

Some say **850-calorie** school lunches are starving our children.

Bet they wouldn't say the same about these fast food meals.



820 Calories

McDonalds Double Cheeseburger
with a Medium French Fry



820 Calories

Burger King Triple Stacker with a
Strawberry Sundae



850 Calories

Subway Roast Beef Footlong
with Sun Chips

Plus, school lunches are more wholesome and nutritious, with more fruits, vegetables, and whole grains; only fat-free and low-fat milk; limits on unhealthy fats; and less salt.

850 calories should be plenty for most high schoolers.