

Fast Food Breakfast Comparison

When considering cost and nutritional content – which would you choose?



Chick fil a Chicken Biscuit Sandwich

\$2.69 a la carte

Calories: 460
Fat: 23 grams
Carbs: 45 grams
Sodium: 1510 milligrams

VS.

Chicken Sausage Biscuit
Free includes meal with Milk, Juice and/or Fruit

Calories: 245
Fat: 10 grams
Carbs: 28 grams
Sodium: 530 milligrams



McDonald's McCafe Cinnamon Roll

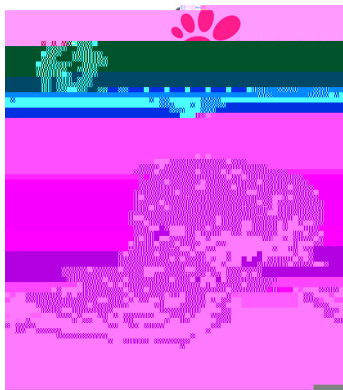
\$2.39 a la carte

Calories: 560
Fat: 17 grams
 o Saturated Fat: 8 grams
Carbs: 92 grams
 o Sugar: 46 grams
Sodium: 490 grams

VS.

Cinnamon Roll
Free includes meal with Milk, Juice and/or Fruit

Calories: 260
Fat: 12 grams
 o Saturated Fat: 5 grams
Carbs: 36 grams
 o Sugar: 10 grams
Sodium: 300 grams



Chick fil a Chicken, Egg, and Cheese Bagel

\$6.49 a la carte

Calories: 500
Fat: 20 grams
Carbs: 50 grams
Sodium: 1470 milligrams

VS.

Ham, Egg & Cheese Bagel
Free includes meal with Milk, Juice and/or Fruit

Cal 270 1000 289 juice