



# McDonald's USA Nutrition Facts for Popular Menu Items

We provide a nutrition analysis of our menu items to help you balance your McDonald's meal with other foods you eat. Our goal is to provide you with the information you need to make sensible decisions about balance, variety and moderation in your diet.

Nutrition Facts	Serving Size	Calories	Calories from Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	Trans Fat (g)	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	% DAILY VALUE			
																			Vitamin A	Vitamin C	Calcium	Iron
<b>Burgers &amp; Sandwiches</b>																						
Angus Bacon & Cheese	10.2 oz (290 g)	790	350	39	60	18	88	2	150	49	1990	83	63	21	4	15	13	45	10	4	30	35
Angus Deluxe	11.2 oz (316 g)	760	350	39	60	17	83	2	135	46	1640	68	61	20	4	16	10	40	15	8	30	35
Angus Mushroom & Swiss	10 oz (283 g)	770	360	40	61	17	85	2	135	46	1170	49	59	20	4	16	8	44	8	0	40	35
Big Mac®	7.6 oz (215 g)	550	260	29	45	10	51	1	75	25	970	40	46	15	3	13	9	25	4	2	25	25
Quarter Pounder® with Cheese+	7.1 oz (202 g)	520	240	26	41	12	61	1.5	95	31	1100	46	41	14	3	11	10	30	10	2	30	25
Double Quarter Pounder® with Cheese++	10 oz (283 g)	750	380	43	66	19	96	2.5	160	53	1280	53	42	14	3	11	10	48	10	2	30	35
Hamburger	3.5 oz (100 g)	250	80	9	13	3.5	16	0.5	25	9	480	20	31	10	2	6	6	12	2	2	10	15
Cheeseburger	4 oz (114 g)	300	110	12	19	6	28	0.5	40	14	680	29	33	11	2	7	7	15	6	2	20	15
Grilled Onion Cheddar	4.1 oz (115 g)	310	120	13	21	6	30	0.5	40	14	660	27	33	11	2	8	7	15	2	0	20	15
Double Cheeseburger	5.8 oz (165 g)	440	210	23	35	11	54	1.5	80	27	1050	44	34	11	2	8	7	25	8	2	30	20
McDouble	5.3 oz (151 g)	390	170	19	29	8	42	1	65	22	850	35	33	11	2	7	7	23	6	2	20	20
Daily Double†	6.8 oz (194 g)	440	220	24	37	9	47	1.5	70	24	770	32	33	11	2	9	7	23	6	6	20	20
Premium Crispy Chicken Classic Sandwich	7.5 oz (213 g)	510	200	22	33	3.5	18	0	45	16	990	41	55	18	3	13	10	24	4	6	15	20
Premium Grilled Chicken Classic Sandwich	7 oz (200 g)	350	80	9	13	2	9	0	65	22	820	34	42	14	3	13	8	28	4	8	15	20
Premium Crispy Chicken Club Sandwich	8.4 oz (237 g)	620	260	29	45	7	37	0	70	24	1200	50	57	19	3	14	11	31	8	6	30	20
Premium Grilled Chicken Club Sandwich	7.9 oz (223 g)	460	150	16	25	6	28	0	90	30	1030	43	43	14	3	13	9	35	8	8	30	20
Premium Crispy Chicken Ranch BLT Sandwich	7.6 oz (215 g)	540	210	23	35	4.5	23	0	55	19	1170	49	56	19	3	13	11	27	4	6	15	20
Premium Grilled Chicken Ranch BLT Sandwich	7.1 oz (202 g)	380	90	10	15	3	14	0	75	25	1000	42	42	14	3	13	9	31	4	8	15	20
McChicken®	5.1 oz (143 g)	360	140	16	25	3	15	0	35	11	800	33	40	13	2	7	5	14	0	2	10	15

Nutrition Facts	Serving Size	Calories	Calories from Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	Trans Fat (g)	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	% DAILY VALUE			
