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## Best kids' meal combinations

#### Ranking of best possible kids' meal combinations by NPI score of food items

Includes all possible kids' meal combinations that met all nutrition criteria for preschool or elementary school-age children. Also includes up to three additional best combinations per restaurant that met calorie criteria for elementary school-age children, determined by selecting the items with the highest NPI score and lowest calorie content among the menu options at each restaurant. Calorie content was used to rank the final items. All beverages on the best list are free of artificial sweeteners. Inclusion on the best list does not necessarily indicate that the meal is healthy, only that it is a relatively better choice from that restaurant.

								NPI score				and added sugar**		
Rank	Restaurant	Main dish	Side	Beverage	Snack or dessert	Total calories (kcal)*	Sodium (mg)	Main dish	Side dish	Beverage	Snack or dessert	Calories (kcal)	% of total calories	
Meals tha	at meet all nutri	tion criteria for preschool a	nd elementary sch	ool-age children										
1	Arby's	Kraft macaroni and cheese	Apple slices	Nestle bottled water		205	350	66	78	70		30	15%	
2	Arby's	Kraft macaroni and cheese	Apple slices	Iced tea		210	350	66	78	70		30	14%	
3	Arby's	Kraft macaroni and cheese	Apple slices with strawberry yogurt dip	Nestle bottled water		255	380	66	68	70		62	24%	
4	Arby's	Kraft macaroni and cheese	Apple slices with strawberry yogurt dip	Iced tea		260	380	66	68	70		62	24%	
5	Burger King	Chicken nuggets (4) with sweet and sour sauce	Apple slices	Nestea unsweetened tea		265	430	64	78	70		58	22%	
6	Burger King	Chicken nuggets (4) with sweet and sour sauce	Apple slices	Gold Peak unsweetened tea		265	415	64	78	70		58	22%	
7	Subway	Veggie Delite sandwich (wheat bread, no cheese)	Apple slices	100% juice		285	225	78	82	76		16	6%	
8	Arby's	Kraft macaroni and cheese	Apple slices	Capri Sun 100% juice		285	375	66	78	76		30	11%	
9	Arby's	Kraft macaroni and cheese	Apple slices	Shamrock Farms low fat milk		295	455	66	78	72		43	15%	
10	Subway	Black forest ham sandwich (wheat bread, no cheese)	Apple slices	100% juice		315	485	76	82	76		25	8%	
11	Subway	Turkey breast sandwich (wheat bread, no cheese)	Apple slices	100% juice		315	475	76	82	76		25	8%	
12.	Subway	Veggie Delite sandwich (white bread, American cheese)	Apple slices	100% juice		315	415	72	82	76		44	14%	
13	Subway	Roast beef sandwich (wheat bread, no cheese)	Apple slices	100% juice		335	425	78	82	76		29	9%	
14	Arby's	Kraft macaroni and cheese	Apple slices with strawberry yogurt dip	Capri Sun 100% juice		335	405	66	68	76		62	19%	
15	Subway	Veggie Delite sandwich (wheat bread, no cheese)	Apple slices	Low fat milk		345	390	78	82	72		39	11%	
16	Arby's	Kraft macaroni and cheese	Apple slices with strawberry yogurt dip	Shamrock Farms low fat milk		345	485	66	68	72		75	22%	
17	Arby's	Kraft macaroni and cheese	Apple slices	Shamrock Farms low fat milk		355	520	66	78	70		75	21%	
18	Burger King	Chicken nuggets (4) with sweet and sour sauce	Apple slices	Hershey's fat free chocolate milk		355	540	64	78	72		58	16%	

