

Fast Food Meals

Senior

Class 2

Ryan is a senior and plays basketball. He will be traveling with his team to several games out of town. He will need to make healthy fast food choices while out of town. He has 9 dollars to spend and will need a meal to provide him with protein, low saturated fat, low sodium and plenty of carbohydrates to keep him energized for his basketball games. Ryan is not allowed any dairy since he has recently been diagnosed with a lactose intolerance. Help Ryan select the most nutritious fast food meal for his athletic needs.

#1

Deluxe Breaded Chicken Sandwich Large Waffle Fries Large Cola

Calories	1270
Fat	50 g
Saturated Fat	11 g
Sodium	1960 mg
Carbohydrates	74 g
Protein	38 g
Cost	\$8.89



#2

4 Breaded Chicken Strips

Side Salad with Cheese and Croutons & Italian Dressing

Small Waffle Fries

Water

Calories	910
Fat	40 g
Saturated Fat	7 g
Sodium	1600 mg
Carbohydrates	92g
Protein	46 g
Cost	\$8.89



#3

Chicken Breast Sandwich Side Salad with light Italian dressing Medium Fruit Cup Water

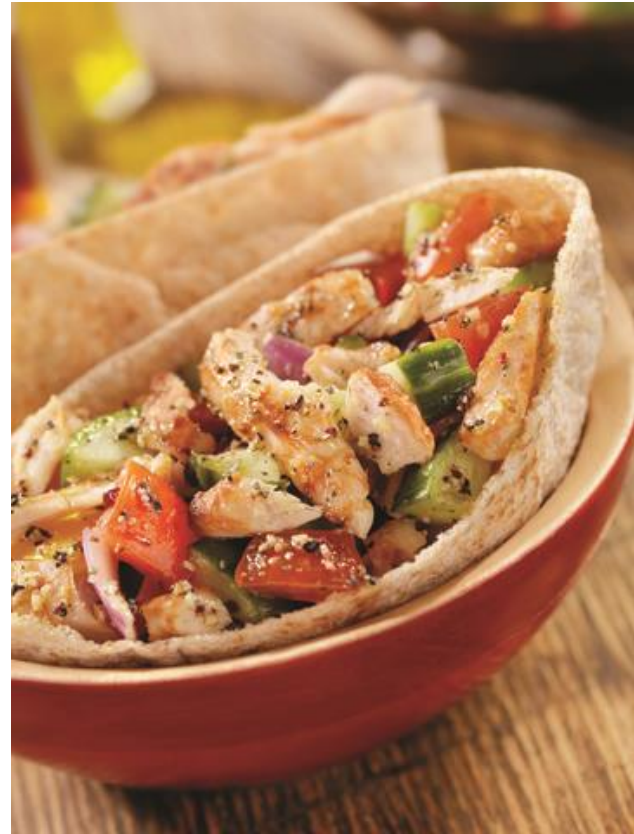
Calories	655
Fat	26 g
Saturated Fat	7 g
Sodium	1700 mg
Carbohydrates	75g
Protein	34 g
Cost	\$8.49



#4

Grilled Chicken Pita Small Sweet Potato Fries Medium Fruit Cup Water

Calories	700
Fat	29 g
Saturated Fat	7 g
Sodium	1000 mg
Carbohydrates	80 g
Protein	40 g
Cost	\$8.29



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Placings and Cuts

Seniors: 4 3 1 2

Cuts: 1 3 5