

WALK IT OFF!

Food Choice	Calories
Egg White McMuffin	250
*Chick-fil-A Grilled Chicken	355
**Whopper Jr.	390
Sausage Biscuit	510
Bo's Chicken Biscuit	515
Big Mac	540
Wendy's Apple Pecan Chicken	570

Food Choice	Calories
Whopper w/ Cheese	760
Wendy's Caesar Salad	780
Big Mac w/ Fries	920
***Chick-fil-A Sandwich	970
Bo's Chicken Dinner, Fries, Tea	1120
****Double Whopper	1620