																			Vitamin A	Vitamin C	Calcium	Iron
Hot 'n Spicy McChicken®†	5.1 oz (146 g)	380	160	17	27	3	16	0	35	12	1030	43	41	14	2	9	22	15	0	0	15	15
Southern Style Crispy Chicken Sandwich	5.6 oz (159 g)	420	170	19	28	3	15	0	45	14	900	38	43	14	2	7	7	21	2	2	15	15
Filet-O-Fish®	5 oz (142 g)	390	170	19	29	4	19	0	40	14	590	24	39	13	2	7	5	15	2	0	15	10
Angus Bacon & Cheese Snack Wrap	5 oz (144 g)	390	190	21	33	10	48	1	75	25	1040	43	28	9	1	6	4	21	6	2	10	20
Angus Deluxe Snack Wrap	5.9 oz (169 g)	410	220	25	38	10	49	1.5	75	25	960	40	27	9	2	7	3	20	8	4	15	20
Angus Mushroom & Swiss Snack Wrap	5.7 oz (161 g)	430	230	25	39	10	50	1.5	75	25	730	30	27	9	2	8	2	22	4	0	15	20
Chipotle BBQ Snack Wrap® (Crispy)	4.1 oz (117 g)	330	140	15	23	4.5	22	0	30	10	720	30	34	11	1	5	4	14	4	2	10	10
Chipotle BBQ Snack Wrap® (Grilled)	4.1 oz (117 g)	250	70	8	12	3.5	18	0	40	14	670	28	27	9	1	5	5	16	4	2	10	10
Honey Mustard Snack Wrap® (Crispy)	4.1 oz (116 g)	330	140	15	24	4.5	22	0	30	10	700	29	33	11	1	5	2	14	2	2	10	10
Honey Mustard Snack Wrap® (Grilled)	4.1 oz (116 g)	250	70	8	13	3.5	18	0	45	14	650	27	27	9	1	5	2	16	2	2	10	10
Ranch Snack Wrap® (Crispy)	4.2 oz (118 g)	350	170	19	29	5	26	0	35	12	750	31	32	11	1	5	2	14	2	2	10	10
Ranch Snack Wrap® (Grilled)	4.2 oz (118 g)	270	110	12	18	4	21	0	45	16	700	29	25	8	1	5	2	16	2	2	10	10
Mac Snack Wrap†	4.4 oz (125 g)	330	170	19	29	7	34	1	45	15	670	28	26	9	1	5	3	14	2	0	8	15
McRib ®†	7.3 oz (208 g)	500	240	26	40	10	48	0	70	23	980	41	44	15	3	10	11	22	2	2	15	20
<b>Chicken &amp; Fish</b>																						
Chicken McNuggets® (4 piece)	2.3 oz (65 g)	190	110	12	18	2	10	0	25	9	360	15	12	4	1	2	0	9	0	2	0	2
Chicken Selects® Premium Breast Strips (3 pc)	4.4 oz (124 g)	380	210	23	35	3.5	16	0	55	18	750	31	21	7	1	3	0	23	0	4	2	4
Fish McBites Regular Size†	5.2 oz (147 g)	370	180	20	30	2.5	13	0	35	12	630	26	31	10	2	8	1	17	0	0	4	6
Premium Crispy Chicken Classic Sandwich	7.5 oz (213 g)	510	200	22	33	3.5	18	0	45	16	990	41	55	18	3	13	10	24	4	6	15	20
Premium Grilled Chicken Classic Sandwich	7 oz (200 g)	350	80	9	13	2	9	0	65	22	820	34	42	14	3	13	8	28	4	8	15	20

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																			Vitamin A	Vitamin C	Calcium	Iron
Premium Crispy Chicken Club Sandwich	8.4 oz (237 g)	620	260	29	45	7	37	0	70	24	1200	50	57	19	3	14	11	31	8	6	30	20
Premium Grilled Chicken Club Sandwich	7.9 oz (223 g)	460	150	16	25	6	28	0	90	30	1030	43	43	14	3	13	9	35	8	8	30	20
Premium Crispy Chicken Ranch BLT Sandwich	7.6 oz (215 g)	540	210	23	35	4.5	23	0	55	19	1170	49	56	19	3	13	11	27	4	6	15	20
Premium Grilled Chicken Ranch BLT Sandwich	7.1 oz (202 g)	380	90	10	15	3	14	0	75	25	1000	42	42	14	3	13	9	31	4	8	15	20
McChicken®	5.1 oz (143 g)	360	140	16	25	3	15	0	35	11	800	33	40	13	2	7	5	14	0	2	10	15
