

Fast Food Selection Guide



Food Fitness First, Inc.®

Diabetes **FOOD SPIRAL**®



Breakfast

2R	Hash Browns
3G	Multigrain Oatmeal
3G	Yogurt Parfait
3R	Biscuit
4R	Chick-n-minis
5R	Chicken Biscuit
5R	Bacon, Egg & Cheese Biscuit
5R	Spicy Chicken Biscuit
5R	Chicken, Egg & Cheese on Bagel
5R	Cinnamon Cluster
5R	Sausage Breakfast Burrito
5R	Chicken Breakfast Burrito
6R	Bacon Platter
7R	Sausage, Egg & Cheese Biscuit
7R	Chicken Platter
8R	Sausage Platter

Lunch & Dinner

1G	Side Salad
2G	Grilled Market Salad
2G	Hearty Breast of Chicken Soup
3Y	Grilled Chicken Sandwich
3R	Nuggets~
4Y	Grilled Chicken Cool Wrap
4Y	Asian Salad
4Y	Cole Slaw
4R	Waffle Potato Fries
4R	Chicken Salad Cup
5Y	Cobb Salad
5Y	Grilled Chicken Club Sandwich
5R	Chicken Sandwich
5R	Deluxe Chicken Sandwich
5R	Spicy Chicken Sandwich
5R	Spicy Chicken Sandwich Deluxe
5R	Chick-n-strips~
5R	Chicken Salad Sandwich

Children's Menu

1G	Fruit Cup
1Y	Grilled Nuggets Kids Meal~
1Y	Cinnamon Apple Sauce
2R	Chick-n-strips Kids Meal~
2R	Nuggets Kids Meal~
3R	Waffle Potato Fries Kids Meal

~ does not include a dipping sauce

Dressings & Toppings

0G Light Italian Dressing

0G Buffalo Sauce

1G Berry Balsamic Vinaigrette

1G Barbeque Sauce

1G Honey Mustard Sauce

1G Fat Free Honey Mustard Dressing

1Y Buttermilk Ranch Sauce

1Y Honey Roasted BBQ Sauce

1Y Polynesian Sauce

2Y Chick-fil-a Sauce

2Y Honey Sesame Dressing

2Y Zesty Apple Cider Vinaigrette

3Y Avocado Lime Ranch

3Y Buttermilk Ranch Dressing

3Y Spicy Dressing

Desserts

2Y Mini Sundae

3Y Icedream

4R Cookie Sundae

4R Chocolate Chunk Cookie

5R Cookies & Cream Milkshake, small

5R Vanilla Milkshake, small

6R Chocolate Milkshake, small

6R Strawberry Milkshake, small

7R Cookies & Cream Milkshake, large

7R Peach Milkshake, small

7R Vanilla Milkshake, large

8R Chocolate Milkshake, large

8R Peach Milkshake, large

8R Strawberry Milkshake, large

Beverages

0G Diet Lemonade

0Y Iced Tea-unsweetened

2Y Lemonade

2R Iced Sweet Tea