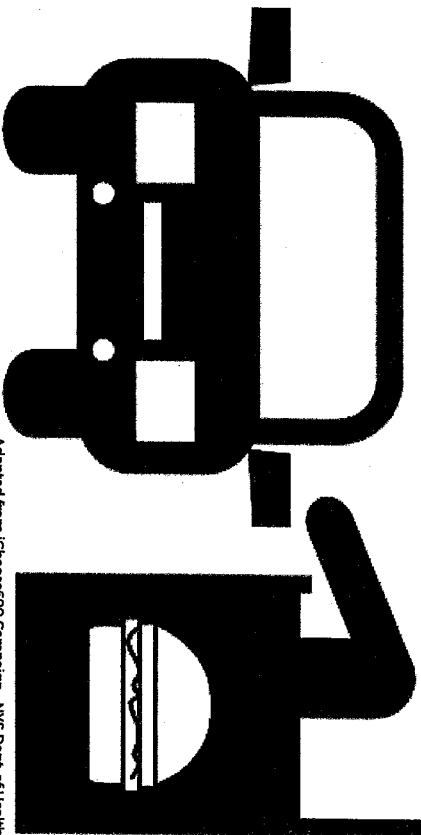


CAN'T AVOID
THE LANE

CHOOSE A
FAST 500



Adapted from Ichoose500 Campaign - NYS Dept. of Health

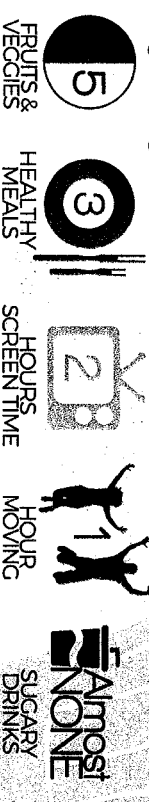
GUIDE TO 500 CALORIE FAST FOOD MEALS

When you can't avoid the fast food lane, choosing fast food meals **under 500 calories** helps you and your family stay healthier.

Remember - even under 500 calories, fast food meals are typically low in nutrients & fiber and have high amounts of calories, fat and sodium that promote obesity, diabetes, high blood pressure, heart disease and some cancers.

So, overall your healthy goal is -- Less fast food!

Every Day Choose.



GUIDE TO 500 CALORIE FAST FOOD MEALS

--- Arby's ---

Classic Roast Beef 360 Calories
Treat Top Applesauce 45 Calories
Low Fat Milk 90 Calories
Total Calories 495

Chicken Tenders (3) 360 Calories
Tangy BBQ Sauce (1) 40 Calories
Chopped Side Salad 70 Calories
Light Italian Dressing 20 Calories
Total Calories 490

Chopped Farmhouse Salad 230 Calories
(Roast Turkey)
Balsamic Vinaigrette Dressing 130 Calories
Total Calories 360

Ham & Swiss Melt 300 Calories
Orange Juice 140 Calories
Total Calories 440

Arby's Melt 330 Calories
Low Fat Milk 90 Calories
Total Calories 420

Buffalo Wild Wings

Grilled Chicken Buffalo, Plain 470 Calories
Carrots & Celery - side order 20 Calories
Total Calories 490

Cheeseburger, sub, grilled chicken/
shredded mozzarella cheese 480 Calories
Carrots & Celery - side order 20 Calories
Total Calories 500

Cheeseburger, sub, grilled chicken/
queso 490 Calories
Total Calories 490

Cheeseburger, sub, grilled chicken/
shredded cheddar/jack 490 Calories
Total Calories 490

Cheeseburger, sub, grilled chicken/
Parmesan cheese 480 Calories
Carrots & Celery 20 Calories
Total Calories 500

Hamburger, sub, grilled chicken/
no cheese 430 Calories
Carrots & Celery 20 Calories
Total Calories 450

Hamburger, sub, grilled chicken/
no cheese 430 Calories
Rice - side order 60 Calories
Total Calories 490

Carden Side Salad 390 Calories
Total Calories 390

--- Burger King ---

Whopper Jr. 310 Calories
Applesauce 50 Calories
Low Fat Milk 90 Calories
Total Calories 450

Double Hamburger 310 Calories
Carden Salad (No Dressing) 60 Calories
Chopped Side Salad 70 Calories
Low Fat Milk 90 Calories
Total Calories 460

