

Eating out doesn't have to mean that you have to sacrifice your diet. Keep this handy guide with you so that you have a meal option for unexpected dining out occasions.

### Applebee's®

- Grilled Dijon Chicken & Portobello + Side of Fresh Fruit
- 7 oz. House Sirloin + Seasonal Vegetables + Garlic Mashed Potatoes
- Veggie Burger + Seasonal Vegetables (no fries)

### Arby's®

- Beef 'n cheddar Classic + Apple Slices w/Yogurt Dip + Shamrock Farms® Lowfat white milk
- Fish Sandwich (only)
- French Dip & Swiss/Au Jus + Apple Slices w/Yogurt Dip + Shamrock Farms® Lowfat white milk
- Roast Turkey & Swiss Wrap + Apple Slices w/yogurt Dip
- Cravin' Chicken Sandwich + Apple Slices w/Yogurt Dip + Shamrock Farms® Lowfat white milk
- Chicken Bacon & Swiss - Roast Sandwich + Apple Slices (no dip) + Shamrock Farm® Lowfat white milk
- Roast chicken Club + Apple Slices (no dip) + Shamrock Farm® Lowfat white milk
- Jr. Chicken Sandwich + Kraft® Mac & Cheese + Apple Slices w/Yogurt Dip
- Turkey Bacon Club Toasted Sub + Apples Slice w/Yogurt Dip
- Chicken Cordon Bleu - Roast + Apple Slices w/yogurt Dip
- Super Roast Beef + Apple Slices w/Yogurt Dip + Shamrock Farms® Lowfat white milk

### Au Bon Pain®

- Black Bean Burger
- Chicken Salad Sandwich + Small Fruit Cup
- Spicy Tuna Salad Sandwich + Small Fruit Cup
- Roast Beef on Baguette Sandwich + Small Fruit Cup
- Grilled Chicken on Ciabatta Sandwich + Small Fruit Cup
- Roasted Turkey on Baguette Sandwich + Small Fruit Cup
- Roast Beef Montana on Toasted Cheese Baguette Sandwich + Small Fruit Cup
- Toasted Pastrami and Swiss on Light Rye Sandwich + Small Fruit Cup
- Turkey Cranberry Brie on Multigrain Sandwich
- Mayan Chicken Hot Wrap
- Steakhouse on Ciabatta Sandwich
- Eggplant and Mozzarella Sandwich
- Mayan Chicken Harvest Brown Rice Bowl
- Angus Steak Teriyaki Harvest Brown Rice Bowl
- Napa Chicken Avocado Wrap

### Baja Fresh®

- 2 Original Baja Chicken Tacos + Side Salad + Baja Salsa
- 2 Original Baja Shrimp Tacos + Side Salad + Baja Salsa
- 2 Original Baja Steak Tacos + 1/2 Side of Black Beans

### Blimpie®

- Chicken Teriyaki Sandwich (No cheese) + SunChips® Original
- Club Sandwich on Wheat, 6-inch + SunChips® Original
- French Dip Sandwich on Wheat, 6-inch + SunChips® Original
- Ham & Swiss Sandwich on Wheat, 6-inch + SunChips® Original
- Roast Beef & Provolone Sandwich on Wheat, 6-inch + SunChips® Original
- Roast Beef Sandwich (No cheese/sauce), 6-inch + Cup Garden Vegetable Soup
- Turkey & Avocado Sandwich on Wheat, 6-inch + SunChips® Original
- Turkey & Cranberry Sandwich on Wheat, 6-inch + SunChips® Original
- Turkey & Provolone Sandwich on Wheat, 6-inch + SunChips® Original
- Turkey Sandwich on Wheat (No cheese/sauce), 6-inch + Cup Garden Vegetable Soup + SunChips® Original
- VegiMax Sandwich on Wheat (No cheese/sauce), 6-inch + SunChips® Original
- Veggie & Provolone Sandwich on Wheat (No sauce), 6-inch + Cup Garden Vegetable Soup + SunChips® Original
- Antipasto Salad + Fat-Free Italian Dressing + Cup of Tomato Basil with Ravolini Soup + SunChips® Original
- Buffalo Chicken Salad + Light Buttermilk Ranch Dressing + Cup Garden Vegetable Soup + SunChips® Original
- Chicken Caesar Salad + 1/2 Packet of Creamy Caesar Dressing + Cup Tomato Basil with Ravolini Soup + SunChips® Original
- Ultimate Club Salad + Light Buttermilk Ranch Dressing + Cup Garden Vegetable Soup + SunChips® Original
- Grande Chili w/ Bean & Beef + Garden Salad + Light Buttermilk Ranch Dressing + SunChips® Original

