|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **#1** | **#2** | **#3** | **#4** |
|  | Big Breakfast with Hotcakes (Regular size biscquit- Sausage, Pancakes, Biscuit, Eggs | Bacon, Egg and Cheese Bisquit | Southern Style Chicken Biscuit | Sausage, Egg, Cheese, McGriddle |
| Calories | 740 | 460 | 410 | 550 |
| Total Fat | 56g | 26g | 20g | 31g |
| Sodium | 2150g | 1300g | 1180g | 1320g |
| Carbohydrates | 111g | 38g | 41g | 48g |
| Sugar | 17g | 3g | 3g | 15g |
| Protein | 36g | 19g | 17g | 20g |
| Dietary Fiber | 6g | 2g | 2g | 2g |

**Class #1**

**Fast Food Meals**

Colton is a on a trip with his family. The best breakfast for his family that is quick and easy to eat in the car. Colton insists that all meals need to have plenty of meat and protein to keep everyone satisfy on their trip but they do not want chicken. Help him find the best choice for his family.