Grilled Chicken Sandwich
(With Mayo) 470 Calories
Total Calories 470

Grilled Chicken Sandwich
(No Mayo) 370 Calories
Applesauce 50 Calories
Total Calories 420

BK Veggie Burger 390 Calories
Applesauce 50 Calories
Total Calories 440

BK Veggie Burger 390 Calories
Low Fat Milk 90 Calories
Total Calories 480

Hamburger 230 Calories
Value French Fries 220 Calories
Applesauce 50 Calories
Total Calories 500

Cheeseburger 270 Calories
Value French Fries 220 Calories
Total Calories 490

Bacon Cheeseburger Deluxe 290 Calories
Carden Salad (No Dressing) 60 Calories
Applesauce 50 Calories
Low Fat Milk 90 Calories
Total Calories 490

Chicken Nuggets (6pc) 260 Calories
Value French Fries 220 Calories
Total Calories 480

Chicken Nuggets (6pc) 260 Calories
Applesauce 50 Calories
Low Fat Milk 90 Calories
Total Calories 400

--- Chipotle ---

Salad Cornbos with Dressing
Romaine Lettuce 10 Calories
Chicken 180 Calories
Fajita Vegetables 20 Calories
Vinaigrette 220 Calories
Total Calories 455

Romaine Lettuce 10 Calories

Steak 150 Calories
Fajita Vegetables 20 Calories
Fresh Tomato Salsa 25 Calories
Vinaigrette 220 Calories
Total Calories 425

Romaine Lettuce 10 Calories
Sofritas 150 Calories
Fajita Vegetables 20 Calories
Fresh Tomato Salsa 25 Calories
Vinaigrette 220 Calories
Total Calories 425

Romaine Lettuce 10 Calories
Barbacoa 170 Calories
Fajita Vegetables 20 Calories
Fresh Tomato Salsa 25 Calories
Vinaigrette 220 Calories
Total Calories 445

Romaine Lettuce 10 Calories
Carnitas 210 Calories
Fajita Vegetables 20 Calories
Fresh Tomato Salsa 25 Calories
Vinaigrette 220 Calories
Total Calories 485

Salad Cornbos without Dressing
Romaine Lettuce 10 Calories
Chicken 180 Calories
Black Beans 130 Calories
Fajita Vegetables 20 Calories
Fresh Tomato Salsa 25 Calories
Tornatillo Red-Chili Salsa 30 Calories
Cheese 110 Calories
Total Calories 475

Romaine Lettuce 10 Calories
Steak 150 Calories
Black Beans 130 Calories
Fajita Vegetables 20 Calories
Fresh Tomato Salsa 25 Calories
Tornatillo Red-Chili Salsa 30 Calories
Cheese 110 Calories
Total Calories 475

Romaine Lettuce 10 Calories
Sofritas 150 Calories
Black Beans 130 Calories
Fajita Vegetables 20 Calories
Fresh Tomato Salsa 25 Calories
Tornatillo Red-Chili Salsa 30 Calories
Cheese 110 Calories
Total Calories 475

Romaine Lettuce 10 Calories
Barbacoa 170 Calories
Black Beans 130 Calories
Fajita Vegetables 20 Calories
Fresh Tomato Salsa 25 Calories
Tornatillo Red-Chili Salsa 30 Calories
Cheese 110 Calories
Total Calories 495

Romaine Lettuce 10 Calories
Chicken 180 Calories
Pinto Beans 130 Calories

Fajita Vegetables 20 Calories
Fresh Tomato Salsa 25 Calories
Roasted Chili-Corn Salsa 80 Calories
Tornatillo Red-Chili Salsa 30 Calories
Total Calories 475

Romaine Lettuce 10 Calories
Steak 150 Calories
Pinto Beans 130 Calories
Fajita Vegetables 20 Calories
Fresh Tomato Salsa 25 Calories
Roasted Chili-Corn Salsa 80 Calories
Tornatillo Red-Chili Salsa 30 Calories
Total Calories 445

Romaine Lettuce 10 Calories
Pinto Beans 130 Calories
Fajita Vegetables 20 Calories
Fresh Tomato Salsa 25 Calories
Roasted Chili-Corn Salsa 80 Calories
Tornatillo Red-Chili Salsa 30 Calories
Total Calories 445

Romaine Lettuce 10 Calories
Barbacoa 170 Calories
Pinto Beans 130 Calories
Fajita Vegetables 20 Calories
Fresh Tomato Salsa 25 Calories
Roasted Chili-Corn Salsa 80 Calories
Tornatillo Red-Chili Salsa 30 Calories
Total Calories 465

