

# Fast Food Selection Guide



Food Fitness First, Inc<sup>®</sup>

Diabetes FOOD SPIRAL<sup>®</sup>

### Breakfast

2G	Quaker® Oatmeal Original	4R	BK®Breakfast Muffin Sandwich Sausage and Cheese	6R	Southwestern Breakfast Burrito
2R	Hash Browns – small	4R	CROISSAN'WICH® Egg & Cheese	6R	DOUBLE CROISSAN'WICH™ w/ Sausage, Bacon, Egg, & Cheese, Bacon, Egg, & Cheese
2R	French Toast Sticks (3 piece)	4R	CROISSAN'WICH® Sausage & Cheese	6R	DOUBLE CROISSAN'WICH™ w/ Ham, Sausage, Egg, & Cheese
3G	Quaker® Oatmeal Maple and Brown Sugar Flavor*	4R	CROISSAN'WICH® Ham, Egg & Cheese	6R	Sausage, Egg, & Cheese Biscuit
3R	Sausage Breakfast Burrito	4R	CROISSAN'WICH® Bacon, Egg & Cheese	7R	Pancake and Sausage platter
3R	BK®Breakfast Muffin Sandwich Egg and Cheese	4R	Sausage Biscuit	7R	Hash Browns – large
3R	BK®Breakfast Muffin Sandwich Ham, egg and Cheese	4R	French Toast Sticks (5 piece)	8R	BK™ Ultimate Breakfast Platte
3R	BK®Breakfast Muffin Sandwich bacon, egg and Cheese	5Y	Pancakes (3) and 1 oz breakfast syrup	8R	DOUBLE CROISSAN'WICH™ w/ Sausage, Egg, & Cheese
3R	Cinnabon® Roll- One	5R	BK®Breakfast Muffin Sandwich Sausage, egg and Cheese		
		5R	CROISSAN'WICH® Sausage, Egg & Cheese		
		5R	DOUBLE CROISSAN'WICH™ w/ ham, Egg, & Cheese		
		5R	DOUBLE CROISSAN'WICH™ w/ Bacon, Egg, & Cheese		
		5R	DOUBLE CROISSAN'WICH™ w/ Ham, Bacon, Egg, & Cheese		

### Lunch & Dinner

1G	Apple Slices
1Y	Side Caesar Salad
0G	Side Garden Salad w/o Dressing

2Y	Hamburger
2R	Chicken Nuggets- 4pc
2R	Onion Rings – value
2R	French Fries - value (Salted)
2R	Satisfries™ French Fries - Value (salted)

3Y	Chicken Caesar Garden Fresh Salad with TENDERGRILL
3Y	Chicken Apple & Cranberry Garden Fresh Salad with TENDERGRILL
3R	WHOPPER JR.® Sandwich
3R	WHOPPER JR.® Sandwich with Cheese
3R	Cheeseburger
3R	Double Hamburger
3R	Bacon Cheeseburger

3R	Bacon Cheeseburger Deluxe
3R	King Jr.™ Cheeseburger
3R	Rodeo Burger
3R	Home-style Chicken Strips- 3pc
3R	Chicken Nuggets- 6pc
3R	Chicken BLT Garden Fresh Salad with TENDERGRILL
3R	Ranch Grilled Chicken Wrap
3R	Onion Rings – small
3R	Satisfries™ French Fries - Small (salted)
3R	Mozzarella Sticks (4 pc)

4R	Double Cheeseburger
4R	Bacon Double Cheeseburger
4R	Double Cheeseburger
4R	Rodeo Crispy Chicken Sandwich
4R	Ranch Crispy Chicken Wrap
4R	Honey Mustard Crispy Chicken Wrap Honey Mustard

4R	Honey Mustard Grilled Chicken Wrap
4R	Chicken BLT Garden Fresh Salad Wrap- grilled
4R	Chicken Apple and Cranberry Garden Fresh Salad Wrap- grilled
4R	Chicken Caesar Garden Fresh Salad Wrap- grilled
4R	Onion Rings – medium
4R	French Fries - small (Salted)
4R	French Fries - medium (Salted)
4R	Satisfries™ French Fries - Medium (salted)
4R	Satisfries™ French Fries - Large (salted)

5Y	TENDERGRILL® Chicken Sandwich
5Y	BK VEGGIE® Burger



## Lunch & Dinner

5R	Crispy Chicken Jr
5R	Spicy Crispy Chicken Jr.
5R	Home-style Chicken Strips- 5pc
5R	Buffalo Chicken Strips – 3pc
5R	Honey BBQ Chicken Strips – 3pc
5R	Chicken Nuggets- 10 pc
5R	Big Fish Sandwich
5R	Big Fish Deluxe
5R	BBQ Rib Sandwich
5R	Chicken Caesar Garden Fresh Salad with TENDERCRISP
5R	Chicken BLT Garden Fresh Salad TENDERCRISP
5R	Chicken Apple & Cranberry Garden Fresh Salad with TENDERCRISP
5R	Chicken BLT Garden Fresh Salad Wrap- crispy
5R	Chicken Apple and Cranberry Garden Fresh Salad Wrap- Crispy
5R	Chicken Caesar Garden Fresh Salad Wrap-crispy

6R	Big King™
7R	WHOPPER® Sandwich
7R	TENDERCRISP® Chicken Sandwich
7R	Original Chicken Sandwich
7R	Spicy Original Chicken Sandwich
7R	Chicken Big King
7R	Buffalo Chicken Strips – 5pc
7R	Honey BBQ Chicken Strips – 5pc
8R	WHOPPER® Sandwich with Cheese
8R	DOUBLE WHOPPER® Sandwich
8R	DOUBLE WHOPPER® Sandwich with Cheese
8R	TRIPLE WHOPPER® Sandwich
8R	ANGRY WHOPPER® Sandwich
8R	BBQ Bacon WHOPPER® Sandwich
10R	Chicken Nuggets- 20 pc

## Dressings & Toppings

0G	Ken's Lite Honey Balsamic
1Y	Home-style Caesar Croutons
2Y	Ken's Citrus Caesar Dressing
2Y	Ken's Honey Mustard Dressing
2Y	Ken's Avocado Ranch Dressing
2Y	Ken's Apple Cider Vinaigrette



## Children's Menu

1G	Apple Slices
1G	Kids Oatmeal
2Y	Hamburger
2R	Chocolate Chip Cookie
2R	Chicken Nuggets- 4pc
2R	Home-style Chicken Strips- 2pc (in some areas)
2R	Satisfries™ French Fries - Value (Salted)
2R	Soft Serve Cone
3R	Chicken Nuggets- 6pc
3R	Cheeseburger

## Desserts

2Y	Soft Serve Cone
2Y	Soft Serve Cup
2Y	Strawberry Sundae
3R	HERSHEY'S® Sundae Pie
3R	Caramel Sundae
3R	Chocolate Fudge Sundae
3R	Oatmeal Raisin Cookies (2)
4R	Dutch Apple Pie
4R	Chocolate Chip Cookies (2)
4R	White Chocolate Macadamia Nut Cookies (2)
5R	OREO® Sundae
6R	Brownie Sundae