### Bob Evans®

- Grilled Salmon Fillet w/Baked Potato & Broccoli Florets + Fresh Garden Salad (no croutons) w/Balsamic Vinaigrette Dressing
- The Farm Favorite Grilled chicken sandwich (only)

### Boston Market®

- 1/4 White Rotisserie Chicken + Garlic Dill New Potatoes + Garlicky Lemon Spinach
- Roasted Turkey Breast (Lg.) + Sweet Corn + Garlicky Lemon Spinach
- Beef Brisket (Reg.) + Mashed Potatoes + Fresh Steamed Vegetables
- TENDERGRILL® Chicken Sandwich w/ Cheese + BK® Fresh Apple Fries
- WHOPPER® (No mayo) + BK® Fresh Apple Fries

### Buffalo Wild Wings

- Chicken Caesar Wrap (only, no chips/salsa)
- Naked Tenders Wrap (only, no chips/salsa)
- Jerk Chicken Sandwich (only, no fries)
- Honey BBQ Bacon Chicken Sandwich (only, no fries)
- Crispy Fish Sandwich

### Burger King®

- TENDERGRILL® Chicken Sandwich w/ Cheese + Side Garden Salad w/ Ken?s? Fat Free Ranch Dressing
- WHOPPER (no mayo) + BK apple fries

### Camille's Sidewalk Cafe®

- Chicken California Wrap (No chips)
- Rustic Italian Pizza
- Just a Cheese Pizza
- Napa Valley Chicken Panini Sandwich (No chips)
- Veganini (No chips)
- 'Turkey Habanero (no chips) Panini

### Carl's Jr.®

- Single Teriyaki Burger TM
- Charbroiled Chicken Club TM
- Charbroiled BBQ Chicken TM + Garden Side Salad + Low Fat Balsamic Dressing
- Turkey Burger + Garden Side Salad + Low Fat Balsamic Dressing
- Guacamole Turkey Burger + Garden Side Salad + Low Fat Balsamic Dressing
- Big Hamburger + Garden Side Salad + Low Fat Balsamic Dressing

### Chick-fil-A®

- Classic Chicken Sandwich + Side Salad + Fat Free Honey Mustard Dressing
- Chicken Sandwich Deluxe + Large Fruit Cup
- Chargrilled Chicken Coolwrap + Honey Mustard Sauce + Large Fruit Cup
- Spicy Chicken Coolwrap + Honey Mustard Sauce + Large Fruit Cup
- Chicken-n-Strips Salad + Fat Free Honey Mustard Dressing + Medium Fruit Cup
- Chicken Tortilla Soup (large, no tortilla strips) + Side Salad w/ Fat Free Honey Mustard Dressing
- Chicken Caesar Cool Wrap + Fruit Cup (large)

### Chili's®

- Caribbean Salad w/ Grilled Chicken
- Lighter Choices: Grilled Chicken Sandwich w/ Veggies

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### Chili's® Cont'd

- Lighter Choices: Grilled Salmon w/ Garlic & Herbs
- Lighter Choices: Margarita Grilled Chicken
- Classic Chicken Fajitas + 1 tortilla + 1/2 toppings

### Chipotle Mexican Grill®

- Burrito Bowl w/ Meat (Your choice) + Beans (Black/Pinto) + Cilantro-Lime Rice + Cheese + Corn Salsa + Salsa

### Dairy Queen®

- 1/4 lb. Grillburger w/ Cheese + Side Salad + Fat-Free Ranch Dressing
- Iron Grilled Turkey Sandwich

### Denny's®

- Fit Slam® + LF yogurt
- Fit Fare® Omelette + LF Yogurt + grapes
- Appetizer chicken Wings w/Sweet & Tangy BBQ Sauce (8oz) (no dipping sauce) + Fit Fare® Veggies + grapes
- Veggie Burger w/Balsamic Vinaigrette & Fit Fare® fresh veggies
- Chicken Avocado Sandwich w/Fit Fare® Fresh Veggies + grapes
- Cranberry Apple Chicken Salad w/Balsamic Vinaigrette Dressing (no bread) + LF Yogurt+ grapes
- Fit Fare® Sweet & Tangy BBQ Chicken w/Broccoli & Corn
- Fit Fare® Tilapia Ranchero + Low Fat Yogurt