Taco Cornbos
3 Crispy Corn Tortillas 200 Calories
Chicken 180 Calories
Fajita Vegetables 20 Calories
Fresh Tomato Salsa 25 Calories
Romaine Lettuce 5 Calories
Total Calories 430

3 Crispy Corn Tortillas 200 Calories
Steak 150 Calories
Fajita Vegetables 20 Calories
Fresh Tomato Salsa 25 Calories
Romaine Lettuce 5 Calories
Total Calories 400

3 Crispy Corn Tortillas 200 Calories
Sofritas 150 Calories
Fajita Vegetables 20 Calories
Fresh Tomato Salsa 25 Calories
Romaine Lettuce 5 Calories
Total Calories 400

3 Crispy Corn Tortillas 200 Calories
Barbacoa 170 Calories
Fajita Vegetables 20 Calories
Fresh Tomato Salsa 25 Calories
Romaine Lettuce 5 Calories
Total Calories 420

3 Crispy Corn Tortillas 200 Calories
Carnitas 210 Calories
Fajita Vegetables 20 Calories
Fresh Tomato Salsa 25 Calories
Romaine Lettuce 5 Calories
Total Calories 460

3 Soft Flour Tortillas 250 Calories
Chicken 180 Calories
Fajita Vegetables 20 Calories
Fresh Tomato Salsa 25 Calories

Romaine Lettuce 5 Calories
Total Calories 480

3 Soft Flour Tortillas 250 Calories
Steak 150 Calories
Fajita Vegetables 20 Calories
Fresh Tomato Salsa 25 Calories
Romaine Lettuce 5 Calories
Total Calories 450

3 Soft Flour Tortillas 250 Calories
Sofritas 150 Calories
Fajita Vegetables 20 Calories
Fresh Tomato Salsa 25 Calories
Romaine Lettuce 5 Calories
Total Calories 450

3 Soft Flour Tortillas 250 Calories
Barbacoa 170 Calories
Fajita Vegetables 20 Calories
Fresh Tomato Salsa 25 Calories
Romaine Lettuce 5 Calories
Total Calories 470

Burrito Bowls
Chicken 180 Calories
Brown Rice 210 Calories
Fajita Vegetables 20 Calories
Fresh Tomato Salsa 25 Calories
Tornatillo Red-Chili Salsa 30 Calories
Romaine Lettuce 5 Calories
Total Calories 470

Steak 150 Calories
Brown Rice 210 Calories
Fajita Vegetables 20 Calories
Fresh Tomato Salsa 25 Calories
Tornatillo Red-Chili Salsa 30 Calories
Romaine Lettuce 5 Calories
Total Calories 440

Sofritas 150 Calories
Brown Rice 210 Calories
Fajita Vegetables 20 Calories
Fresh Tomato Salsa 25 Calories
Tornatillo Red-Chili Salsa 30 Calories
Romaine Lettuce 5 Calories
Total Calories 440

Barbacoa 170 Calories
Brown Rice 210 Calories
Fajita Vegetables 20 Calories
Fresh Tomato Salsa 25 Calories
Tornatillo Red-Chili Salsa 30 Calories
Romaine Lettuce 5 Calories
Total Calories 460

Carnitas 210 Calories
Brown Rice 210 Calories
Fajita Vegetables 20 Calories
Fresh Tomato Salsa 25 Calories
Tornatillo Red-Chili Salsa 30 Calories
Romaine Lettuce 5 Calories
Total Calories 500

--- City BBQ ---

Lunch Brisket 250 Calories
Lunch Beans Burn 100 Calories
Green Beans 90 Calories
1 Tbsp. Swine Wine 20 Calories
Total Calories 460

--- City BBQ ---

Skinnless Chicken Breast 310 Calories
Gumbo with Rice 185 Calories
Total Calories 495
Regular Turkey/Breast 220 Calories
Kid's Applesauce 35 Calories
Texas Toast 130 Calories
Total Calories 475

--- Donato's ---

Italian Chef Entree Salad (with House Italian Dressing) 500 Calories
Total Calories 500
Chicken Caprese Entree Salad (with Balsamic Vinaigrette) 390 Calories
1 slice Skinny Pizza (Nature Crust) 60 Calories
Total Calories 450
Fresh Veggie Sub 490 Calories
Total Calories 400

