

DINING OUT

Making healthier

FAST FOOD CHOICES



Today's Menu SMART OPTIONS FOR QUICK MEALS ON THE GO:

ARBY'S

- Roast Turkey Farmhouse Salad with Italian Dressing
- Roast Turkey and Swiss Wrap

CHICK-FIL-A

- Grilled Market Salad
- Grilled Chicken Sandwich
- Grilled Chicken Cool Wrap

CHIPOTLE

- Steak Burrito Bowl

MCDONALD'S

- Premium SW Salad with Grilled Chicken

PANERA BREAD

- Egg & Cheese Ciabatta
- Strawberry Granola Parfait
- Smoked Ham & Swiss on Rye
- Smoked Turkey Breast on Wheat
- Strawberry Poppyseed & Chicken Salad

STARBUCKS

- Spinach & Feta Breakfast Wrap
- Protein Bistro Box

SUBWAY

- Fresh Fit Menu: 6" Turkey with Avocado/Spinach

PAPA JOHN'S

- Gluten-Free Crust Pizza w/Beef and Vegetable Toppings

WENDY'S

- Ultimate Chicken Grill with Honey Mustard