### Domino's Pizza®

- Lighter Options Cheese Pizza (2 slices of Lg. pizza)
- Lighter Options Veggies Pizza (2 slices of Lg. pizza)
- Lighter Options Philly Steak Pizza (2 slices of Lg. pizza)
- Lighter Options Ham and Pineapple Pizza (2 slices of Lg. pizza)
- Lighter Options Grilled Chicken & Veggies Pizza (2 slices of Lg. pizza)

### Fazoli's®

- Ravioli w/ Meat Sauce
- Baked Spaghetti

### Firehouse Subs®

- Medium Beef Brisket Sandwich on Wheat (No mayo/cheese)
- Medium Chicken Salad Sandwich on Wheat (No mayo/cheese)
- Medium Turkey Bacon Ranch Sandwich on Wheat (No mayo/cheese)

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### Heavenly Ham

- Heavenly's Famous Ham Salad
- Swiss Philly (no mayo) w/ Double portion roast beef
- Turkey Classic (no mayo)
- Paradise Club on Focaccia Bread (no mayo)

### Jack in the Box®

- Sourdough Grilled Chicken Club Sandwich + Apple bites w/caramel sauce
- Jack's Spicy Chicken® (sandwich only, no cheese)

### Jason's Deli®

- Spinach Veggie Wrap + Fruit Cup + Yogurt Dip
- Turkey Wrap + Blue Corn Tortilla Chips + Fresh Made Salsa
- Garden Sandwich on Ciabatta Bun
- Savvy Chicken Salad Wrap + Fruit Cup + Yogurt Dip
- Better Choice Roast Beef Sandwich + Baked Lays + Fruit Cup
- 1/2 Deli Club Sandwich + Baked Lays + Fruit Cup
- 1/2 Amy's Turkey-O Sandwich + Blue Corn Tortilla Chips + Fruit Cup
- 1/2 Club Royale Sandwich + Baked Lays + Fruit Cup
- Turkey Reuben + Fresh Fruit Cup (no dip)
- Ciabatta Bing + Fresh Fruit Cup (no dip)
- Cantina Wrap + Fresh Fruit Cup (no dip)
- Miami Panini (sandwich only)

### Jersey Mike's Subs®

- Regular BLT on Wheat
- Regular Jersey Shore Favorite on Wheat
- Regular American Classic on Wheat
- Regular Super Sub on Wheat
- Mini Roast Beef & Provolone on Wheat
- Regular Turkey Breast & Provolone
- Mini Veggie on Wheat
- Original Italian Wheat Mini
- Regular Chicken Parmesan Hot Sub on Wheat
- Regular Pastrami & Swiss Hot Sub on Wheat
- Regular Chicka-Phila-Roni
- Jersey Shore Favorite Wrap (flour, Reduced Carb, spinach, tomato, or wheat) (no mayo)
- American Classic Favorite Wrap (flour, Reduced Carb, spinach, tomato or wheat) (no mayo)
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### Jersey Mike's Subs® Cont'd

- Super Sub Favorite Wrap (flour, Reduced Carb, spinach, tomato or wheat) (no mayo)
- Turkey Breast & Provolone Favorite Wrap (flour, Reduced Carb, spinach, tomato or wheat) (no mayo)
- Pastrami & Swiss Favorite Wrap (flour, reduced carb, spinach, tomato or wheat)

### Jimmy John's®

- 8-inch Pepe® sub sandwich (no mayo) + 1 bag Real Potato Chips
- 8-inch Turkey Tom® Sub Sandwich
- 8-inch Vegetarian (no mayo) + 1 bag Real Potato Chips
- 8-inch J.J.B.L.T® (no mayo) + 1 bag Real Potato Chips
- Gourmet smoked Ham Club w/ Grey Poupon Dijon Mustard (no mayo)
- Billy Club® (no mayo)
- Hunter's Club® (no mayo)
- Country Club w/ Grey Poupon Dijon Mustard (no mayo)
- Beach Club® w/Grey Poupon Dijon Mustard (no mayo)
- Gourmet Veggie Club® w/ Grey Poupon Dijon Mustard (no mayo)
- Bootlegger Club® w/Grey Poupon Dijon Mustard (no mayo) + 1 bag Thinny Chips OR Sea Salt & Vinegar Chips
- Club LuLu®
- Ultimate Porker™ (no mayo)
- Ham & Cheese Slim + 1 bag Thinny Chips OR Sea Salt & Vinegar Chips
- Roast Beef Slim + 1 bag Real Potato Chips
- Turkey Breast Slim + 1 bag Real Potato Chips
- Salami, Capicola, cheese Slim