7" Famous Thin Cheese Pizza 420 Calories
Roma Tomatoes 5 Calories
Yellow Onion 25 Calories
Spinach 5 Calories
Fresh Mushrooms 10 Calories
Total Calories 465

7" Famous Thin Cheese Pizza 420 Calories
Shaved Ham 45 Calories
Pineapple 20 Calories
Total Calories 485

7" Famous Thin Cheese Pizza 420 Calories
Sliced Chicken 70 Calories
Roma Tomatoes 5 Calories
Spinach 5 Calories
Total Calories 500

7" Famous Thick Cheese Pizza 490 Calories
Roma Tomatoes 5 Calories
Total Calories 495

Founder's Favorite Pizza (Thin, 3 slices) 450 Calories
Total Calories 450

Very Veggie Pizza (Famous Thin, 2 slices) 220 Calories
Caprese Side Salad (with Balsamic Vinaigrette) 220 Calories
Total Calories 440

Thick Margherita Pizza (1 slice) 160 Calories
Italian Side Salad (with House Italian Dressing) 320 Calories
Total Calories 480

Famous Chicken Spinach
Mozzarella Pizza (2 slices) 280 Calories
Caprese Side Salad (with Balsamic Vinaigrette) 220 Calories
Total Calories 500

--- Five Guys ---

Little Hamburger 480 Calories
Lettuce 5 Calories
Tomatoes 10 Calories
Total Calories 495

Veggie Sandwich 440 Calories
Ketchup 20 Calories
Lettuce 5 Calories
Tomato 10 Calories
Total Calories 475

Grilled Cheese Sandwich 470 Calories
Total Calories 470

Burnless Hamburger 440 Calories
Onions 10 Calories
Green Pepper 5 Calories
Lettuce 5 Calories
Tomato 10 Calories
Ketchup 20 Calories
Total Calories 490

--- J Gumbo's ---

Entrees without Rice
Bourbon Street Chicken
Total Calories 390

Gumbo
Total Calories 320

Chicken Red Hot
Total Calories 500

White Chili
Total Calories 270

Woodoo Chicken
Total Calories 240

Drunken Chicken
Total Calories 240

Burnble Bee Stew
Total Calories 310

Crawfish Etouffee
Total Calories 280

Red Beans & Rice
Total Calories 120

Creole Ratatouille
Total Calories 120

--- Jersey Mike's ---

#6 Roast Beef & Provolone
Total Calories 460

#7 Turkey Breast & Provolone
Total Calories 340

#10 Albacore Tuna Salad
Total Calories 490

#13 Original Italian
Total Calories 430

#14 Veggie
Total Calories 430

--- Jet's Pizza ---

Medium Hand-Tossed Sliced Pizza
Cheese - 2 slices - 460 Calories
Veggie - 2 slices - 440 Calories
Alfredo Chicken - 2 slices - 460 Calories
Eugene Supreme - 2 slices - 480 Calories

Large Thin Crust Sliced Pizza
Alona BBQ Cheese - 4 slices 440 Calories
Buffalo Ranch Chicken - 4 slices 440 Calories
Veggie - 6 slices - 480 Calories
Cheese - 6 slices - 480 Calories
Philly Cheese Steak - 5 slices - 450 Calories
Meatball Supreme - 5 slices - 500 Calories

Gluten Free Slices
Veggie - 4 slices - 480 Calories
Cheese - 4 slices - 480 Calories
Jet 10 - 3 slices - 450 Calories
Hawaiian - 3 slices - 420 Calories

Salads

Medium Antipasto Salad - 500 Calories
Medium Chicken Caesar Salad - 500 Calories
Medium Buffalo Chicken Salad - 480 Calories

--- Jimmy John's ---

Slim #2 - Roast Beef Slim Sub 480 Calories
Jumbo Kosher Dill Pickle 20 Calories
Total Calories 500

Slim #4 - Turkey Breast Slim Sub 450 Calories
Jumbo Kosher Dill Pickle 20 Calories
Total Calories 470

Slim #12 - Beach Club Urwich 470 Calories
Jumbo Kosher Dill Pickle 20 Calories
Total Calories 490

Slim #10 - Hunter's Club Urwich 460 Calories
Jumbo Kosher Dill Pickle 20 Calories
Total Calories 480

Slim #8 - Billy Club Urwich 450 Calories
Jumbo Kosher Dill Pickle 20 Calories
Total Calories 470

