FUELING ON-THE-GO
FAST FOOD OPTION IDEAS

SUBWAY
- Subway Breakfast
- Egg & Cheese Muffin Melt
- Steak, Egg & Cheese Muffin Melt Sandwiches
- 6” Oven Roasted Chicken w/o Mayo
- 6” Turkey w/o Mayo
- 6” Roast Beef w/o Mayo
- 6” Veggie Delight w/o Mayo Salads
- Subway Club
- Oven Roasted Chicken
- Roast Beef*
- Stay away from Mayo & Mayo based Sauces

ZAXBY’S
- Wings
  - Boneless Wings (No Sauce)
  - Chicken Sandwiches
  - Grilled Chicken Sandwich (Plain)
  - Sandwich (No Zaxby Sauce)
  - Salads
  - Grilled Chicken House (No Toast, Light Dressing)
  - Grilled Chicken Caesar (No Croutons)

CHICK-FIL-A
- Breakfast
- Chick-n-Minis
- Yogurt Parfait with Granola
- Egg & Cheese Biscuit
- Chicken Sandwiches
- Chargrilled Chicken Club
- Chargrilled Chicken Sandwich
- Salads
- Chargrilled Fruit Salad
- Chargrilled Chicken Garden Salad
- Southwest Chargrilled Chicken Salad Wraps
- Chargrilled Chicken Cool Wrap

TACO BELL
- Taco Bell Burritos
  - Fresco Burrito Supreme- Chicken
  - Fresco Burrito Supreme- Steak
  - Fresco Bean Burrito
  - Tacos
- Fresco Grilled Steak Taco
- Fresco Grilled Chicken Taco
- Fresco Crunchy Taco
- Fresco Ranchero Chicken Soft Taco

*SOURCE: A STATE - BEST BET FAST FOOD