### KFC®

- Grilled Chicken Breast + Mashed Potatoes with Gravy + Green Beans + Cole Slaw
- Grilled Chicken Filet + BBQ Baked Beans + Corn on the Cob (3") + Cole Slaw
- Grilled Chicken Caesar Salad w/ Croutons, KFC® Creamy Parmesan Caesar Dressing (1/2 Packet) + Corn on the Cob (5.5 ")

### La Salsa® Fresh Mexican Grill

- 2 Chicken Fajita Tacos + Side of Rice
- 2 Steak Fajita Tacos + Side of Rice
- 2 Carnitas Fajita Tacos + Side of Rice
- Vegetarian Taco Basket
- Sonora Fish Burrito (only)

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### Long John Silvers®

- Freshside Grille® Salmon Entrée + Corn Cobbette (W/o butter oil) + 4 Hushpuppies
- Freshside Grille® Tilapia Entrée, Corn Cobbette (W/o butter oil) + 4 Hushpuppies
- Freshside Grille® Shrimp Scampi Entrée, Corn Cobbette (W/o butter oil) + 3 Hushpuppies

### Mazzio's®

- Thin Crust Medium Chicken Club Pizza (3 Slices)
- Thin Crust Medium Chicken Pizza (3 Slices)
- Thin Crust Medium Veggie Pizza (3 Slices)

### McAlister's Deli®

- The Veggie Sandwich
- Grilled Chicken Caesar Wrap
- Cheese Spud + Fruit Salad
- Grilled Chicken Spud
- Spud Ole TM w/ Veggie Chili
- Veggie Spud
- French Dip Sandwich
- Sweet Chipotle Chicken Grilled Sandwich (only)
- Memphian® Sandwich + Fruit Salad
- New Yorker Sandwich + Fruit Salad
- Chicken & Dumplings (cup) + 1/2 French Dip Sandwich
- Chicken & Dumplings (cup) + 1/2 Sweet chipotle Grilled Sandwich

### McDonald's®

- Hamburger + Side Salad + Low Fat Balsamic Vinaigrette + 1% Milk Jug + Snack Size Fruit & Walnut Salad
- Cheeseburger + 1% Milk Jug + Snack Size Fruit & Walnut Salad
- Premium Grilled Chicken Classic Sandwich + Snack Size Fruit & Walnut Salad
- Ranch Snack Wrap® (Grilled) + 1% Milk Jug + Snack Size Fruit & Walnut Salad
- Honey Mustard Snack Wrap® (Grilled) + 1% Milk Jug + Snack Size Fruit & Walnut Salad
- Chipotle BBQ Snack Wrap® (Grilled) + 1% Milk Jug + Snack Size Fruit & Walnut Salad
- Premium Southwest Salad w/ Grilled Chicken + Newman's Own® Creamy Southwest Dressing + Snack Size Fruit & Walnut Salad
- Premium Grilled Chicken Ranch BLT Sandwich + Snack Size Fruit & Walnut Salad

### Olive Garden®

- 1/2 Mixed Grill with Sides + 1-1/2 Breadsticks
- 1/2 Mixed Grill (All Chicken) w/ Sides + Pasta e Fagioli Soup + 1 Breadstick

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### Olive Garden® Cont'd

- Grilled Chicken Caprese Panini
- 1/2 Seafood Portofino + 1 Breadstick
- Seafood Brodetto + 1 Breadstick
- 1/2 Parmesan Crusted Bistecca w/ Sides + Pasta e Fagioli Soup + 1 Breadstick
- 1/2 Spaghetti with Meatsauce + 1-1/2 Breadsticks
- 1/2 Chicken Marsala + 1-1/2 Breadsticks
- Steak Toscano
- Capellini di Mare

### On the Border®

- 2 Chicken Crispy Tacos + Side of Grilled Vegetables
- Ground Beef Crispy Taco + Side of Black Beans + Side of Grilled Vegetables
- 2 Chicken Soft Tacos + Side of Grilled Vegetables
- Ground Beef Soft Taco + Side of Black Beans + Side of Grilled Vegetables
- Jalapeno-BBQ Salmon
- Mesquite-Grilled Chicken Fajitas + El Diablo Vegetables + 2 Flour Tortillas
- Chicken Salsa Fresca + Side of Guacamole or Sour Cream