Slim #3 - Totally Tuna Sub Urwich 440 Calories
Jumbo Kosher Dill Pickle 20 Calories
Total Calories 460

Tuna Salad Sub Urwich 430 Calories
Jumbo Kosher Dill Pickle 20 Calories
Total Calories 450

Slim #7 - Gourmet Smoked Ham
Club Urwich 420 Calories
Jumbo Kosher Dill Pickle 20 Calories
Total Calories 440

Slim #11 - Country Club
Urwich 410 Calories
Jumbo Kosher Dill Pickle 20 Calories
Total Calories 430

Slim #6 - Vegetarian Sub
Urwich 410 Calories
Jumbo Kosher Dill Pickle 20 Calories
Total Calories 430

Slim #17 - The Ultimate Porker
Urwich 390 Calories
Jumbo Kosher Dill Pickle 20 Calories
Total Calories 410

Slim #16 - Club Lulu Urwich 380 Calories
Jumbo Kosher Dill Pickle 20 Calories
Total Calories 400

--- Kentucky Fried Chicken ---

Kentucky Grilled Chicken
Bread 210 Calories
Green Beans 25 Calories
Mashed Potatoes / No Gravy 90 Calories
Applesauce 45 Calories
1% Milk 90 Calories
Total Calories 460

Kentucky Grilled Chicken
Bread 210 Calories
Green Beans 25 Calories
Sweet Kernel Corn 80 Calories
Biscuit 180 Calories
Total Calories 495

Kentucky Grilled Chicken
Thigh 150 Calories
Mashed Potatoes / No Gravy 90 Calories
Corn on Cob 70 Calories
Applesauce 45 Calories
1% Milk 90 Calories
Total Calories 445

Original Chicken Breast 390 Calories
House Side Salad 15 Calories
Marzetti Light Italian Dressing 15 Calories
Corn on Cob 70 Calories
Total Calories 490

Original Chicken
Thigh 280 Calories
Coke Slaw 70 Calories
Green Beans 25 Calories 25 Calories
Total Calories 475

Honey BBQ Sandwich 380 Calories
Green Beans 25 Calories
1% Milk 90 Calories
Total Calories 495

Saucy Chicken Breast 350 Calories
Mashed Potatoes / No Gravy 90 Calories
Musselman's Applesauce 45 Calories
Total Calories 485

--- McDonald's ---

Artisan Grilled Chicken
Sandwich 380 Calories
Side Salad (Low Fat Dressing) 55 Calories
Apple Slices 20 Calories
Total Calories 455

Chicken McNuggets 180 Calories
Kid's French Fries 110 Calories
Apple Slices 20 Calories
Low Fat Milk 110 Calories
Total Calories 420

McChicken 350 Calories
Side Salad (Low Fat Dressing) 55 Calories
Apple Slices 20 Calories
Yoplait CoCurt 50 Calories
Total Calories 475

Flet O' Fish 410 Calories
Side Salad (Low Fat Dressing) 55 Calories
Apple Slices 20 Calories
Total Calories 485

Cheeseburger 300 Calories
Side Salad (Low Fat Dressing) 55 Calories
Apple Slices 20 Calories
Low Fat Milk 110 Calories
Total Calories 485
Cheeseburger 300 Calories
Kid's French Fries 110 Calories
Side Salad (Low Fat Dressing) 55 Calories
Total Calories 465

Cheeseburger 300 Calories
Side Salad (Low Fat Dressing) 55 Calories
Yoplait CoCurt 50 Calories
Apple Slices 20 Calories
Total Calories 425

Cheeseburger 300 Calories
Fruit & Yogurt Parfait 150 Calories
Total Calories 450
Cheeseburger 300 Calories
Smoothie 190 Calories
Total Calories 490

--- Panera Bread ---

Mediterranean Veggie Sandwich
on Tomato Basil (1/2) 220 Calories
Broccoli Cheddar Soup
(cup) 250 Calories
Total Calories 450

Southwest Chicken Tortilla
Broth Bowl 480 Calories
Total Calories 480

Steak & Arugula
on Sourdough (1/2) 250 Calories
Vegetarian Creamy
Tomato Soup
(cup) 200 Calories
Total Calories 450

----- Panera Bread -----

Tuna Salad on Whole Grain (1/2) 280 Calories
Baked Potato Soup (cup) 220 Calories
Total Calories 500

