

# Fast Food Selection Guide



## Diabetes FOOD SPIRAL®

## Breakfast

<b>1R</b>	Side of Eggs
<b>2R</b>	A.M. Grilled Taco - Egg and Cheese
<b>2R</b>	Cinnabon® Delight 2 pack
<b>2R</b>	Hash Brown
<b>3Y</b>	Steak and Egg Burrito - Fresco Style
<b>3R</b>	A.M. Grilled Taco - Bacon
<b>3R</b>	A.M. Grilled Taco - Sausage
<b>3R</b>	Cinnabon® Delight 4 Pack
<b>3R</b>	Sausage Flatbread Melt
<b>3R</b>	Waffle Taco - Bacon
<b>3R</b>	Waffle Taco - Egg and Cheese

<b>5R</b>	Breakfast Burrito -Bacon
<b>5R</b>	Breakfast Burrito - Bacon- Fresco Style
<b>5R</b>	Breakfast Burrito - Sausage
<b>5R</b>	Breakfast Burrito - Sausage - Fresco Style
<b>5R</b>	Steak and Egg Burrito
<b>5R</b>	Waffle Taco - Sausage
<b>7R</b>	A.M. Crunchwrap® - Bacon
<b>7R</b>	A.M Crunchwrap® - Sausage
<b>7R</b>	A.M. Crunchwrap® - Steak
<b>10R</b>	Cinnabon® Delight 12 Pack

## Dressings & Toppings

<b>0G</b>	Border Sauce - Fire
<b>0G</b>	Border Sauce - Hot
<b>0G</b>	Border Sauce - Mild
<b>0G</b>	Green Tomatillo Sauce
<b>0G</b>	Guacamole
<b>0G</b>	Pico de Gallo
<b>0G</b>	Pizza Sauce
<b>0G</b>	Red Sauce
<b>0G</b>	Salsa
<b>0G</b>	Salsa Verde
<b>0Y</b>	Reduced Fat Sour Crème
<b>1Y</b>	Avocado Ranch Dressing
<b>1Y</b>	Cilantro Dressing
<b>1Y</b>	Creamy Jalapeno Sauce
<b>1Y</b>	Pepper Jack Sauce

Lunch & Dinner

<b>1G</b>	Black Beans	<b>2R</b>	Fresco Crunchy Taco	<b>4Y</b>	Burrito Supreme® - Chicken
<b>1R</b>	Premium Latin Rice	<b>2R</b>	Grilled Steak Soft Taco	<b>4Y</b>	Burrito Supreme® - Steak
		<b>2R</b>	Nacho Doritos® Locos Tacos	<b>4Y</b>	Burrito Supreme® - Beef
<b>2G</b>	Black Beans and Rice	<b>2R</b>	Nacho Doritos® Locos Taco Supreme	<b>4Y</b>	Fresco Burrito Supreme® - Chicken
<b>2Y</b>	Fresco Chicken Soft Taco	<b>2R</b>	Soft Taco - Beef	<b>4Y</b>	Fresco Burrito Supreme® - Steak
<b>2Y</b>	Fresco Grilled Steak Soft Taco	<b>2R</b>	Chips and Pico De Gallo	<b>4Y</b>	Chili Cheese Fries Loaded Griller
<b>2Y</b>	Chicken Soft Taco	<b>3Y</b>	Gordita Supreme® - Chicken	<b>4R</b>	Chicken Burrito
<b>2Y</b>	Fresco Chicken Soft Taco	<b>3Y</b>	Gordita Supreme® - Steak	<b>4R</b>	Chilli Cheese Burrito
<b>2Y</b>	Pintos n Cheese	<b>3R</b>	Gordita Supreme® - Beef	<b>4R</b>	Chalupa Supreme® - Chicken
<b>2R</b>	Fresco Crunchy Taco	<b>3R</b>	Tostada	<b>4R</b>	Chalupa Supreme® - Steak
<b>2R</b>	Fresco Soft Taco	<b>3R</b>	Crispy Potato Soft Taco	<b>4R</b>	Chalupa Supreme® - Beef
<b>2R</b>	Cheese Roll-Up	<b>3R</b>	Double Decker® Taco Supreme®	<b>4R</b>	Beefy Nacho Griller
<b>2R</b>	MexiMelt®	<b>3R</b>	Double Decker® Taco	<b>4R</b>	Chili Cheese Burrito
<b>2R</b>	Cool Ranch® Doritos® Locos Taco	<b>3R</b>	Soft Taco Supreme® - Beef	<b>4R</b>	Chipotle Ranch Chicken Loaded Griller
<b>2R</b>	Cool Ranch® Doritos® Locos Taco Supreme	<b>3R</b>	Cheesy Nachos		
<b>2R</b>	Crunchy Taco	<b>3R</b>	Nachos		
<b>2R</b>	Crunchy Taco Supreme®	<b>3R</b>	Cheesy Fiesta Potatoes		
<b>2R</b>	Fieri Doritos® Locos Taco	<b>3R</b>	Chips and Corn Salsa		
<b>2R</b>	Fieri Doritos® Locos Taco Supreme	<b>3R</b>	Chips and Guacamole		

Lunch & Dinner

5Y	7-Layer Burrito
5Y	Beefy 5-Layer Burrito
5Y	Cantina Bowl - Veggie
5Y	Cantina Bowl - Veggie

5R	Cheesy Potato Burrito
5R	Combo Burrito
5R	Steak and Egg Burrito
5R	Cheesy Gordita Crunch
5R	Cheese Quesadilla
5R	Chicken Quesadilla
5R	Loaded Potato Griller
5R	Steak Quesadilla
5R	XXL Steak Crispy Taco
5R	Nachos Supreme

6Y	Cantina Bowl - Chicken
6Y	Chrunchwrap Supreme®
6Y	Cantina Bowl - Chicken
6R	Cantina Bowl - Steak
6R	Express Taco Salad w/ Chips
6R	Mexican Pizza
6R	Cantina Bowl - Steak
6R	Express Taco Salad w/ Chips

7Y	Cantina Burrito - Veggie
7Y	Cantina Burrito - Veggie
7R	Smothered Burrito - Beef
7R	Smothered Buttiro - Shredded Chicken
7R	Smothered Burrito - Steak
7R	Smothered Burrito - Beef
7R	Smothered Burrito - Shredded Chicken
7R	Smothered Burrito - Steak
7R	Nachos BellGrande®

8Y	Cantina Burrito - Chicken
8Y	Cantina Burrito - Steak
8Y	Cantina Burrito - Chicken
8Y	Cantina Burrito - Steak
8R	XXL Grilled Stuft Burrito - Beef
8R	XXL Grilled Stuft Burrito - Chicken
8R	XXL Grilled Stuft Burrito - Steak
8R	Fiesta Taco Salad-Beef
8R	Fiesta Taco Salad-Chicken
8R	Fiesta Taco Salad-Steak

12R	XXL Steak Nachos
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Desserts

2R	Churro
2R	Cinnamon Twists
3R	Caramel Apple Empanada
4R	Brownie Sandwich