

Fast Food Meals For Under 500 Calories

Making poor choices at fast food restaurants can lead people to eat thousands of calories in one setting, yet the average child (age 6-12) only needs 400-550 calories per meal! This list provides meals from some popular restaurants that will keep your child from consuming too many calories when dining on the run.

***REMEMBER**, this list should only be used *occasionally*. Fast food *should not* be a staple of *anyone's* diet!



BK Veggie Burger w/out mayo or cheese
Side Salad w/ FF Ranch
415 calories, 8 g fat

Whopper Jr. w/out mayo
Apple Sauce
380 calories, 12 g fat



Charbroiled BBQ Chicken Sandwich
Side Salad w/ LF Balsamic Dressing
445 calories, 8.5 g fat

Charbroiled Chicken Salad w/ LF Balsamic
295 calories, 8.5 g fat



Flame Grilled Chicken Breast, Skinless
Chicken Tortilla Soup
390 calories, 12.5 g fat

Skinless Breast Meal w/ veggies, salad, and salsa
270 calories, 10 g fat



Roasted BLT Salad with Fat Free Ranch
Side of Corn on the Cob
315 calories, 7.5 g fat

Honey BBQ Snacker Sandwich
Side of Rice
360 calories, 4 g fat

Oven Roasted Chicken Breast without skin
Side of Mashed Potatoes with gravy
Side of Green Beans
330 calories, 7.5 g fat



Asian Grilled Chicken Salad w/ LF Balsamic
Fruit Cup
290 calories, 3.5 g fat

Chicken Fajita Pita
Fruit Cup
370 calories, 9 g fat

Kids Hamburger
Applesauce
410 calories, 14 g fat



English Muffin with jelly
Fruit and Yogurt Parfait
355 calories, 5 g fat

Hamburger
Apple Slices
Vanilla Ice Cream Cone
435 calories, 12.5 g fat

Grilled Snack Wrap with BBQ
Snack Size Fruit and Walnut Salad
470 calories, 16 g fat



Fresco Style Chicken Ranchero Taco
Fresco Style Pintos
290 calories, 6 g fat

Fresco Style Bean Burrito
Fresco Style Mexican Rice
460 calories, 10 g fat



Mushroom Chicken
 $\frac{1}{2}$ of steamed rice
 Egg Flower Soup
378 calories, 9.7 g fat

String Bean Chicken (no rice)
 Hot and Sour Soup
270 calories, 11.5 g fat

Broccoli Beef
 $\frac{1}{2}$ of steamed rice
310 calories, 8.5 g fat

Tangy Shrimp
 $\frac{1}{2}$ of steamed rice
310 calories, 6.5 g fat



Plain Baked Potato with 2 Packets Ketchup
 Side Salad with Fat Free French
395 calories, 0 g fat

Junior Hamburger
 Low Fat Strawberry Yogurt
370 calories, 9.5 g fat

Small Chili
 Jr. Vanilla Frosty
370 calories, 10 g fat



6 in. Turkey Sub (no cheese)
 with Mustard and Veggies
 Cup of Oven Roasted Chicken Noodle Soup
360 calories, 6.5 g fat

Mini Roast Beef Sub (no cheese)
 with Mustard and Veggies
 Baked Lays Potato Chips
320 calories, 5 g fat

Fresh Fit for Kids Meals:
 Choice of Mini Sub
 Choice of Yogurt, Raisons, or Apples
 Choice of Milk or 100% Fruit Juice
400 calories, 4.5 g fat



1 Slice Cheese or Veggie Pizza
 1 Piece Crazy Bread with Crazy Sauce
350 calories, 10 g fat



Grilled Salmon Salad
 Side Choice = Whole Grain Baguette
480 calories, 15 g fat

You Pick Two Combos:
 $\frac{1}{2}$ Chicken Tomesto on French with Low Fat
 Vegetarian Garden Vegetable Soup
 Side Choice = apple
400 calories, 7.5 g fat

Low Fat Chicken Noodle Soup
 $\frac{1}{2}$ Classic Café Salad
 Side Choice = Whole Grain Baguette
330 calories, 8 g fat



Health Mex Chicken or Mahi Mahi Taco
 Small Side of Black Beans
 Small Side of Rice
360 calories, 8 g fat

1 Street Chicken Taco
 1 Street Steak Taco
 Small Side Pinto Beans
350 calories, 7.5 g fat

Kids Chicken Taquitos Meal
 Black Beans
 Mini Churro
390 calories, 15 g fat



1 Slice Thin Crust Fresh Tomato Pizza
450 calories, 14 g fat

Greek Salad
 Cucumber and Tomato Salad
 Fruit Salad
320 calories, 16 g fat