### Outback Steakhouse®

- Sweet Glazed Roasted Pork Tenderloin (No butter) w/ Fresh Steamed Green Beans (No butter) + 1/2 Plain Baked Potato
- 1/2 Chicken on the Barbie (No butter) w/ Sweet Potato (No butter) + Fresh Steamed Green Beans
- Wood-Fire Grilled Pork Chop + Grilled Asparagus + 1/2 Plain Baked Potato (no toppings, no butter/sour cream)
- Wood-Fire Grilled Ahi Tuna & Fresh Seasonal Mixed Veggies

### P.F. Chang's®

- 1/2 Moo Goo Gai Pan + Side of Brown Rice
- 1/2 Orange Peel Beef + Side of Brown Rice
- 1/2 Chengdu Spiced Lamb + Side of Brown Rice
- 1/2 Salmon Steamed with Ginger + Side of Brown Rice + Side of Garlic Snap Peas (Sm.)
- 1/2 Mahi-Mahi + Side of Brown Rice

### Panera Bread®

- Asian Sesame Chicken Salad + Reduced Sugar Asian Sesame Vinaigrette + Apple
- Smoked Turkey Breast Sandwich + Baked Lays® Potato Chips + Apple
- Tuna Salad Sandwich + Apple



### Pei Wei®

- Sweet & Sour Vegetables & Tofu
- 1/2 Honey Seared Chicken + 1/2 Brown Rice
- 1/2 Mandarin Kung Pao Vegetables & Tofu + 1/2 Brown Rice
- 1/2 Chicken Thai Coconut Curry + 1/2 Brown Rice
- 1/2 Sweet & Sour Shrimp + 1/2 Brown Rice

### Pizza Hut®

- 12" Medium Thin 'N Crispy® Cheese Pizza (3 Slices)
- 12" Medium Thin 'N Crispy® Ham & Pineapple Pizza (3 Slices)
- 12" Fit & Delicious® Chicken, Red Onion, & Green Pepper Pizza (3 Slices)
- 12" medium Thin 'N Crispy® Veggie Lover's® (3 slices)
- 6-inch Personal Pan Pizza® Ham & Pineapple
- 6-inch Personal Pan Pizza® Veggie Lover's®

### Red Lobster®

- Lighthouse SM 1/2 Grilled Salmon + Broccoli + Garden Salad + Balsamic Vinaigrette Dressing + Signature Biscuit
- Lighthouse SM 1/2 Grilled Tilapia + Broccoli + Asparagus + Garden Salad + Balsamic Vinaigrette Dressing + Signature Biscuit
- Lighthouse SM Broiled Sole w/ Broccoli + Garden Salad w/Balsamic Vinaigrette Dressing

### Ruby Tuesday®

- Petite Sirloin (7 oz.) + Plain Baked Potato + Fresh Grilled Green Beans
- Barbecue Grilled Chicken + Plain Baked Potato + Fresh Grilled Green Beans

### Schlitzsky's®

- Small Smoked Turkey Breast Sandwich + Regular Potato Chips
- Small Chicken Breast Sandwich + Regular Potato Chips
- Small Chipotle Chicken Sandwich + Regular Potato Chips
- Small Homestyle Tuna Sandwich + Regular Potato Chips
- Small Turkey & Guacamole Sandwich + Regular Potato Chips
- Small Chicken Pesto Sandwich + Regular Potato Chips
- Small Dijon Chicken Sandwich + Regular Potato Chips
- Small Angus Corned Beef Sandwich + Regular Potato Chips
- Small Santa Fe Chicken Sandwich + Regular Potato Chips
- Medium Fresh Veggie Sandwich
- Medium Chipotle Chicken Sandwich
- Medium Homestyle Tuna Sandwich
- Medium Turkey & Guacamole

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### Schlotzsky's® Cont'd

- Medium Chicken & Pesto
- Parmesan Chicken Caesar
- 8-inch Fresh Veggie Pizza
- 8-inch Mediterranean Pizza
- 8-inch Grilled Chicken & Pesto Pizza
- 8-inch Smoked Turkey & Jalapeno Pizza
- 8-inch double Cheese Pizza

### Smoothie King®

- High Protein Almond Mocha Smoothie
- Smoothie King® High Protein Chocolate Smoothie

