

Fast Food Selection Guide



Diabetes FOOD SPIRAL®



Breakfast

2G	Oatmeal, Plain
2Y	Oatmeal w/ Summer Berries
2Y	Oatmeal w/ Apples & Caramel
2Y	Seasoned Homestyle Potatoes
2Y	Orange Juice, small
3Y	Toasted Bagel, Plain
3R	Artisan Egg Sandwich w/ Cheese
3R	Sausage & Egg Burrito
4Y	Bagel w/ Egg & Cheese
4Y	Oatmeal w/ Cranberries & Pecans
4R	Artisan Egg Sandwich w/ Bacon
4R	Biscuit w/ Bacon
4R	Biscuit w/ Egg & Cheese

5Y	Bagel w/ Bacon
5R	Artisan Egg Sandwich w/ Sausage
5R	Panini w/ Bacon
5R	Panini w/ Egg & Cheese
5R	Honey Butter Chicken Biscuit
5R	Sunny Side Burger, Jr. Single
5R	Sausage Biscuit
5R	Sausage Gravy & Biscuit
6R	Biscuit w/ Sausage
6R	Bagel w/ Sausage
7R	Panini w/ Sausage

Dressings & Toppings

0G	Light Honey French Dressing
1G	Light Spicy Asian Chili Vinaigrette
1G	Light Ranch Dressing
1Y	BBB Ranch Dressing
1Y	Ranch Dressing
1Y	Italian Vinaigrette
2Y	Thousand Island Dressing

Lunch & Dinner

0G	Garden Side Salad
1G	Apple Slices
1G	Asian Cashew Chicken Salad ½
1Y	Pomegranate Vinaigrette
1Y	Gourmet Croutons
1Y	Lemon Garlic Caesar Dressing
1R	Caesar Side Salad

2G	Asian Cashew Chicken Salad
2G	Rich & Meaty Chili, small
2Y	Apple Pecan Chicken Salad ½
2R	Jr. Hamburger
2R	Natural-Cut Fries, value
2R	4-Piece Regular Chicken Nuggets
2R	4-Piece Spicy Chicken Nuggets
2R	Spicy Chicken Caesar Salad ½

3G	Plain Baked Potato
3G	Sour Cream & Chive Baked Potato
3G	Rich & Meaty Chili, large
3Y	Grilled Chicken Go Wrap
3R	Jr. Cheeseburger
3R	BBQ Ranch Chicken Salad ½
3R	Natural-Cut Fries, small
3R	6-Piece Spicy Chicken Nuggets
4Y	Ultimate Chicken Grill Sandwich
4Y	Apple Pecan Chicken Salad
4Y	BBQ Ranch Chicken Salad
4R	Jr. Bacon Cheeseburger
4R	Jr. Cheeseburger Deluxe
4R	Double Stack
4R	Crispy Chicken Sandwich
4R	Crispy Chicken Caesar Wrap
4R	Homestyle Chicken Go Wrap
4R	Spicy Chicken Go Wrap
4R	6-piece Regular Chicken Nuggets

5Y	Spicy Chicken Sandwich
5Y	Homestyle Chicken Sandwich
5Y	Pulled Pork Sandwich w/ Smoky BBQ
5Y	Pulled Pork Sandwich w/ Spicy BBQ
5Y	Pulled Pork Sandwich w/ Sweet BBQ
5R	Natural-Cut Fries, large
5R	Pulled Pork Cheeseburger w/ Smoky BBQ
5R	Pulled Pork Cheese Fries w/ Smoky BBQ
5R	Pulled Pork Cheese Fries w/ Spicy BBQ
5R	Pulled Pork Cheese Fries w/ Sweet BBQ
5R	Spicy Chicken Caesar Salad
6Y	Asiago Ranch Club w/ Ultimate Chicken Grill
6R	¼ lb. Single w/ Cheese

Children's Menu

0G

Apple Slices

0G

Bottled Water

1G

1% White Milk

1G

1% Chocolate Milk

1Y

Apple Juice

2R

Hamburger

2R

4-Piece Chicken Nuggets

2R

Natural-Cut Fries

3Y

Grilled Chicken Wrap

3R

Cheeseburger

Desserts

3Y

Chocolate Frosty Waffle Cone

3Y

Vanilla Frosty Waffle Cone

3Y

Oatmeal Bar

3Y

Espresso Chip Bar

4Y

Chocolate Frosty, small

4Y

Vanilla Frosty, small

4R

Chocolate Chunk Cookie

4R

Sugar Cookie

4R

Double Chocolate Chip Cookie

5R

Strawberry Frosty Shake, small

6R

Chocolate Frosty Shake, small

7R

Caramel Frosty Shake, small

8R

Chocolate Frosty Shake, large

8R

Strawberry Frosty Shake, large

10R

Caramel Frosty Shake, large