

# Fast Food Selection Guide



Diabetes **FOOD SPIRAL**®



## Chicken

<b>1G</b>	Kentucky Grilled Chicken®- Whole Wing
<b>1Y</b>	Kentucky Grilled Chicken®- Drumstick
<b>1R</b>	Original Recipe® Chicken- Drumstick
<b>1R</b>	All Wings
<b>2Y</b>	Kentucky Grilled Chicken®- Breast
<b>2R</b>	Original Recipe® Chicken- Whole Wing
<b>2R</b>	Original Recipe® Chicken-Breast without skin or breading
<b>2R</b>	Extra Crispy™ Chicken- Whole Wing
<b>2R</b>	Extra Crispy™ Chicken- Drumstick
<b>2R</b>	Spicy Crispy Chicken- Whole Wing
<b>2R</b>	Spicy Crispy Chicken- Drumstick
<b>2R</b>	Kentucky Grilled Chicken®- Thigh
<b>2R</b>	Extra Crispy™ Tenders (2)
<b>2R</b>	Extra Crispy™ Tenders (1) - Kids
<b>2R</b>	Original Recipe® Bites (4) - Kids
<b>2R</b>	Original Recipe® Bites (6)

<b>3R</b>	Original Recipe® Chicken- Breast
<b>3R</b>	Original Recipe® Chicken- Thigh
<b>3R</b>	Extra Crispy™ Boneless Piece (White Meat)
<b>3R</b>	Hot Shot Bites™ (6)
<b>4R</b>	Extra Crispy™ Boneless Piece (Dark Meat)
<b>4R</b>	Extra Crispy™ Chicken- Thigh
<b>4R</b>	Spicy Crispy Chicken- Thigh
<b>4R</b>	Extra Crispy™ Tenders (3)
<b>4R</b>	Original Recipe® Bites (10)
<b>4R</b>	Original Recipe® Bites Snack Box
<b>4R</b>	Original Recipe® Bites Go Cup
<b>4R</b>	Grilled Drumstick Value Box
<b>4R</b>	OR Drumstick Value Box
<b>5R</b>	Extra Crispy™ Chicken- Breast
<b>5R</b>	Spicy Crispy Chicken- Breast
<b>5R</b>	Hot Shot Bites™ (10)

<b>5R</b>	Hot Wings™ Go Cup
<b>5R</b>	Fiery Buffalo Hot Wings™ Go Cup
<b>5R</b>	Hot Wings™ Value Box
<b>5R</b>	Fiery Buffalo Hot Wings™ Value Box
<b>5R</b>	EC Drumstick Value Box
<b>5R</b>	Grilled Thigh Value Box
<b>6R</b>	Extra Crispy™ Boneless Piece (White Meat) Go Cup
<b>6R</b>	Extra Crispy™ Tenders Go Cup
<b>6R</b>	Chicken Littles® Go Cup
<b>6R</b>	HBBQ Hot Wings™ Go Cup
<b>6R</b>	HBBQ Hot Wings™ Value Box
<b>6R</b>	OR Thigh Value Box
<b>7R</b>	Extra Crispy™ Boneless Piece (Dark Meat) Go Cup
<b>7R</b>	EC Thigh Value Box
<b>7R</b>	Extra Crispy™ Boneless Piece (Dark Meat) Go Cup
<b>7R</b>	EC Thigh Value Box



## Lunch & Dinner

**0G**

House Side Salad

**0R**

Caesar Side Salad

**2Y**

Chicken Littles® without Sauce

**2R**

Doublicious®

**3Y**

Honey BBQ Sandwich

**3R**

Chicken Littles®

**3R**

Snack-Size Bowl

**4R**

Crispy Chicken Caesar Salad

**4R**

Crispy Chicken BLT Salad

**5Y**

Crispy Twister® without Sauce

**5R**

Colonel's Original Sandwich

**6R**

Crispy Twister®

**7R**

KFC Famous Bowls®-Mashed  
Potato with Gravy

**8R**

Chicken Pot Pie

## Dressings & Toppings

**0G**

Marzetti Light Italian Dressing

**1Y**

Parmesan Garlic Croutons Pouch

**2Y**

Heinz Buttermilk Ranch Dressing

**3Y**

KFC® Creamy Parmesan Caesar  
Dressing



## Sides

- 0G** Green Beans
- 0G** Corn on the Cob (3")
- 0G** Jalapeno Peppers
- 0R** Mashed Potatoes with Gravy

- 1G** Sweet Kernel Corn
- 1Y** Mashed Potatoes without Gravy
- 1Y** GoGo squeeZ™ Applesauce
- 1R** Gravy (with Bites)
- 1R** Macaroni and Cheese

- 2Y** BBQ Baked Beans
- 2Y** Cole Slaw

- 2R** Potato Wedges
- 2R** Biscuit
- 2R** KFC® Cornbread Muffin
- 2R** KFC® Gizzards
- 2R** KFC® Livers

- 4R** Country Fried Steak

## Desserts

- 2Y** Oatmeal Raisin Cookie
- 2Y** Sugar Cookie
- Apple Turnover (1)
- 2R** Lemon Cake slice
- 2R** Chocolate Chip Cookie
- Double Fudge Cookie
- 3R** Chocolate Chip Cake slice
- 3R** Mini Chocolate Chip Cake
- 3R** Mini Lemon Cake
- 3R** Reese's® Peanut Butter Pie Slice
- 3R** Oreo® Cookies and Crème Pie Slice