Hot 'n Spicy McChicken®†	5.1 oz (146 g)	380	160	17	27	3	16	0	35	12	1030	43	41	14	2	9	22	15	0	0	15	15
Southern Style Crispy Chicken Sandwich	5.6 oz (159 g)	420	170	19	28	3	15	0	45	14	900	38	43	14	2	7	7	21	2	2	15	15
Filet-O-Fish®	5 oz (142 g)	390	170	19	29	4	19	0	40	14	590	24	39	13	2	7	5	15	2	0	15	10
Chipotle BBQ Snack Wrap® (Crispy)	4.1 oz (117 g)	330	140	15	23	4.5	22	0	30	10	720	30	34	11	1	5	4	14	4	2	10	10
Chipotle BBQ Snack Wrap® (Grilled)	4.1 oz (117 g)	250	70	8	12	3.5	18	0	40	14	670	28	27	9	1	5	5	16	4	2	10	10
Honey Mustard Snack Wrap® (Crispy)	4.1 oz (116 g)	330	140	15	24	4.5	22	0	30	10	700	29	33	11	1	5	2	14	2	2	10	10
Honey Mustard Snack Wrap® (Grilled)	4.1 oz (116 g)	250	70	8	13	3.5	18	0	45	14	650	27	27	9	1	5	2	16	2	2	10	10
Ranch Snack Wrap® (Crispy)	4.2 oz (118 g)	350	170	19	29	5	26	0	35	12	750	31	32	11	1	5	2	14	2	2	10	10
Ranch Snack Wrap® (Grilled)	4.2 oz (118 g)	270	110	12	18	4	21	0	45	16	700	29	25	8	1	5	2	16	2	2	10	10
Premium Bacon Ranch Salad with Crispy Chicken	11.3 oz (319 g)	390	190	22	33	6	29	0	70	23	870	36	24	8	4	15	7	26	160	35	15	10
Premium Bacon Ranch Salad with Grilled Chicken	10.8 oz (306 g)	230	80	9	13	4	20	0	85	29	700	29	10	3	4	15	5	30	160	35	15	10
Premium Caesar Salad with Crispy Chicken	10.9 oz (309 g)	350	170	18	28	4.5	23	0	55	18	740	31	24	8	4	15	7	23	160	35	20	10
Premium Caesar Salad with Grilled Chicken	10.4 oz (296 g)	190	50	5	8	3	14	0	70	24	580	24	10	3	4	15	5	27	160	35	20	10
Premium Southwest Salad with Crispy Chicken	12.3 oz (350 g)	450	190	21	33	4.5	21	0	50	17	820	34	42	14	7	27	13	23	160	30	15	15

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																			Vitamin A	Vitamin C	Calcium	Iron
Premium Southwest Salad with Grilled Chicken	11.8 oz (335 g)	290	70	8	13	2.5	12	0	70	23	650	27	28	9	7	27	11	27	160	35	15	15
Chicken McNuggets® (10 piece)	5.7 oz (162 g)	470	270	30	45	5	25	0	65	22	900	37	30	10	2	6	0	22	0	4	2	6
Chicken McNuggets® (20 piece)**	11.4 oz (323 g)	940	530	59	91	10	50	0	135	44	1800	75	59	20	3	12	0	44	0	8	4	10
Chicken McNuggets® (6 piece)	3.4 oz (97 g)	280	160	18	27	3	15	0	40	13	540	22	18	6	1	4	0	13	0	2	2	4
Chicken Selects® Premium Breast Strips (5 pc)	7.3 oz (206 g)	640	340	38	59	6	28	0	90	31	1240	52	36	12	1	4	0	38	0	6	4	6
Spicy Chicken McBites™ Shareable Size†	10 oz (284 g)	910	500	55	85	10	50	0	120	40	1990	83	61	20	1	4	1	46	15	4	10	10
Fish McBites Happy Meal Size†	2.4 oz (68 g)	170	80	9	14	1	6	0	15	6	300	12	15	5	1	4	0	8	0	0	2	2
Fish McBites Shareable Size†	10.3 oz (293 g)	740	350	39	60	5	27	0	70	24	1260	53	63	21	4	16	1	33	0	0	6	10
Fish McBites Snack Size†	3.4 oz (98 g)	250	120	13	20	2	9	0	25	8	420	18	21	7	1	5	0	11	0	0	2	4
Spicy Chicken McBites™ Snack Size†	3 oz (85 g)	270	150	17	25	3	15	0	35	12	600	25	18	6	0	0	0	14	4	0	2	2
<b>Breakfast</b>																						