### Sonic®

- Jr. Deluxe Burger + Banana + 1% Milk
- Grilled Chicken Wrap + Apples w/ Fat-Free Caramel Dipping Sauce + 1% Milk
- Grilled Chicken Sandwich + Apples w/ Fat-Free Caramel Dipping Sauce + 1% Milk
- Veggie Burger w/Mustard or Ketchup (no mayo) + 1% milk
- Jr. Burger + Apple Slices w/Fat Free Caramel Dipping Sauce + 1% milk
- Grilled Cheese Sandwich + Apple Slices w/Fat Free Caramel Dipping Sauce + 1% milk
- 6-in All Beef Regular Hot dog + Apple Slices w/Fat Free Caramel Dipping Sauce + 1% milk
- 6-in Beef New York Dog + Apple Slices w/Fat Free Caramel Dipping Sauce + 1% milk
- 6-inch All-American Style Dog + Apple Slices w/Fat Free Caramel Dipping Sauce + 1% milk

### Starbucks®

- Turkey & Swiss Sandwich + Grande Café Latte
- Chicken on Flatbread w/ Hummus Artisan Snack Plate + Deluxe fruit + Venti Café latte
- Egg Salad Sandwich + Deluxe Fruit Salad
- Roasted Vegetable Panini + Deluxe Fruit Salad + Grande Café Latte
- Ham & Swiss Panini + deluxe Fruit Salad + Tall Café Latte
- Tarragon Chicken Salad Sandwich + Grande Café Latte
- Chipotle Chicken Wrap + Deluxe Fruit Salad + Tall Café Latte
- Sesame Noodles Bistro Box + Deluxe Fruit Salad + Grande Café Latte

### Subway®

- 6" Oven Roasted Chicken Sandwich w/ Cheese, Vegetables, Mustard (No mayo) + Baked Lay's® + 1% Low Fat White Milk
- 6" Cold Cut Combo Sandwich + Baked Lay's® + 1% Low Fat White Milk
- 6" Subway Melt® Sandwich + Baked Lay's® + 1% Low Fat White Milk
- 6" Double Turkey Sandwich w/ Cheese, Vegetables, Mustard (No mayo) + Baked Lay's® + 1% Low Fat White Milk
- 6" Double Turkey Breast and Ham Sandwich w/ Cheese, Vegetables, Mustard (No mayo) + Baked Lay's® + 1% Low Fat White Milk
- 6" Double Roast Beef Sandwich w/ Cheese, Vegetables, Mustard on Flatbread + Baked Lay's®
- 6" Roasted Chicken Breast Sandwich w/ Cheese, Vegetables, Mustard on Flatbread + Baked Lay's® + 1% Low Fat White Milk
- 6" Subway Club® Sandwich w/ Cheese, Vegetables, Mustard on Flatbread + Baked Lay's® + 1% Low Fat White Milk
- 6" Sweet Onion Chicken Teriyaki Sandwich on Flatbread + Baked Lay's® + 1% Low Fat White Milk
- 6" Double Turkey Breast Sandwich w/ Cheese, Vegetables, Mustard on Flatbread + Baked Lay's® + 1% Low Fat White Milk
- 6" Buffalo Chicken Sandwich + Baked Lay's® + 1% Low Fat White Milk
- 6" Steak and Cheese Sandwich + Baked Lay's® + 1% Low Fat White Milk
- 6" Veggie Patty Sandwich + Baked Lay's® + 1% Low Fat White Milk

### Taco Bell®

- Fresco Crunchy Taco + Fresco Baja Chicken Chalupa + Fresco Mexican Rice
- 3 Fresco Chicken Soft Tacos + Fresco Style Mexican Rice
- 3 Fresco Grilled Steak Soft Tacos + Fresco Style Mexican Rice
- 3 Fresco Crunchy Beef Tacos + Fresco Style Mexican Rice

### Taco Cabana®

- 2 Carne Guisada Soft Tacos + Side of Rice + Side of Black Beans
- 2 Ground Beef Crispy Tacos + Side of Rice + Side of Borracho Beans
- 3 Stewed Chicken Crispy Tacos + Side of Rice
- 2 Black Bean Tacos + Side of Rice + Side of Shredded Cheese
- Chicken Breast Fajita Burrito

### T.G.I. Friday's®

- Dragonfire Salmon

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**Wendy's®**

- Jr. Cheeseburger + Garden Side Salad + Classic Ranch Dressing + Apple slices
- Ultimate Chicken Grill Sandwich + Garden Side Salad + Classic Ranch Dressing
- Lg. Chili + Garden Side Salad + Classic Ranch Dressing + Apple slices

**Phase 3 Breakfast options**

**McDonald's®**

- Fruit & Maple Oatmeal + 12 almonds