lettuce tomatoes and cheese, a large cup of fresh salsa and a large cup of nacho cheese. A tasty, fun lunch.

Black Beans & Rice Bowl:

A great choice for a light vegetarian lunch.

Salsarita's Side Salad:

Chilly, crispy lettuce topped with tomatoes and cheese. Low-fat Ranch dressing included.

Side of Famous Nacho Chips:

Snack sized bag of famous nacho chips with a large cup of fresh taco sauce. Purchase two for some serious snacking!

Side of Queso Cheese:

Creamy Queso cup (4-oz.) for your Nacho's!

Side of Fresh Salsa:

Fresh tasty salsa (4-oz.) for extra tanginess.

Fresh Fruit:

A fruity-fresh apple.

**Shane's Rib Shack**

Chopped BBQ Chicken Sandwich:

4 ounces of hand chopped all white meat BBQ chicken piled on a whole wheat bun. BBQ sauce is served on the side. Try a side of the Baked Beans for an authentic BBQ lunch!

Chopped BBQ Pork Sandwich:

A classic BBQ sandwich! 4 ounces of hand chopped lean BBQ pork piled on a whole wheat bun. BBQ sauce is served on the side. A side of Baked Beans makes it a bona fide BBQ lunch.

Grilled Chicken Sandwich:

Two tasty char-grilled jumbo chicken tenders on a whole wheat bun. The ultimate for a low-fat lunch! Add a side salad and make it a meal. Lettuce, tomato and low-fat condiments served on the side.

Crispy Chicken Tenders:

Two extra large chicken tenders fried to perfection. Lite Ranch dressing served along side for dipping. A really tasty lunch option!

Shane's Mac-N-Cheese:

Shane's 8 ounce cup of creamy cheddar cheese macaroni. Try it with a Garden Side Salad for a complete lunch.

Shane's Dog:

A classic hotdog served Shane's style, ketchup and mustard on the side. Great with a side order of Shane's baked beans!

Peanut Butter & Jelly Sandwich:

Grape jelly makes this homemade sandwich a hit!

Baked Beans:

5 ounces of slow cooked, hearty brown-sugar baked beans.

Garden Side Salad:

Mixed lettuces topped with tomatoes, crispy cucumbers and cheese and special 'crunchies' done Shane's style. Served with low-fat Ranch dressing.

Peach Cobbler:

Warm, yummy peachy cobbler. One of Shane's delightful surprises.

Fresh Fruit:

A fruity-fresh apple.