Fruit 'n Yogurt Parfait	5.2 oz (149 g)	150	20	2	3	1	5	0	5	2	70	3	30	10	1	3	23	4	2	15	10	4
Snack Size Fruit & Walnuts	1 pkg (163 g)	210	70	8	13	1.5	7	0	5	2	60	2	31	10	2	9	25	4	0	170	8	2
Egg McMuffin®	4.9 oz (138 g)	300	110	12	19	5	25	0	260	87	780	33	30	10	2	8	3	18	10	0	30	15
Sausage McMuffin®	4 oz (114 g)	370	200	22	34	8	42	0	45	15	820	34	29	10	2	8	2	14	6	2	25	15
Sausage McMuffin® with Egg	5.8 oz (164 g)	450	240	27	42	10	51	0	285	95	890	37	30	10	2	8	2	21	10	2	30	20
Bacon, Egg & Cheese Biscuit (Regular Size Biscuit)	4.9 oz (140 g)	420	210	23	35	12	59	0	240	79	1130	47	38	13	2	7	3	15	10	0	15	15
Sausage Biscuit (Regular Size Biscuit)	4.1 oz (117 g)	430	240	27	42	12	62	0	30	10	1080	45	34	11	2	6	2	11	0	0	6	15
Sausage Biscuit with Egg (Regular Size Biscuit)	5.7 oz (163 g)	510	290	33	50	14	71	0	250	83	1170	49	36	12	2	6	2	18	6	0	10	20

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																			Vitamin A	Vitamin C	Calcium	Iron
Bacon, Egg & Cheese McGriddles®	5.8 oz (164 g)	410	160	18	28	8	38	0	240	80	1080	45	48	16	2	9	15	15	10	0	20	15
Sausage McGriddles®	5 oz (141 g)	420	200	22	34	8	40	0	35	11	1030	43	44	15	2	8	15	11	0	0	8	10
Sausage, Egg & Cheese McGriddles®	7.1 oz (201 g)	550	280	31	48	12	61	0	265	89	1320	55	48	16	2	9	15	20	10	0	20	15
Big Breakfast® (Regular Size Biscuit)	9.5 oz (269 g)	740	430	48	73	17	87	0	555	185	1560	65	51	17	3	12	3	28	15	2	15	25
Big Breakfast with Hotcakes (Regular Size Biscuit)	14.8 oz (420 g)	1090	510	56	87	19	96	0	575	192	2150	90	111	37	6	23	17	36	15	2	25	40
Cinnamon Melts	4 oz (114 g)	460	170	19	30	9	43	0	15	5	370	15	66	22	3	11	32	6	4	0	6	15
Hotcakes	5.3 oz (151 g)	350	80	9	13	2	9	0	20	7	590	24	60	20	3	10	14	8	0	0	15	15
Hotcakes and Sausage	6.8 oz (192 g)	520	210	24	37	7	36	0	50	17	930	39	61	20	3	10	14	15	0	0	15	15
Bacon, Egg & Cheese Bagel†	6.5 oz (185 g)	570	250	27	42	9	47	0.5	260	87	1230	51	56	19	3	11	7	24	20	2	20	20
Southern Style Chicken Biscuit (Regular Size Biscuit)	5 oz (143 g)	410	180	20	31	8	41	0	30	10	1180	49	41	14	2	6	3	17	0	2	6	15
Sausage Burrito	3.9 oz (111 g)	300	150	16	25	7	33	0	115	38	790	33	26	9	1	5	2	12	10	2	15	15
Hash Brown	2 oz (56 g)	150	80	9	14	1.5	6	0	0	0	310	13	15	5	2	6	0	1	0	2	0	2
Bacon, Egg & Cheese Biscuit (Large Size Biscuit)	5.4 oz (154 g)	480	250	27	42	12	62	0	240	79	1240	52	43	14	3	12	4	15	15	0	20	20
Big Breakfast with Hotcakes (Large Size Biscuit)	15.3 oz (434 g)	1150	540	60	93	20	100	0	575	192	2260	94	116	39	7	28	17	36	15	2	30	40
Big Breakfast® (Large Size Biscuit)	10 oz (283 g)	800	470	52	80	18	90	0	555	185	1680	70	56	19	4	17	3	28	15	2	15	30
Sausage Biscuit (Large Size Biscuit)	4.6 oz (131 g)	480	280	31	48	13	65	0	30	10	1190	50	39	13	3	11	3	11	4	0	8	15
Sausage Biscuit with Egg (Large Size Biscuit)	6.2 oz (177 g)	570	330	37	57	15	74	0	250	83	1280	53	42	14	3	11	3	18	10	0	10	20
