

KWIK FACTS
CALORIE COUNTS

FRESH CASE	Cal
Kitchen Cravings® Garden Salad	25
Kitchen Cravings® Turkey & Swiss Cheese Sandwich on Wild Rice Bread	390
Kitchen Cravings® Chicken Salad Sandwich on Italian Bread	320
Kitchen Cravings® Chicken Salad with Cranberries Sandwich on Oat Multigrain Bread	350
Kitchen Cravings® Parfait	270
Del Monte® Fruit Cup	50-100
Chobani® Greek Yogurt	120-130
Bolthouse® Farm Baby-Cut Carrots (3 oz)	35
Fresh Whole Fruit	70-110
Yoplait® Light Yogurt	90
Kitchen Cravings® Hard Cooked Eggs	130
Kitchen Cravings® Part Skim String Cheese	80
Babybel® Light Cheese	50



BAKERY	Cal
Kwikery® Plain Bagel	270
Kwikery® Cinnamon Raisin Swirl Bagel	270

KITCHEN CRAVINGS® SOUPS (1 cup)	
Chicken Noodle	110
Chili Soup with Beans & Beef	240
Chili Soup with Beans & Chicken	170
Vegetable Soup with Beef	110
Beef Noodle	110
Macaroni in Beef Sauce	200
Chicken Dumpling	140
Chicken Tortilla	130

HOT FOOD	
Kitchen Cravings® Garlic and Herb Chicken Sandwich	310
Kitchen Cravings® Chicken Tenders	380
Kitchen Cravings® Fish Sandwich with Cheese	340
Kitchen Cravings® Seasoned Potato Wedges	220
Kitchen Cravings® Bavarian Pretzel	420
Hash Brown Stick	80

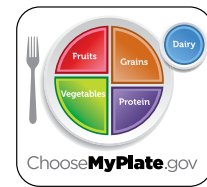
ROLLER GRILL	
Tornados® Ranchero Beef Steak & Cheese	180
Tornados® Sausage Egg & Cheese	180
Tornados® French Toast & Sausage	190
Kitchen Cravings® Egg Roll	170

Find out more information online:
www.kwiktrip.com

EAT SMART SUGGESTIONS
BREAKFAST, LUNCH AND DINNER

Eating on the run is a fact of life for many Americans. We understand your daily food and physical activity choices affect your health, as well as how you look and feel. We are committed to providing you with a variety of foods to help you maintain a healthy lifestyle. Eating a balanced diet, consistent with the USDA's dietary guidelines, is simple with our Eat Smart menu guide, which emphasizes choosing leaner entrées and sides from a variety of food groups.

Get in the habit of reading food labels and make sure you are choosing foods with little added sugars or fats and those that provide a variety of nutrients. We offer a number of low calorie and low fat options which you can select from our Eat Smart menu guide. The USDA's MyPlate Nutritional

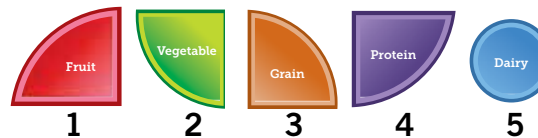


Program also suggests fresh, whole fruits and vegetables to be the most important items on your plate, being paired with smaller portions of protein and grains. Our bananas are a great snack or side for any meal!

Eating smaller portions, more often, such as having 5 to 6 smaller meals each day is recommended. MyPlate also suggests drinking 8 - 8 oz. glasses of water and avoiding sugary drinks to help you stay hydrated!

FOR MORE INFORMATION VISIT:
<http://www.choosemyplate.gov/>

5 COMPONENTS TO A COMPLETE MEAL
A balanced meal is easy to create. Start by picking at least one fruit or one vegetable then pair your choice with two more components from the five food groups listed below.



**Every attempt has been made to ensure the information contained in this brochure is valid at the time of publication. The information provided in this brochure is designed to provide helpful tips on mindful eating. Please consult your own physician before making any changes to your diet.*



**ENJOY
YOUR LIFE.**



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EAT SMART MEALS**

LUNCH OR DINNER

MEAL 1

Sandwich & Fresh Fruit

Kitchen Cravings® Garlic & Herb
Chicken Sandwich
Apple
Nature's Touch® Fat Free Milk (8 fl oz)
490 Cal



servings suggestion

MEAL 2

Salad & Hard Cooked Egg Cup

Kitchen Cravings® Garden Salad
Fat Free French Dressing
Kitchen Cravings® Hard Cooked Eggs
Banana
Nature's Touch® Water
250 Cal



*Add fixings
from the FREE
condiment bar!*



servings suggestion



MEAL 3

Sandwich & Carrots

Kitchen Cravings® Chicken Salad
Sandwich on Italian Bread
Bolthouse® Farm Baby-Cut Carrots (3 oz)
Nature's Touch® Water
490 Cal

**ENJOY YOUR LIFE.
EAT SMART MEALS**

BREAKFAST

MEAL 1

Hard Cooked Egg Cup & Fruit

Kitchen Cravings® Hard Cooked Eggs
Fruit Cup
Nature's Touch® Fat Free Milk (8 fl oz)
270-340 Cal



MEAL 2

Tornado & Fruit

1 Sausage, Egg & Cheese Tornado®
Orange
Nature's Touch® Fat Free Milk (8 fl oz)
330 Cal



MEAL 3

Parfait & Coffee

Kitchen Cravings® Strawberry or
Mixed Berry Parfait
Karuba® Coffee - Black (16 fl oz)
270 Cal

BEVERAGES

Cal

Nature's Touch® Water (16.9 fl oz).0
Nature's Touch® Flavored Water (20 fl oz)5
Nature's Touch® 1% Low Fat Milk (16 fl oz)200
Nature's Touch® Fat Free Milk (8 fl oz)80
Nature's Touch® 100% Orange Juice (8 fl oz)120
Karuba® Coffee (16 fl oz)5
Karuba® Americano (12/16 fl oz)5
Karuba® Double Espresso (4.5 fl oz)0
Karuba® Espresso Macchiato (3.5 fl oz)5
Karuba® Iced Americano (4.5 fl oz)5
Karuba® Bold (11 fl oz)5
Karuba® Gold Cold Brew Coffee (16/20 fl oz)15/20

**EAT SMART
WITH A BALANCED DIET**

BALANCE YOUR DAILY CALORIES WITH YOUR ACTIVITIES & THESE MYPLATE TIPS:

- Enjoy your food, but eat less
- Avoid oversized portions
- Make half your plate fruits and vegetables
- Switch to Nature's Touch® Fat Free or Nature's Touch® Low Fat (1%) Milk
- Make at least half your grains whole grains
Try Kwikery® White Wheat, Eight Grain or Fiber Enriched Wheat Breads
- Drink Nature's Touch® Water instead of sugary drinks