

# 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, Raisins, 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**