Best

Saturated fat

#### Ranking Table 1

Sank   Restaurant   Main dish   Side   Beverage   Clearing   Sank or dessert   Clearing   Clear	Saturated fat and added sugar**	NPI score											
19		Snack or dessert	Beverage						Beverage	Side	Main dish	Restaurant	Rank
20		Meals that meet all nutrition criteria for elementary school-age children only										Meals tha	
2.0   Burger King   Sweet and sour sauce   Apple slices   Unsweetened tea   355   610   64   78   70	41 20%		70	70	68	610	205		Gold Peak iced tea		Grilled chicken strips (2)	Jack in the Box	19
2.1   Burger King   Sweet and Sour sauce   Apple slices   Unsweetened iced tea   355   595   64   78   70	67 19%		70	78	64	610	355			Apple slices		Burger King	20
2.2   Subway   bread, American cheese)   Apple slices   100% juice   365   615   72   82   76	67 19%		70	78	64	595	355			Apple slices		Burger King	2.1
23 Subway   bread, American cheese   Apple slices   Low fat milk   375   580   72   82   72	47 13%		76	82	72	615	365		100% juice	Apple slices		Subway	22
Apple slices   Apple slices   Iow fat chocolate milk   395   590   78   82   72	57 15%		72	82	72	580	375		Low fat milk	Apple slices		Subway	23
Chicken nuggets (4) with sweet and sour sauce   Apple slices   Hershey's low fat chocolate milk   405   550   66   68   70	52 13%		72	82	78	590	395			Apple slices		Subway	24
Meals that meet maximum calories for elementary school-age children only	127 31%		70	68	66	550	405				Kraft macaroni and cheese	Arby's	25
27         Chick-fil-A         Chick-r-Strips (1)         Fruit cup         Low fat milk         255         425         60         78         72           2.8         Chick-fil-A         Grilled chicken nuggets (4) with barbeque sauce         Fruit cup         Low fat milk         260         835         42         78         72           2.9         Jack in the Box         Grilled chicken strips (2)         Chiquita apple bites with caramel         Reduced fat milk         320         715         68         70         70           3.0         Arby's         Jr. turkey and cheese sandwich         Apple slices         Iow fat milk         335         835         50         78         72           3.1         Arby's         Jr. roast beef sandwich         Apple slices         Iow fat milk         335         625         50         78         72           3.2         Sonic         Chicken strips (2)         Apple slices         Low fat milk         345         600         48         82         72           3.2         Sonic         Chicken nuggets (6) with sweet and sour sauce         Hershey's low fat chocolate milk         355         540         64         78         72           3.4         Sonic         Corn dog         Apple slices<	58 14%		70	78	64	565	425			Apple slices		Burger King	26
2.8   Chick-fil-A   with barbeque sauce   Fruit cup   Low fat milk   260   835   42   78   72									only	school-age children	n calories for elementary s	t meet maximur	Meals tha
2.8         Chick-fil-A         with barbeque sauce         Fruit cup         Low fat milk         260         835         42         78         72           2.9         Jack in the Box         Grilled chicken strips (2)         Chiquita apple bites with caramel         Reduced fat milk         320         715         68         70         70           3.0         Arby's         Jr. turkey and cheese sandwich         Apple slices         Iow fat milk         335         835         50         78         72           3.1         Arby's         Jr. roast beef sandwich         Apple slices         Low fat milk         335         625         50         78         72           3.2         Sonic         Chicken strips (2)         Apple slices         Low fat milk         345         600         48         82         72           3.3         Burger King         Sweet and sour sauce         Apple slices         Low fat milk         355         540         64         78         72           3.4         Sonic         Corn dog         Apple slices         Low fat milk         355         660         44         82         72           3.5         Burger King         Hamburger         Apple slices         Low fat milk	27 11%		72	78	60	425	255		Low fat milk	Fruit cup	Chick-n-Strips (1)	Chick-fil-A	27
29         Jack in the Box         Grilled chicken strips (2)         with caramel         Reduced fat milk         320         715         68         70         70           30         Arby's         Jr. turkey and cheese sandwich         Apple slices         Shamrock Farms low fat milk         335         835         50         78         72           31         Arby's         Jr. roast beef sandwich         Apple slices         Low fat milk         335         625         50         78         72           32         Sonic         Chicken strips (2)         Apple slices         Low fat milk         345         600         48         82         72           33         Burger King         Burger King         Apple slices         Low fat milk         355         540         64         78         72           34         Sonic         Corn dog         Apple slices         Low fat milk         355         660         44         82         72           35         Burger King         Hamburger         Apple slices         Low fat milk         String cheese         365         50         78         72           36         KFC         Chicken drumstick         Green beans         Low fat milk         String cheese <td>50 19%</td> <td></td> <td>72</td> <td>78</td> <td>42</td> <td>835</td> <td>260</td> <td></td> <td>Low fat milk</td> <td>Fruit cup</td> <td></td> <td>Chick-fil-A</td> <td>28</td>	50 19%		72	78	42	835	260		Low fat milk	Fruit cup		Chick-fil-A	28
