

You choose—which *Breakfast* is the better deal for you, considering cost and nutrition?

FAST FOOD

VS.

CHAMP'S CAFÉ full breakfast

\$3.60



**Ham, Egg & Cheese
Bagel Sandwich**

Calories: 630
Fat: 32g
Sodium: 1490mg

OR

**Ham & Cheese
Bagel Sandwich**

Calories: 287,
Fat: 4 g,
Sodium: 808 mg



\$1.20

\$2.95



**Chicken Biscuit
Sandwich**

Calories: 410,
Fat: 20g,
Sodium: 1180 mg

OR

**Chicken Biscuit
Sandwich**

Calories: 320,
Fat: 14g,
Sodium: 900 mg



\$1.20

\$1.59



**Cinnamon
Treat**

Calories: 460,
Fat: 19g,
Sodium: 370mg .

OR

**Cinnamon
Roll**

Calories: 130,
Fat: 5g,
Sodium: 260mg



\$1.20

Breakfast is FREE to those who qualify for free meals, or just 30¢ to those who qualify for reduced-price meals.