

# Fast Food Switcheroo!

## If you eat at McDonald's®:

### Instead of this...

Big Mac, Quarter Pounder,  
or Big n-Tasty

*Supersize or Large Fry*

Sausage McMuffin, Bacon, Egg & Cheese Biscuit

*Apple/Cheese Danish, Chocolate Chip Cookies*

### Try this!

Hamburger, Cheeseburger, or Chicken  
McGrill (try without the sauce)!

*Small fry or a side salad with your  
favorite dressing!*

English Muffin with Jelly, Egg McMuffin,  
or Hotcakes (try without butter)!

*Fruit & Yogurt Parfait, Small Chocolate or  
Vanilla Cone, or Strawberry Sundae!*

## If you eat at Burger King®:

### Instead of this...

Whopper, Double Hamburger or Cheeseburger

*Large Fry, Onion Rings, or Mozzarella Sticks*

Chicken Sandwich or Chicken Club Sandwich

### Try this!

Single Hamburger or Cheeseburger!

*Small Fry or Jalapeno Poppers!*

Chicken Tenders with dipping sauce!

## If you eat at Fazoli's®:

### Instead of this...

Baked Spaghetti, Fettuccine Alfredo, or Cheese Ravioli

*Pepperoni or Combination Pizza, Classic Calzone, or  
Meat and Cheddar Pizzarinos*

Italian Chef Salad or Pasta Salad

*Cheesecake or Cookie*

### Try this!

Spaghetti with Tomato or Meat Sauce,  
or Chicken Parmesan!

*Cheese Pizza or Deluxe Cheese  
Pizzarino!*

Minestrone Soup or Garden Salad!

*Lemon Ice!*

## If you eat at Pizza Hut®:

### Instead of this...

Cheese or Pepperoni Pan Pizza

*Beef or Pepperoni Hand-Tossed Pizza*

Beef, Pepperoni, or Supreme Thin Crust

*Supreme Sandwich, Cavatini Supreme*

### Try this!

Ham or Veggie Lover's Pan Pizza!

*Cheese, Ham, Veggie Lover's, or Chicken  
Supreme Hand-Tossed Pizza!*

Cheese, Ham, Veggie Lover's, Chicken  
Supreme Thin Crust!

*Spaghetti w/Marinara, Spaghetti w/Meat,  
Cavatini Pasta (regular size)!*