30         Arby's         sandwich         Apple slices         low fat milk         335         835         50         78         72           31         Arby's         Jr. roast beef sandwich         Apple slices         Low fat milk         335         625         50         78         72           32         Sonic         Chicken strips (2)         Apple slices         Low fat milk         345         600         48         82         72           33         Burger King         Sonic         Chicken nuggets (6) with sweet and sour sauce         Apple slices         Low fat milk         355         540         64         78         72           34         Sonic         Corn dog         Apple slices         Low fat milk         355         660         44         82         72           35         Burger King         Hamburger         Apple slices         Low fat milk         360         585         50         78         72           36         KFC         Chicken drumstick         Green beans         Low fat milk         String cheese         365         910         62         78         70         3           37         Wendy's         Sweet and sour sauce         Apple slices	64 20%		70	70	68	715	320		Reduced fat milk		Grilled chicken strips (2)	Jack in the Box	29
31         Arby's         Jr. roast beef sandwich         Apple slices         low fat milk         335         625         50         78         72           32         Sonic         Chicken strips (2)         Apple slices         Low fat milk         345         600         48         82         72           33         Burger King         Burger King sweet and sour sauce         Apple slices         Low fat milk         355         540         64         78         72           34         Sonic         Corn dog         Apple slices         Low fat milk         355         660         44         82         72           35         Burger King         Hamburger         Apple slices         Low fat milk         360         585         50         78         72           36         KFC         Chicken drumstick         Green beans         Low fat milk         String cheese         365         910         62         78         70         3           37         Wendy's         Wendy's         Apple slices         TruMoo low fat milk         370         615         46         80         72	48 14%		72	78	50	835	335			Apple slices		Arby's	30
Chicken nuggets (6) with sweet and sour sauce Apple slices chocolate milk 355 540 64 78 72  34 Sonic Corn dog Apple slices Low fat milk 355 660 44 82 72  35 Burger King Hamburger Apple slices Chocolate milk 360 585 50 78 72  36 KFC Chicken drumstick Green beans Low fat milk String cheese 365 910 62 78 70 3  Chicken McNuggets (4) with sweet and sour sauce Apple slices TruMoo low fat milk 370 615 46 80 72	44 13%		72	78	50	625	335			Apple slices	Jr. roast beef sandwich	Arby's	31
33         Burger King         sweet and sour sauce         Apple slices         chocolate milk         355         540         64         78         72           34         Sonic         Corn dog         Apple slices         Low fat milk         355         660         44         82         72           35         Burger King         Hamburger         Apple slices         Hershey's low fat chocolate milk         360         585         50         78         72           36         KFC         Chicken drumstick         Green beans         Low fat milk         String cheese         365         910         62         78         70         3           Chicken McNuggets (4) with sweet and sour sauce         Apple slices         TruMoo low fat milk         370         615         46         80         72	32 9%		72	82	48	600	345		Low fat milk	Apple slices	Chicken strips (2)	Sonic	32
Hershey's low fat chocolate milk 360 585 50 78 72  36 KFC Chicken drumstick Green beans Low fat milk String cheese 365 910 62 78 70 3  Chicken McNuggets (4) with sweet and sour sauce Apple slices TruMoo low fat milk 370 615 46 80 72	58 16%		72	78	64	540	355			Apple slices		Burger King	33
35         Burger King         Hamburger         Apple slices         chocolate milk         360         585         50         78         72           36         KFC         Chicken drumstick         Green beans         Low fat milk         String cheese         365         910         62         78         70         3           Chicken McNuggets (4) with sweet and sour sauce         Apple slices         TruMoo low fat milk         370         615         46         80         72	61 17%		72	82	44	660	355		Low fat milk	Apple slices	Corn dog	Sonic	34
Chicken McNuggets (4) with  37 Wendy's sweet and sour sauce Apple slices TruMoo low fat milk 370 615 46 80 72	60 17%		72	78	50	585	360			Apple slices	Hamburger	Burger King	
37 Wendy's sweet and sour sauce Apple slices TruMoo low fat milk 370 615 46 80 72	<b>6</b> 67 18%	36	70	78	62	910	365	String cheese	Low fat milk	Green beans	Chicken drumstick	KFC	36
	80 22%		72	80	46	615	370		TruMoo low fat milk	Apple slices		Wendy's	37
Chicken McNuggets (4) with Apple slices  38 McDonald's barbeque sauce (double portion) Low fat milk 370 745 44 78 72	72 19%		72	78	44	745	370		Low fat milk	Apple slices (double portion)	Chicken McNuggets (4) with barbeque sauce	McDonald's	38
<b>39</b> Chick-fil-A Chick-n-Strips (2) Fruit cup Low fat milk 375 <b>755 50</b> 78 72	40 11%		72	78	50	755	375		Low fat milk	Fruit cup	Chick-n-Strips (2)	Chick-fil-A	39
4ら KFC Grilled chicken drumstick Corn on the cob Low fat milk String cheese 380 630 62 86 70 3	6 63 17%	36	70	86	62	630	380	String cheese	Low fat milk	Corn on the cob	Grilled chicken drumstick	KFC	40