Southern Style Chicken Biscuit (Large Size Biscuit)	5.5 oz (157 g)	470	220	24	37	9	45	0	30	10	1290	54	46	15	3	11	4	17	4	2	8	15
Fruit & Maple Oatmeal †	9.6 oz (251 g)	290	35	4	6	1.5	8	0	5	2	160	7	58	19	5	19	32	5	2	130	10	10

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																			Vitamin A	Vitamin C	Calcium	Iron
Fruit & Maple Oatmeal without Brown Sugar†	9.6 oz (251 g)	260	40	4	6	1.5	8	0	5	2	115	5	49	16	5	22	18	5	2	130	6	10
<b>Salads</b>																						
Premium Bacon Ranch Salad (without chicken)	7.9 oz (223 g)	140	70	7	11	3.5	18	0	25	9	300	12	10	3	3	13	4	9	160	30	15	8
Premium Bacon Ranch Salad with Crispy Chicken	11.3 oz (319 g)	390	190	22	33	6	29	0	70	23	870	36	24	8	4	15	7	26	160	35	15	10
Premium Bacon Ranch Salad with Grilled Chicken	10.8 oz (306 g)	230	80	9	13	4	20	0	85	29	700	29	10	3	4	15	5	30	160	35	15	10
Premium Caesar Salad (without chicken)	7.5 oz (213 g)	90	35	4	6	2.5	12	0	10	4	180	7	9	3	3	13	4	7	160	30	20	8
Premium Caesar Salad with Crispy Chicken	10.9 oz (309 g)	350	170	18	28	4.5	23	0	55	18	740	31	24	8	4	15	7	23	160	35	20	10
Premium Caesar Salad with Grilled Chicken	10.4 oz (296 g)	190	50	5	8	3	14	0	70	24	580	24	10	3	4	15	5	27	160	35	20	10
Premium Southwest Salad (without chicken)	8.1 oz (230 g)	140	40	4.5	7	2	9	0	10	3	150	6	20	7	6	24	6	6	160	25	15	10
Premium Southwest Salad with Crispy Chicken	12.3 oz (350 g)	450	190	21	33	4.5	21	0	50	17	820	34	42	14	7	27	13	23	160	30	15	15
Premium Southwest Salad with Grilled Chicken	11.8 oz (335 g)	290	70	8	13	2.5	12	0	70	23	650	27	28	9	7	27	11	27	160	35	15	15
Side Salad	3.1 oz (87 g)	20	0	0	0	0	0	0	0	0	10	0	4	1	1	6	2	1	45	25	2	4
Snack Size Fruit & Walnuts	1 pkg (163 g)	210	70	8	13	1.5	7	0	5	2	60	2	31	10	2	9	25	4	0	170	8	2
<b>Snacks &amp; Sides</b>																						
Small French Fries	2.5 oz (71 g)	230	100	11	18	1.5	8	0	0	0	160	7	29	10	3	12	0	3	0	8	2	4
Apple Slices†	1.2 oz (34 g)	15	0	0	0	0	0	0	0	0	0	0	4	1	0	0	3	0	0	160	2	0
Side Salad	3.1 oz (87 g)	20	0	0	0	0	0	0	0	0	10	0	4	1	1	6	2	1	45	25	2	4
Fruit 'n Yogurt Parfait	5.2 oz (149 g)	150	20	2	3	1	5	0	5	2	70	3	30	10	1	3	23	4	2	15	10	4
Snack Size Fruit & Walnuts	1 pkg (163 g)	210	70	8	13	1.5	7	0	5	2	60	2	31	10	2	9	25	4	0	170	8	2
Angus Bacon & Cheese Snack Wrap	5 oz (144 g)	390	190	21	33	10	48	1	75	25	1040	43	28	9	1	6	4	21	6	2	10	20
Angus Deluxe Snack Wrap	5.9 oz (169 g)	410	220	25	38	10	49	1.5	75	25	960	40	27	9	2	7	3	20	8	4	15	20

Nutrition Facts	Serving Size	Calories	Calories from Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	Trans Fat (g)	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	% DAILY VALUE			
																			Vitamin A	Vitamin C	Calcium	Iron
Angus Mushroom & Swiss Snack Wrap	5.7 oz (161 g)	430	230	25	39	10	50	1.5	75	25	730	30	27	9	2	8	2	22	4	0	15	20
