

# Fast Food Selection Guide



Diabetes **FOOD SPIRAL**®

## Breakfast

<b>2G</b>	Fruit 'n Yogurt Parfait	<b>5R</b>	Sausage McMuffin with Egg	<b>6R</b>	Steak & Egg Biscuit
<b>2Y</b>	Egg White Delight	<b>5R</b>	Bacon, Egg & Cheese Biscuit (Regular Size Biscuit)	<b>6R</b>	Sausage, Egg & Cheese McGriddles
<b>2R</b>	Hash Brown	<b>5R</b>	Sausage Biscuit (Regular Size Biscuit)	<b>6R</b>	Bacon, Egg & Cheese Bagel with Egg Whites
<b>3G</b>	Fruit & Maple Oatmeal	<b>5R</b>	Sausage Biscuit with Egg (Regular Size Biscuit)	<b>7R</b>	Bacon, Egg & Cheese Bagel
<b>3G</b>	Fruit & Maple Oatmeal without Brown Sugar	<b>5R</b>	Bacon, Egg & Cheese McGriddles	<b>7R</b>	Steak, Egg & Cheese Bagel
<b>3R</b>	Sausage Burrito	<b>5R</b>	Cinnamon Melts	<b>7R</b>	Big Breakfast with Egg Whites
<b>4Y</b>	Hotcakes	<b>5R</b>	Hotcakes and Sausage	<b>8R</b>	Big Breakfast
<b>4Y</b>	Bacon, Egg & Cheese McGriddles with Egg Whites	<b>5R</b>	Bacon, Egg & Cheese Biscuit (Large Size Biscuit)	<b>8R</b>	Big Breakfast with Hotcakes
<b>4R</b>	Sausage McMuffin	<b>5R</b>	Sausage Biscuit (Large Size Biscuit)	<b>8R</b>	Big Breakfast with Hotcakes and Egg Whites
<b>4R</b>	Steak & Egg McMuffin	<b>5R</b>	Southern Style Chicken Biscuit (Large Size Biscuit)		
<b>4R</b>	Sausage McGriddles	<b>5R</b>	Bacon, Egg & Cheese Biscuit with Egg Whites (Large Biscuit)		
<b>4R</b>	Southern Style Chicken Biscuit (Regular Size Biscuit)	<b>5R</b>	Sausage Biscuit with Egg Whites (Large Size Biscuit)		
<b>4R</b>	Bacon, Egg & Cheese Biscuit with Egg Whites (Regular Biscuit)	<b>5R</b>	Sausage Biscuit with Egg Whites (Regular Size Biscuit)		
<b>4R</b>	Sausage McMuffin with Egg Whites	<b>5R</b>	Sausage, Egg & Cheese McGriddles with Egg Whites		

## Lunch & Dinner

<b>0G</b>	Side Salad	<b>4Y</b>	Premium Grilled Chicken Classic Sandwich	<b>5Y</b>	Premium Grilled Chicken Club Sandwich
<b>1G</b>	Apple Slices	<b>4Y</b>	Premium McWrap Chicken & Ranch (Grilled)	<b>5Y</b>	Premium Grilled Chicken Ranch BLT Sandwich
<b>1R</b>	Kids Fries	<b>4Y</b>	Premium McWrap Chicken Sweet Chili (Grilled)	<b>5Y</b>	Premium McWrap Southwest Chicken (Grilled)
<b>2G</b>	Premium Southwest Salad (without chicken)	<b>4R</b>	BBQ Ranch Burger	<b>5Y</b>	Premium McWrap Chicken & Bacon (Grilled)
<b>2Y</b>	Hamburger	<b>4R</b>	McDouble	<b>5R</b>	Quarter Pounder with Cheese
<b>2Y</b>	Chipotle BBQ Snack Wrap (Grilled)	<b>4R</b>	McChicken	<b>5R</b>	Double Cheeseburger
<b>2Y</b>	Honey Mustard Snack Wrap (Grilled)	<b>4R</b>	Buffalo Ranch McChicken	<b>5R</b>	Bacon McDouble
<b>2R</b>	Premium Bacon Ranch Salad (without chicken)	<b>4R</b>	Bacon Buffalo Ranch McChicken	<b>5R</b>	Daily Double
<b>2R</b>	Small French Fries	<b>4R</b>	Southern Style Crispy Chicken Sandwich	<b>5R</b>	Premium Crispy Chicken Classic Sandwich
<b>3R</b>	Cheeseburger	<b>4R</b>	Filet-O-Fish	<b>5R</b>	Bacon Cheddar McChicken
<b>3R</b>	Grilled Onion Cheddar	<b>4R</b>	Chipotle BBQ Snack Wrap (Crispy)	<b>5R</b>	McRib
<b>3R</b>	Ranch Snack Wrap (Grilled)	<b>4R</b>	Honey Mustard Snack Wrap (Crispy)	<b>5R</b>	Premium McWrap Chicken Sweet Chili (Crispy)
<b>3R</b>	Large French Fries	<b>4R</b>	Ranch Snack Wrap (Crispy)	<b>5R</b>	Premium Crispy Chicken Classic Sandwich
<b>3R</b>	Medium French Fries	<b>4R</b>	Mac Snack Wrap		

## Lunch & Dinner

<b>6R</b>	Big Mac
<b>6R</b>	Quarter Pounder Bacon Habanero Ranch
<b>6R</b>	Quarter Pounder Bacon & Cheese
<b>6R</b>	Quarter Pounder Deluxe
<b>6R</b>	Bacon Clubhouse Grilled Chicken Sandwich
<b>6R</b>	Premium Crispy Chicken Ranch BLT Sandwich
<b>6R</b>	Premium McWrap Chicken & Bacon (Crispy)
<b>6R</b>	Premium McWrap Chicken & Ranch (Crispy)

<b>7R</b>	Bacon Clubhouse Burger
<b>7R</b>	Premium Crispy Chicken Club Sandwich
<b>7R</b>	Premium McWrap Southwest Chicken (Crispy)
<b>8R</b>	Double Quarter Pounder with Cheese
<b>8R</b>	Bacon Clubhouse Crispy Chicken Sandwich

## Dressings & Toppings

<b>0G</b>	Newman's Own Low Fat Balsamic Vinaigrette
<b>1G</b>	Newman's Own Low Fat Family Recipe Italian Dressing
<b>1G</b>	Newman's Own Low Fat Sesame Ginger Dressing
<b>1Y</b>	Newman's Own Creamy South-west Dressing
<b>2Y</b>	Newman's Own Ranch Dressing

## Desserts

**2R** Baked Hot Apple Pie

**2R** Baked Cherry Pie

**2R** Chocolate Chip Cookie

**2R** Oatmeal Raisin Cookie

**5R** McFlurry with OREO Cookies (12 fl oz cup)

**5R** Snack Size McFlurry with M&M'S Candies

**5R** Snack Size McFlurry with Rolo

**3Y** Strawberry Sundae

**3R** Strawberry & Crème Pie

**7R** McFlurry with M&M'S Candies (12 fl oz cup)

**7R** McFlurry with OREO Cookies (16 fl oz cup)

**4R** Hot Fudge Sundae

**4R** Hot Caramel Sundae

**4R** Snack Size McFlurry with OREO Cookies

**4R** Snack Size Holiday Mint McFlurry

**4R** Snack Size McFlurry with Reese's Peanut Butter Cup

**8R** McFlurry with M&M'S Candies (16 fl oz cup)

**8R** McFlurry with Reese's Peanut Butter Cup (16 fl oz cup)