### Ranking Table 1

								NPI score				Saturated fat and added sugar**	
Rank	Restaurant	Main dish	Side	Beverage	Snack or dessert	Total calories (kcal)*	Sodium (mg)	Main dish	Side dish	Beverage	Snack or dessert	Calories (kcal)	% of total calories
41	McDonald's	Chicken McNuggets (4) with hot mustard sauce	Apple slices (double portion)	Low fat milk		380	735	50	78	72		56	15%
42	McDonald's	Hamburger	Apple slices (double portion)	Low fat milk		380	605	50	78	72		69	18%
43	Wendy's	Hamburger	Apple slices	TruMoo low fat milk		390	665	44	80	72		70	18%
44	Wendy's	Crispy chicken sandwich	Apple slices	TruMoo low fat milk		470	815	50	80	72		57	12%
45	Jack in the Box	Chicken nuggets (4) w/ barbeque sauce	Chiquita apple bites with caramel	Reduced fat milk		470	835	50	70	70		105	22%
46	Sonic	Jr. burger	Apple slices	Low fat milk		485	770	44	82	72		92	19%
47	Panera Bread	Roast beef deli sandwich (white bread)	Yogurt	Organic milk		490	885	50	60	70		137	28%
48	Panera Bread	Peanut butter and jelly sandwich (white bread)	Yogurt	Organic milk		580	625	48	60	70		183	32%
49	Dairy Queen	Chicken strips (2)	Banana	Low fat milk	Chocolate cone	e 620	935	44	78	66	60	189	30%

Bold numbers indicate that the item does not meet mimimum healthy NPI score and/or maximum recommended calories or sodium \*Kids' meals with fewer than 400 calories may not provide adequate calories for some elementary school-age children \*\*Added sugar estimated by subtracting naturally-occurring sugar in fruit and dairy products from total sugar Source: Menu composition analysis (February 2013)

**NPI** score

# Worst kids' meal combinations

#### Ranking from most to least calories

Includes the worst three combinations from each restaurant by NPI score. Each of these combinations exceed multiple nutrition recommendations for children and are never a healthful choice.\*

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Restaurant	Main dish	Side	Beverage	Snack or dessert	Total calories (kcal)	Sodium (mg)	Main dish	Side dish	Beverage	Snack or dessert	Calories (kcal)	% of total calories
McDonald's	McDouble	French fries	Sugar-sweetened soft drink (Hi-C Orange Lavaburst)		880	1,085	42	68	66		294	33%
Sonic	Jr. Deluxe cheeseburger	Tots	POWERADE Mountain Blast slush		840	1,405	44	52	66		299	36%
McDonald's	Chicken McNuggets (6) with hot mustard sauce	French fries	Sugar-sweetened soft drink (Hi-C Orange Lavaburst)		830	1,025	48	68	66		245	30%
McDonald's	Chicken McNuggets (6) with barbeque sauce	French fries	Sugar-sweetened soft drink (Hi-C Orange Lavaburst)		820	1,035	44	68	66		261	32%
Sonic	Grilled cheese sandwich	Tots	POWERADE Mountain Blast slush		800	1,645	32	52	66		289	36%
Burger King	Chicken Nuggets (6) with ranch sauce	French fries	Sweetened iced tea		795	1,115	48	62	66		67	8%
Dairy Queen	Cheeseburger	French fries	Sugar-sweetened soft drink (Mountain Dew)	Heath Dilly Bar	780	1,410	40	58	64	32	326	42%
Chick-fil-A	Chicken nuggets (6) with buttermilk ranch sauce	French fries	Lemonade		770	1,135	40	46	66		206	27%
Jack in the Box	Grilled cheese	French fries	Sugar-sweetened soft drink (Hi-C Fruit Punch)		740	1,250	36	50	66		295	40%
Jack in the Box	Cheeseburger	French fries	Sugar-sweetened soft drink (Hi-C Fruit Punch)		730	1,330	36	50	66		307	42%
Sonic	Hot dog	Tots	POWERADE Mountain Blast slush		710	1,475	36	52	66		277	39%
Chick-fil-A	Chicken nuggets (4) with buttermilk ranch sauce	French fries	Lemonade		700	875	34	46	66		202	29%
Dairy Queen	Iron grilled cheese sandwich	French fries	Sugar-sweetened soft drink (Mountain Dew)	Heath Dilly Bar	700	1,440	32	58	64	32	293	42%
Jack in the Box	Hamburger	French fries	Sugar-sweetened soft drink (Hi-C Fruit Punch)		690	1,130	44	50	66		285	41%
Arby's	Prime-cut chicken tenders (2)	French fries	Sugar-sweetened soft drink (Mountain Dew)		670	1,215	48	54	64		248	37%
Dairy Queen	Hot dog	French fries	Sugar-sweetened soft drink (Mountain Dew)	Heath Dilly Bar	670	1,380	36	58	64	32	292	44%
Burger King	Cheeseburger	French fries	NESTEA Southern Style Iced Tea		655	1,035	40	62	66		96	15%
Arby's	Jr. turkey and cheese sandwich	French fries	Sugar-sweetened soft drink (Mountain Dew)		650	1,295	50	54	64		268	41%

