

# HEY, KIDS! Make Good Fast Food Choices!

Restaurant	Instead of...	Try this...
Arby's®	Prime-Cut™ Chicken Tenders (2)	Jr. Turkey & Cheese Sandwich
	Curly Fries - Kids	GoGo Squeez™ Apple Sauce
	CapriSun® Fruit Juice	Shamrock Farms® Low-fat White Milk
Burger King™	Whopper Jr.® Sandwich with cheese and mayonnaise	Hamburger
	Onion Rings, small	Apple Slices
	BK® Breakfast Muffin Sandwich: Egg and Cheese	Kids Oatmeal
Culver's®	Butterburger® with Cheese, kids	Grilled Chicken Sandwich
	Chocolate Concrete Mixer®, short	Lemon Ice, 2 scoops
	Wisconsin Cheese Curds	Applesauce



Restaurant	Instead of...	Try this...
Hardee's®	Kids Meal - Cheeseburger	Regular Roast Beef Sandwich and Side Salad, no dressing
	Hand Scooped Ice-Cream Shake™	Single Scoop Ice Cream Bowl
KFC®	Popcorn Chicken - Kids	Grilled Chicken Breast
	Potato Wedges	Mashed Potatoes with Gravy
	Macaroni with Cheese	Corn on the Cob (3-inch)
McDonald's®	Chicken Selects® Premium Breast Strips (3)	Chicken McNuggests® (4)
	Bacon, Egg & Cheese Biscuit	English Muffin with Grape Jam and Fruit 'n Yogurt Parfait, or an Egg White Delight McMuffin
	Kids Fry	Apple Slices or Yoplait® Go-GURT® Low-fat Strawberry Yogurt
	McFlurry® with M&M's® Candies, snack size	Kiddie Cone
Subway®	Tuna on Mini Wheat Bread	Black Forest Ham, kids meal sandwich
	Nacho Doritos®, 1 bag	LAY'S® Oven Baked Original Potato Crisps
	Chocolate Chip Cookie	Apple Slices