Tomato Mozzarella Flatbread
(1 flatbread) 350 Calories
Low Fat Chicken Noodle Soup
(cup) 110 Calories
Total Calories 460

Frontega Chicken Panini
on Focaccia (1/2) 380 Calories
Banana 90 Calories
Total Calories 470

Chipotle Chicken Avocado Melt
on Black Pepper Focaccia (1/2) 390 Calories
Low Fat Chicken Noodle Soup
(1/2 cup) 110 Calories
Total Calories 500

Hamm & Swiss Sandwich
on Whole Grain (1/2) 370 Calories
Apple 80 Calories
Total Calories 450

Roasted Turkey, Apple & Cheddar
on Cranberry Walnut Bread (1/2) 360 Calories
Milk (1/2 cup) 90 Calories
Total Calories 450

Seasonal Green Salad (1/2) 380 Calories
Chile Lime Rojo Ranch Dressing
(1-1/2 Tbsp) 35 Calories
Total Calories 415

Ancient Grain & Arugula Salad
with Chicken (Whole salad) 400 Calories
Reduced Fat Balsamic Vinaigrette
(1-1/2 Tbsp) 60 Calories
Total Calories 460

Asian Sesame Salad with Chicken
(Whole salad) 410 Calories
Asian Sesame Vinaigrette 90 Calories
Total Calories 500

Southwest Chile Lime Ranch Salad
with Chicken (1/2 salad) 320 Calories
Chile Lime Rojo Ranch Dressing
(1-1/2 Tbsp) 35 Calories
Whole Grain (2 oz loaf) 130 Calories
Total Calories 485

Caesar Salad with Chicken
(1/2 salad) 220 Calories
Caesar Dressing (1-1/2 Tbsp) 80 Calories
Orange Juice 160 Calories
Total Calories 460

Fuji Apple Salad with Chicken
(1/2 salad) 280 Calories
White Balsamic Apple Flavored
Vinaigrette (1-1/2 Tbsp) 80 Calories
Organic White Milk 110 Calories
Total Calories 470

----- Papa John's -----

Garden Fresh Pizza (original crust) - Green
pepper, onion, mushrooms, olives & Roma
tomatoes - 2 medium slices
Total Calories 400

Cheese Pizza (original crust)
2 medium slices
Total Calories 440

Spinach Alfredo Pizza (original crust)
2 medium slices
Total Calories 400

Hawaiian BBQ Chicken (original crust)
2 medium slices 500
Total Calories 500

Chicken BBQ (original crust)
2 medium slices
Total Calories 500

Mediterranean Veggie Pizza (original crust)
2 medium slices 360 Calories
Garden Salad (No Dressing) 120 Calories
Total Calories 480

Chicken Veggie Pizza (original crust)
2 medium slices 360 Calories
Garden Salad (No Dressing) 120 Calories
Total Calories 480

----- Subway -----

6" Subway Fresh Fit Sandwiches: 9-Grain
Wheat, Lettuce, Tomato, Onions, Green
Pepper & Cucumber

- 6" Meatball Marinaro 480 Calories

- 6" Spice Italian 480 Calories

- 6" Tuna 480 Calories

- 6" Italian BMT 410 Calories

6" Steak & Cheese 380 Calories
Homemade Style Chicken Noodle Soup
8 oz bowl 110 Calories
Total Calories 490

6" Cold Cut Combo 360 Calories
Tomato Basil Soup, 8 oz bowl 130 Calories
Total Calories 490

6" Black Forest Ham 290 Calories
Broccoli Cheddar Soup
8 oz bowl 170 Calories
Total Calories 460

6" Oven Roasted Chicken 320 Calories
Tomato Basil Soup
8 oz bowl 130 Calories
Total Calories 450

6" Roast Beef 320 Calories
French Onion Soup
8 oz bowl 150 Calories
Total Calories 470

6" Rotisserie Style Chicken 350 Calories
Tomato Basil Soup, 8 oz bowl 130 Calories
Total Calories 480

6" Subway Club 310 Calories
Creamy Chicken & Wild Rice Soup
8 oz bowl 190 Calories
Total Calories 500

6" Sweet Onion Chicken Teriyaki 370 Calories
Tomato Basil Soup, 8 oz bowl 130 Calories
Total Calories 500

6" Turkey Breast 280 Calories
Loaded Baked Potato Soup,
8 oz bowl 210 Calories
Total Calories 490

6" Veggie Delite 230 Calories
Black Bean Soup
8 oz bowl 210 Calories
Total Calories 440

