

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.

Rank	Restaurant	Main dish	Side	Beverage	Snack or dessert	Total calories (kcal)*	Sodium (mg)	NPI score			Saturated fat and added sugar**		
								Main dish	Side dish	Beverage	Snack or dessert	Calories (kcal)	% of total calories
Meals that meet all nutrition criteria for preschool and elementary school-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



continued

Ranking Table 1

Rank	Restaurant	Main dish	Side	Beverage	Snack or dessert	Total calories (kcal)*	Sodium (mg)	NPI score			Saturated fat and added sugar**		
								Main dish	Side dish	Beverage	Snack or dessert	Calories (kcal)	% of total calories
Meals that meet all nutrition criteria for elementary school-age children only													
19	Jack in the Box	Grilled chicken strips (2)	Chiquita apple bites with caramel	Gold Peak iced tea		205	610	68	70	70		41	20%
20	Burger King	Chicken nuggets (6) with sweet and sour sauce	Apple slices	Nestea unsweetened tea		355	610	64	78	70		67	19%
21	Burger King	Chicken nuggets (6) with sweet and sour sauce	Apple slices	Gold Peak unsweetened iced tea		355	595	64	78	70		67	19%
22	Subway	Roast beef sandwich (white bread, American cheese)	Apple slices	100% juice		365	615	72	82	76		47	13%
23	Subway	Veggie Delite sandwich (white bread, American cheese)	Apple slices	Low fat milk		375	580	72	82	72		57	15%
24	Subway	Roast beef sandwich (wheat bread, no cheese)	Apple slices	Shamrock Farms low fat chocolate milk		395	590	78	82	72		52	13%
25	Arby's	Kraft macaroni and cheese	Apple slices with strawberry yogurt dip	Shamrock Farms low fat chocolate milk		405	550	66	68	70		127	31%
26	Burger King	Chicken nuggets (4) with sweet and sour sauce	Apple slices	Hershey's low fat chocolate milk		425	565	64	78	70		58	14%
Meals that meet maximum calories for elementary school-age children only													
27	Chick-fil-A	Chick-n-Strips (1)	Fruit cup	Low fat milk		255	425	60	78	72		27	11%
28	Chick-fil-A	Grilled chicken nuggets (4) with barbeque sauce	Fruit cup	Low fat milk		260	835	42	78	72		50	19%
29	Jack in the Box	Grilled chicken strips (2)	Chiquita apple bites with caramel	Reduced fat milk		320	715	68	70	70		64	20%
30	Arby's	Jr. turkey and cheese sandwich	Apple slices	Shamrock Farms low fat milk		335	835	50	78	72		48	14%
31	Arby's	Jr. roast beef sandwich	Apple slices	Shamrock Farms low fat milk		335	625	50	78	72		44	13%
32	Sonic	Chicken strips (2)	Apple slices	Low fat milk		345	600	48	82	72		32	9%
33	Burger King	Chicken nuggets (6) with sweet and sour sauce	Apple slices	Hershey's low fat chocolate milk		355	540	64	78	72		58	16%
34	Sonic	Corn dog	Apple slices	Low fat milk		355	660	44	82	72		61	17%
35	Burger King	Hamburger	Apple slices	Hershey's low fat chocolate milk		360	585	50	78	72		60	17%
36	KFC	Chicken drumstick	Green beans	Low fat milk	String cheese	365	910	62	78	70	36	67	18%
37	Wendy's	Chicken McNuggets (4) with sweet and sour sauce	Apple slices	TruMoo low fat milk		370	615	46	80	72		80	22%
38	McDonald's	Chicken McNuggets (4) with barbeque sauce	Apple slices (double portion)	Low fat milk		370	745	44	78	72		72	19%
39	Chick-fil-A	Chick-n-Strips (2)	Fruit cup	Low fat milk		375	755	50	78	72		40	11%
40	KFC	Grilled chicken drumstick	Corn on the cob	Low fat milk	String cheese	380	630	62	86	70	36	63	17%

continued

Ranking Table 1

Rank	Restaurant	Main dish	Side	Beverage	Snack or dessert	Total calories (kcal)*	Sodium (mg)	NPI score				Saturated fat and added sugar**	
								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	620	935	44	78	66	60	189	30%

Bold numbers indicate that the item does not meet minimum 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)

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.*

Worst

Restaurant	Main dish	Side	Beverage	Snack or dessert	Total calories (kcal)	Sodium (mg)	NPI score			Saturated fat and added sugar**		
							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%	

continued

Ranking Table 2

Restaurant	Main dish	Side	Beverage	Snack or dessert	Total calories (kcal)	Sodium (mg)	NPI score				Saturated fat and added sugar**	
							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%
KFC	Chicken drumstick	Biscuit	Sugar-sweetened soft drink (Tropicana Pink 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%

*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)