

Fast Food Selection Guide



Diabetes **FOOD SPIRAL**®

Bagels

2G	100% Whole Wheat with Honey Thin Sliced Bagel
2Y	Plain Thin Sliced Bagel
2Y	Everything Thin Sliced Bagel

3G	100% Whole Wheat with Honey Bagel
3G	9-Grain Bagel
3G	Power Protein Bagel
3Y	Plain Bagel
3Y	Everything Bagel
3Y	Pumpernickel Bagel
3Y	Asiago Cheese Bagel
3Y	Blueberry Bagel
3Y	Chocolate Chip Bagel
3Y	Cinnamon Raisin Bagel
3Y	Cinnamon Sugar Bagel
3Y	Cranberry Bagel

3Y	Garlic Bagel
3Y	Onion Bagel
3Y	Poppy Seed Bagel
3Y	Potato Bagel
3Y	Sesame Seed Bagel
3Y	Spinach Florentine Bagel
4Y	Dutch Apple Bagel
4Y	Green Chile Bagel
4Y	Six-Cheese Bagel

Specialty Breads

2G	Multi Grain Bread
2Y	Challah Roll
2Y	Ciabatta Bread

Cream Cheese

1R	Onion and Chive Cream Cheese
1R	Plain Cream Cheese
1R	Smoked Salmon Cream Cheese
1R	Blueberry Cream Cheese
1R	Garden Vegetable Cream Cheese
1R	Garlic Herb Cream Cheese
1R	Honey Almond Cream Cheese
1R	Jalapeno Salsa Cream Cheese
1R	Strawberry Cream Cheese
1R	Sundried Tomato Basil Cream Cheese

Breakfast

0G	Egg White Sandwich
2Y	Egg Mixture Sandwich
5Y	Bacon & Cheddar Egg Sandwich
5Y	Ham & Swiss Egg Sandwich
5Y	Spinach, Mushroom & Swiss Egg Sandwich
5Y	Cheese Only Egg Sandwich
5Y	Nova Lox & Bagel Egg Sandwich
6Y	Turkey Sausage & Cheddar Egg Sandwich
7Y	Green Chile & Turkey Sausage Egg Panini
7R	Santa Fe Wrap
7R	Spicy Elmo™ Wrap
8R	Double Double Egg Sandwich
8R	Spinach & Bacon Egg Panini

Lunch

1Y	Chicken Noodle Soup
2G	Fruit Cup
2G	Turkey Chili
2G	Southwest Veggie w/ Quinoa Soup
2Y	Fruit and Yogurt Parfait
2R	Potato Salad
2R	Strawberry Chicken Half Salad
2R	Chipotle Chicken Full Salad
2R	Chipotle Chicken Half Salad
3R	Chicken Caesar Full Salad
4Y	Veg Out® on Sesame Seed Bagel
4Y	Albacore Tuna Salad Deli Sandwich
4Y	Chicken Salad Deli Sandwich
4Y	Cheese Only Pizza
4Y	Strawberry Chicken Full Salad

5Y	Nova Lox & Bagel
5Y	Turkey Breast Deli Sandwich
5Y	Ham Deli Sandwich
5Y	Turkey & Cheddar Bagel Melts
5Y	Ham & Swiss Bagel Melts
5Y	Pepperoni Pizza
6Y	Tasty Turkey on Asiago Bagel
6Y	Chicken & Mozzarella Bagel Melts
6R	Club Mex on Challah
6R	Turkey BAT Sandwich
6R	Buffalo Chicken Wrap
6R	Bagel Dogs
7R	Chipotle Turkey Wrap
7R	California Chicken Wrap
8Y	BBQ Chicken Artisan Panini
8Y	Chicken Cuban Panini
8R	Italian Chicken Panini
8R	Turkey Club Panini

Coffee

0G	Coffee Decaf.	2R	Americano, Large	3R	Caramel, Macchiato, Medium
0Y	Coffee (R, M, L)	2R	Café Latte, Medium	3R	Vanilla Latte, Large
0Y	Espresso Single	2R	Cafe Latte, Large	3R	Vanilla Hazelnut Latte, Medium
0Y	Espresso Double	2R	Cappuccino, Large	3R	Iced Sugar Free Vanilla Hazelnut Latte, Large
0Y	Iced Americano (Medium and Large)	2R	Café Mocha, Regular	3R	Iced Vanilla Hazelnut Latte, Medium
0Y	Iced Coffee (Medium and Large)	2R	Caramel, Macchiato, Regular	4R	Café Mocha, Medium
1R	Americano, Regular	2R	Sugar Free Vanilla Latte, Medium	4R	Café Mocha, Large
1R	Americano, Medium	2R	Sugar Free Vanilla Latte, Large	4R	Dark Chocolate Mocha, Regular
1R	Cafe Latte, Regular	2R	Vanilla Latte, Regular	4R	Dark Chocolate Mocha, Medium
1R	Cappuccino, Regular	2R	Vanilla Latte, Medium	4R	White Chocolate Mocha, Regular
1R	Cappuccino Medium	2R	SF Vanilla Hazelnut Latte, Medium	4R	White Chocolate Mocha, Medium
1R	Sugar Free Vanilla Latte, Regular	2R	SF Vanilla Hazelnut Latte, Large	4R	Caramel, Macchiato, Large
1R	Sugar Free Vanilla Hazelnut Latte, Regular	2R	Vanilla Hazelnut Latte, Regular	4R	Iced Caramel Macchiato, Medium
		2R	Vanilla Hazelnut Latte, Large	4R	Iced Vanilla Latte, Medium
		2R	Iced Latte, Medium	4R	Iced Vanilla Latte, Large
		2R	Iced Latte, Large	4R	Iced Vanilla Hazelnut Latte, Large
		2R	Iced SF Vanilla Latte, Medium		
		2R	Iced SF Vanilla Latte, Large		

Other Hot Beverages

0Y Black Tea

0Y Green Tea

1R Soy Latte, Regular

2R Chai Tea Latte

4R Hot Dark Chocolate

4R White Hot Chocolate, Regular

4R White Hot Chocolate, Medium

5R Hot Dark Chocolate, Large

5R White Hot Chocolate, Large

Cold Beverages

2Y Lemonade

2Y Orange Juice

3G Strawberry Banana Smoothie

3Y Mixed Berry Smoothie

3Y Blackberry Lemonade

Desserts

3R Brownie

4Y Cherry Pastry

4Y Cinnamon Sugar Popper

4R Chocolate Chunk Cookie

4R Snickerdoodle Cookie

4R Blueberry Muffin

4R Chocolate Chip Muffin

4R Cinnamon Twist

5Y Iced Popper

5R Banana Nut Muffin

6Y Iced Sugar Cookie

6R Blueberry Scone

7R Cinnamon Chip Scone

7R Cinnamon Walnut Strudel

8R Chocolate Chip Coffee Cake