6" Subway Club 310 Calories
Creamy Chicken & Wild Rice Soup
8 oz bowl 190 Calories
Total Calories 500

6" Sweet Onion Chicken Teriyaki 370 Calories
Tomato Basil Soup
8 oz bowl 130 Calories
Total Calories 500

6" Turkey Breast 280 Calories
Loaded Baked Potato Soup
8 oz bowl 210 Calories
Total Calories 490

6" Veggie Delite 230 Calories
Black Bean Soup
8 oz bowl 210 Calories
Total Calories 440

----- Taco Bell -----

2 Chicken Soft Tacos 340 Calories
Seasoned Rice 120 Calories
Total Calories 460

2 Beef Soft Tacos 360 Calories
Black Beans 80 Calories
Total Calories 440

Power Menu Bowl - Veggie 480 Calories

Chicken Burrito 400 Calories
Black Beans 80 Calories
Total Calories 480

Cheesy Bean & Rice Burrito 420 Calories
Low Fat Milk 80 Calories
Total Calories 500

Burrito Supreme Beef 410 Calories
Low Fat Milk 80 Calories
Total Calories 490

Bean Burrito 370 Calories
Seasoned Rice 120 Calories
Total Calories 490

Cheese Quesadilla 460 Calories

Nacho Supreme 450 Calories

Burrito Supreme Chicken 380 Calories
Black Beans 80 Calories
Total Calories 460

Power Menu Burrito Chicken 450 Calories

Burrito Supreme Beef 410 Calories
Low Fat Milk 80 Calories
Total Calories 490

----- Tim Hortons -----

Tuscan Chicken Panini 420 Calories
Hearty Vegetable Soup 80 Calories
Total Calories 500

Chicken Fajita Grilled Wrap 430 Calories
Original Coffee
(No cream or sugar) 0 Calories
Total Calories 430

Angus Steak & Cheese Panini 400 Calories
Hearty Vegetable Soup 80 Calories
Total Calories 480

Steak Fajita Grilled Wrap 430 Calories
Iced Coffee (Milk) 50 Calories
Total Calories 480

Broccoli Cheddar Soup 180 Calories
Home Style Biscuit 210 Calories
Original Coffee
(1 sugar & 1 cream) 75 Calories
Total Calories 465

Chili 300 Calories
Strawberry Banana Fruit Smoothie
with Greek Yogurt 170 Calories
Total Calories 470

Italian Wedding Soup 130 Calories
Pretzel Bagel (Plain) 300 Calories
10 oz Cappuccino 70 Calories
Total Calories 500

Chicken Noodle Soup 120 Calories
Everything Bagel (Plain) 300 Calories
16 oz Iced Coffee (Milk) 45 Calories
Total Calories 465

----- Wendy's -----

Jr. Cheeseburger or
Kid's Cheeseburger 290 Calories
Carden Salad
(With Low Fat Dressing) 75 Calories
Low Fat Milk 100
Total Calories 465

Jr. Cheeseburger or
Kid's Cheeseburger 290 Calories
Small Chili 210 Calories
Total Calories 500

Jr. Hamburger or
Kid's Hamburger 250 Calories
Value French Fries 250 Calories
Total Calories 480

Grilled Chicken Sandwich 360 Calories
Garden Salad
(Light Dressing) 75 Calories
Total Calories 435

Chicken Nuggets (4 pc) 190 Calories
Value French Fries 250 Calories
Apple Slices 40 Calories
Total Calories 460

Apple Pecan Chicken Salad
(Full Size & Dressing) 420 Calories
Power Mediterranean
Chicken Salad 430 Calories

Sour Cream & Chives
Baked Potato 320 Calories
Garden Salad (With Low Fat
Dressing) 75 Calories
Low Fat Milk 100 Calories
Total Calories 495

Large Chili 310 Calories
Side Salad
(With Low Fat
Dressing) 75 Calories
Low Fat Milk 100 Calories
Total Calories 485

Broccoli & Cheese
Baked Potato 440 Calories
Apple Slices 40 Calories
Total Calories 480

Chicken Tenders (3 pc) 300 Calories
Side Salad (With Low Fat
Dressing) 75 Calories
Low Fat Milk 100 Calories
Total Calories 475

Chicken Tenders (3 pc) 300 Calories
Side Salad (With Low Fat
Dressing) 75 Calories
Apple Juice 90 Calories
Total Calories 465