

Fast Food Selection Guide



Food Fitness First, Inc.[®]

2016 Diabetes **FOOD SPIRAL**[®]



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

0G	Apple Slices	3R	Bacon Cheeseburger Deluxe	4R	Honey Mustard Grilled Chicken Wrap
1Y	Side Caesar Salad	3R	King Jr.™ Cheeseburger	4R	Chicken BLT Garden Fresh Salad Wrap- grilled
1R	Side Garden Salad	3R	Rodeo Burger	4R	Chicken Apple and Cranberry Garden Fresh Salad Wrap- grilled
2Y	Hamburger	3R	Home-style Chicken Strips- 3pc	4R	Chicken Caesar Garden Fresh Salad Wrap- grilled
2R	Chicken Nuggets- 4pc	3R	Chicken Nuggets- 6pc	4R	Onion Rings – medium
2R	Onion Rings – value	3R	Chicken BLT Garden Fresh Salad with TENDERGRILL	4R	French Fries - small (Salted)
2R	French Fries - value (Salted)	3R	Ranch Grilled Chicken Wrap	4R	French Fries - medium (Salted)
2R	Satisfries™ French Fries - Value (salted)	3R	Onion Rings – small	4R	Satisfries™ French Fries - Medium (salted)
3Y	Chicken Caesar Garden Fresh Salad with TENDERGRILL	3R	Satisfries™ French Fries - Small (salted)	4R	Satisfries™ French Fries - Large (salted)
3Y	Chicken Apple & Cranberry Garden Fresh Salad with TENDERGRILL	3R	Mozzarella Sticks (4 pc)	5Y	TENDERGRILL® Chicken Sandwich
3R	WHOPPER JR.® Sandwich	4R	Double Cheeseburger	5Y	BK VEGGIE® Burger
3R	WHOPPER JR.® Sandwich with Cheese	4R	Bacon Double Cheeseburger		
3R	Cheeseburger	4R	Double Cheeseburger		
3R	Double Hamburger	4R	Rodeo Crispy Chicken Sandwich		
3R	Bacon Cheeseburger	4R	Ranch Crispy Chicken Wrap		
		4R	Honey Mustard Crispy Chicken Wrap Honey Mustard		



Lunch & Dinner

5R	Crispy Chicken Jr	6R	Big King™
5R	Spicy Crispy Chicken Jr.	7R	WHOPPER® Sandwich
5R	Home-style Chicken Strips- 5pc	7R	TENDERCRISP® Chicken Sandwich
5R	Buffalo Chicken Strips – 3pc	7R	Original Chicken Sandwich
5R	Honey BBQ Chicken Strips – 3pc	7R	Spicy Original Chicken Sandwich
5R	Chicken Nuggets- 10 pc	7R	Chicken Big King
5R	Big Fish Sandwich	7R	Buffalo Chicken Strips – 5pc
5R	Big Fish Deluxe	7R	Honey BBQ Chicken Strips – 5pc
5R	BBQ Rib Sandwich	8R	WHOPPER® Sandwich with Cheese
5R	Chicken Caesar Garden Fresh Salad with TENDERCRISP	8R	DOUBLE WHOPPER® Sandwich
5R	Chicken BLT Garden Fresh Salad TENDERCRISP	8R	DOUBLE WHOPPER® Sandwich with Cheese
5R	Chicken Apple & Cranberry Garden Fresh Salad with TENDERCRISP	8R	TRIPLE WHOPPER® Sandwich
5R	Chicken BLT Garden Fresh Salad Wrap- crispy	8R	ANGRY WHOPPER® Sandwich
5R	Chicken Apple and Cranberry Garden Fresh Salad Wrap- Crispy	8R	BBQ Bacon WHOPPER® Sandwich
5R	Chicken Caesar Garden Fresh Salad Wrap-crispy	10R	Chicken Nuggets- 20 pc

Dressings & Toppings

1G	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

Burger King®**Children's Menu**

0G	Apple Slices
2G	Kids Oatmeal
2G	Chocolate Chip cookie
2Y	Hamburgerer
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