“Healthier” Fast Food Alternatives

Here is a list of “health-ier” options when you are on the go and need of some energy and the only thing around is a fast food joint. These are generally lower in calories and can be a nice quick meal if you don’t have time to make one.

Restaurants near:

**Harrison Blvd**
- Arby’s
  - Chopped Farmhouse Salad – Roast Turkey 230 Cal
  - Chopped Side Salad with light Italian dressing 90 Cal
- Subway
  - 6” Veggie delight 230 Cal
  - 6” Turkey breast on wheat 280 Cal
  - 6” Black Forest Ham on wheat 290 Cal
- Burger King
  - Kids oatmeal 170 Cal
  - Apple slices 30 Cal
  - Side Caesar salad and dressing 290 Cal
  - Side garden salad and avocado ranch dressing 240 Cal
- Wendy’s
  - Apple Pecan Chicken Salad Half-Size 180 Cal
  - Baja Chili Salad Half-Size 280 Cal
  - Chicken BLT Cobb Salad Half-Size 190 Cal
  - Spicy Chicken Caesar Salad Half-Size 250 Cal
  - Garden Side Salad 20 Cal
  - Caesar Side Salad 60 Cal
  - Sour Cream & Chive Baked Potato 320 Cal
  - Rich & Meaty Chili, Small 180 Cal
- Jimmy Johns
  - Slim #4 Turkey breast 401 Cal
  - Slim #2 Roast beef 424 Cal

**Washington Blvd**
- Chick-fil-A
  - Yogurt Parfait with Granola 290 Cal
  - Chargrilled Chicken Sandwich 300 Cal
  - Chargrilled Chicken Garden Salad 180 Cal
  - Chargrilled & Fruit Salad 230 Cal
  - Fruit Cup: large 100 Cal
  - Side Salad 70 Cal

- McDonald’s
  - Honey Mustard Snack wrap grilled 250 Cal
○ Premium southwest salad with grilled chicken 290 Cal
○ Fruit & Maple oatmeal 290 Cal
○ Premium Bacon Ranch Salad without chicken 140 Cal
○ Fat Free chocolate milk 130 Cal

Riverdale Road
● Panda Express
  ○ side of mixed veggies 70 Cal
  ○ mushroom chicken 180 Cal
  ○ string bean chicken breast 160 Cal
  ○ Hot and sour soup 100 Cal
● Noodles and Company
  ○ Chicken Noodle Soup small 190 Cal
  ○ Chinese Chop Salad small 190 Cal
  ○ Tossed Green Salad w/Balsamic vinegar 70 Cal
  ○ Japanese Pan Noodles 310 Cal