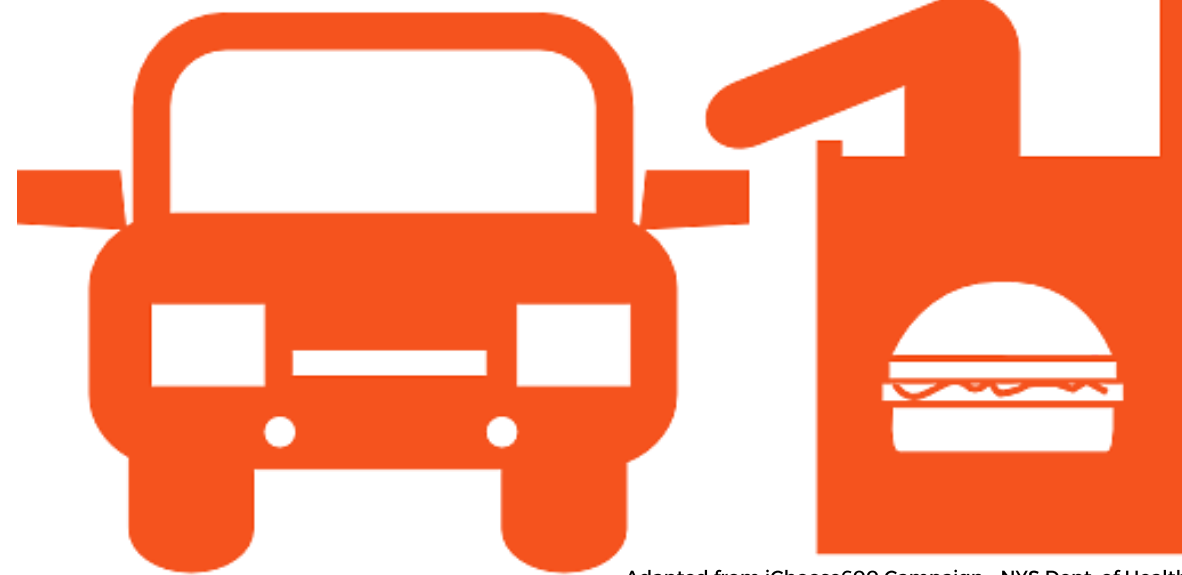


CAN'T AVOID  
*THE LANE*

CHOOSE A  
*FAST 500*



Adapted from iChoose600 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.



FRUITS & VEGGIES



HEALTHY MEALS



HOURS SCREEN TIME



HOURLY MOVING



ALMOST NONE SUGARY DRINKS

# GUIDE TO 500 CALORIE FAST FOOD MEALS

## ----- Arby's -----

Classic Roast Beef 360 Calories  
Tree 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 Buffalitos, 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**

Garden 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  
Garden 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  
Garden 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 Combos with Dressing**  
Romaine Lettuce 10 Calories  
Chicken 180 Calories  
Fajita Vegetables 20 Calories  
Fresh Tomato Salsa 25 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 Combos without Dressing

Romaine Lettuce 10 Calories  
Chicken 180 Calories  
Black Beans 130 Calories  
Fajita Vegetables 20 Calories  
Fresh Tomato Salsa 25 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  
Tomatillo 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  
Tomatillo 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  
Tomatillo 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  
Tomatillo 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  
Tomatillo Red-Chili Salsa 30 Calories  
**Total Calories 445**

Romaine Lettuce 10 Calories  
Sofritas 150 Calories  
Pinto Beans 130 Calories  
Fajita Vegetables 20 Calories  
Fresh Tomato Salsa 25 Calories  
Roasted Chili-Corn Salsa 80 Calories  
Tomatillo 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  
Tomatillo Red-Chili Salsa 30 Calories  
**Total Calories 465**

## Taco Combos

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  
Tomatillo Red-Chili Sauce 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  
Tomatillo Red-Chili Sauce 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  
Tomatillo Red-Chili Sauce 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  
Tomatillo Red-Chili Sauce 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  
Tomatillo Red-Chili Sauce 30 Calories  
Romaine Lettuce 5 Calories  
**Total Calories 500**

## ----- City BBQ -----

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

----- **City BBQ** -----

Skinless Chicken Breast 310 Calories  
Gumbo with Rice 185 Calories  
**Total Calories 495**

Regular Turkey Breast 220 Calories  
Green Beans 90 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 Vegy 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**

Bunless 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 380**

Gumbo  
**Total Calories 320**

Chicken Red Hot  
**Total Calories 500**

White Chili  
**Total Calories 270**

Voodoo Chicken  
**Total Calories 240**

Drunken Chicken  
**Total Calories 240**

Bumble Bee Stew  
**Total Calories 310**

Crawfish Etouffee  
**Total Calories 260**

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**  
Aloha 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 Unwich 470 Calories  
Jumbo Kosher Dill Pickle 20 Calories  
**Total Calories 490**

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

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

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

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

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

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

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

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

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

----- **Kentucky Fried Chicken** -----

Kentucky Grilled Chicken Breast 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 Breast 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  
Cole Slaw 170 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**

Spicy 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 GoGurt 50 Calories  
**Total Calories 475**

Filet 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 GoGurt 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) 230 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**

Ham & 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 Marinara 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 Horton's -----

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  
Garden 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 230 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 230 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**