Saturated fat

and added sugar\*\*

### Ranking Table 2

							NPI score			Saturated fat and added sugar**		
Restaurant	Main dish	Side	Beverage	Snack or dessert	Total calories (kcal)	Sodium (mg)	Main dish	Side dish	Beverage	Snack or dessert	Calories (kcal)	% of total calories
Arby's	Jr. Roast beef sandwich	French fries	Sugar-sweetened soft drink (Mountain Dew)		650	1,085	50	54	64		264	41%
Chick-fil-A	Grilled chicken nuggets (4) with buttermilk ranch sauce	French fries	Lemonade		650	905	40	46	66		184	28%
Burger King	Hamburger	French fries	Sweetened iced tea		615	805	50	62	66		73	12%
Panera Bread	Grilled cheese sandwich (white bread)	Yogurt	Organic chocolate milk		610	1,200	40	66	70		208	34%
Taco Bell	Beef soft taco	Cinnamon twists	Sugar-sweetened soft drink (Mountain Dew Baja Blast)		590	785	54	40	66		312	53%
Taco Bell	Cheese roll-up	Cinnamon twists	Sugar-sweetened soft drink (Mountain Dew Baja Blast)		580	725	38	40	66		321	55%
Taco Bell	Crunchy taco	Cinnamon twists	Sugar-sweetened soft drink (Mountain Dew Baja Blast)		560	565	68	40	66		308	55%
Wendy's	Chicken nuggets (4) with ranch dipping sauce	French fries	Chocolate Frosty Jr.		530	705	42	56	60		188	35%
Wendy's	Cheeseburger	French fries	Chocolate Frosty Jr.		530	845	40	56	60		218	41%
Panera Bread	Macaroni and cheese	Yogurt	Organic chocolate milk		520	930	50	66	70		164	31%
			Sugar-sweetened soft drink (Tropicana Pink									
KFC	Chicken drumstick	Biscuit	Lemonade)	String cheese	510	1,075	46	24	66	36	268	53%
Panera Bread	Smoked ham sandwich (white bread)	Yogurt	Organic chocolate milk		510	1,170	44	66	70		160	31%
Wendy's	Hamburger	French fries	Chocolate Frosty Jr.		490	635	44	56	60		200	41%
KFC	Popcorn chicken	Biscuit	Sugar-sweetened soft drink (Tropicana Pink Lemonade)	String cheese	480	1,025	60	24	66	36	264	55%
KFC	Chicken drumstick	Biscuit	Sugar-sweetened soft drink (Tropicana Pink Lemonade)	String cheese	480	1,025	60	24	66	36	264	55%

<sup>\*</sup>Excludes Subway as all of its kids' meal main dish items met healthy NPI scores

\*\*Added sugar estimated by subtracting naturally-occurring sugar in fruit and dairy products from total sugar
Source: Menu composition analysis (February 2013)