

November 17, 2009

Koo Koo Menu

Find out what everyone's clucking about.

Miss Chickie: Did you hear? **Koo Koo Roo** just launched a healthier, new menu. Word at the hen house is **each meal has fewer than 500 calories.**

Mrs. Bird: Yes, and costs less than nine buck...buck...bucks!

Miss Chickie: The new chicken salads (Caesar, BBQ and Asian) are chopped greens and veggies with a diet-friendly four ounces of lean meat on top--get the dressing on the side, hold the crispy wonton and tortilla strips.

Mrs. Bird: I like the new Southwest Salmon salad. No surprise that **Chef Devin Alexander**, the gal behind *The Biggest Loser Cookbook*, *Fast Food Fix* and *The Most Decadent Diet Ever*, designed the new menu.

Miss Chickie: I like the "unfried" chicken and baked chicken tenders: bread-crumby outside and moist inside. There's **no MSG in anything, and no corn syrup as long as you skip the glazes and sauces.** That stuff's for the birds.

Mrs. Bird: Beg your pardon?

Miss Chickie: Er, I mean it's koo koo.

Get Chef Devin Alexander's recipe for low-cal brownie cups [here!](#)

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The advertisement features a red background. On the left, the text 'Make a fashion statement. Reduce, Reuse, Refashion!' is written in white and yellow. On the right, there is a book cover for 'REFASHIONED BAGS' by Faith & Justina Blakeney. The book cover is white with a red and yellow striped bag on it. Below the book cover, the text '» Start Creating One Today' is written in white on a black background.

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