

The “Fit Bite” Program is a free restaurant recognition program that highlights the local restaurants in the Tyler area that promote the menu listings that are prepared using a **healthier cooking method**.



Below are the “Fit Bite” items served here at Chick-Fil-A!

## Salads

Spicy Southwest Salad

Market Salad

## Salad Dressings

Light Italian

Chili Lime Vinaigrette

## Meats

Grilled Chicken Sandwich

Grilled Chicken Cool Wrap

Grilled Nuggets

## Sides

Superfood Side

Side Salad

Greek Yogurt Parfait

Fruit Cup

## Kid’s Meal

Grilled Nugget Kid’s Meal with a Fruit Cup with either Water or 1% White Milk

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The “Fit Bite” Program makes the healthy choice the easy choice.

**Are you going to order a “Fit Bite” item today?**

Let us know by visiting [FitCityTyler.com/FitBiteSurvey](https://FitCityTyler.com/FitBiteSurvey)