Chipotle BBQ Snack Wrap® (Crispy)	4.1 oz (117 g)	330	140	15	23	4.5	22	0	30	10	720	30	34	11	1	5	4	14	4	2	10	10
Chipotle BBQ Snack Wrap® (Grilled)	4.1 oz (117 g)	250	70	8	12	3.5	18	0	40	14	670	28	27	9	1	5	5	16	4	2	10	10
Honey Mustard Snack Wrap® (Crispy)	4.1 oz (116 g)	330	140	15	24	4.5	22	0	30	10	700	29	33	11	1	5	2	14	2	2	10	10
Honey Mustard Snack Wrap® (Grilled)	4.1 oz (116 g)	250	70	8	13	3.5	18	0	45	14	650	27	27	9	1	5	2	16	2	2	10	10
Ranch Snack Wrap® (Crispy)	4.2 oz (118 g)	350	170	19	29	5	26	0	35	12	750	31	32	11	1	5	2	14	2	2	10	10
Ranch Snack Wrap® (Grilled)	4.2 oz (118 g)	270	110	12	18	4	21	0	45	16	700	29	25	8	1	5	2	16	2	2	10	10
Mac Snack Wrap†	4.4 oz (125 g)	330	170	19	29	7	34	1	45	15	670	28	26	9	1	5	3	14	2	0	8	15
Large French Fries	5.4 oz (154 g)	500	220	25	38	3.5	17	0	0	0	350	15	63	21	6	26	0	6	0	20	2	8
Medium French Fries	4.1 oz (117 g)	380	170	19	29	2.5	13	0	0	0	270	11	48	16	5	20	0	4	0	15	2	6
Kids Fries	1.1 oz (31 g)	100	45	5	8	0.5	4	0	0	0	70	3	13	4	1	5	0	1	0	4	0	2
<b>Beverages</b>																						
1% Low Fat Milk Jug	1 carton (236 ml)	100	20	2.5	4	1.5	8	0	10	3	125	5	12	4	0	0	12	8	10	4	30	0
Fat Free Chocolate Milk Jug†	1 carton (236 ml)	130	0	0	0	0	0	0	5	2	135	6	23	8	0	0	22	9	10	0	30	8
Minute Maid® 100% Apple Juice Box	6.8 fl oz (200 ml)	100	0	0	0	0	0	0	0	0	15	1	23	8	0	0	22	0	0	100	10	0
Minute Maid® Orange Juice (Small)§	12 fl oz cup	150	0	0	0	0	0	0	0	0	0	0	30	10	0	0	30	2	0	140	2	0
Dasani® Water	16.9 fl oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Coca-Cola® Classic (Small)§	16 fl oz cup	150	0	0	0	0	0	0	0	0	10	0	40	13	0	0	40	0	0	0	0	0
Diet Coke® (Small)§	16 fl oz cup	0	0	0	0	0	0	0	0	0	20	1	0	0	0	0	0	0	0	0	0	0
Dr Pepper® (Small)§	16 fl oz cup (357 g)	150	0	0	0	0	0	0	0	0	50	2	39	13	0	0	39	0	0	0	0	0
Diet Dr Pepper® (Small)§	16 fl oz cup (357 g)	0	0	0	0	0	0	0	0	0	50	2	0	0	0	0	0	0	0	0	0	0
Sprite® (Small)§	16 fl oz cup	150	0	0	0	0	0	0	0	0	40	2	39	13	0	0	39	0	0	0	0	0







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																			Vitamin A	Vitamin C	Calcium	Iron
Iced Tea (Medium)§	21 fl oz	0	0	0	0	0	0	0	0	0	15	1	0	0	0	0	0	0	0	0	0	0
Minute Maid® Orange Juice (Large)	22 fl oz cup	280	0	0	0	0	0	0	0	0	5	0	58	19	0	0	58	4	0	260	4	0
POWERade® Mountain Blast (Child)§	12 fl oz cup	70	0	0	0	0	0	0	0	0	65	3	20	7	0	0	16	0	0	0	0	0
POWERade® Mountain Blast (Large)§	32 fl oz cup	220	0	0	0	0	0	0	0	0	190	8	58	19	0	0	46	0	0	0	0	0
POWERade® Mountain Blast (Medium)§	21 fl oz cup	150	0	0	0	0	0	0	0	0	130	5	39	13	0	0	31	0	0	0	0	0
Sprite® (Child)§	12 fl oz cup	110	0	0	0	0	0	0	0	0	30	1	28	9	0	0	28	0	0	0	0	0
Sprite® (Large)§	32 fl oz cup	310	0	0	0	0	0	0	0	0	80	3	83	28	0	0	83	0	0	0	0	0
Sprite® (Medium)§	21 fl oz cup	210	0	0	0	0	0	0	0	0	55	2	56	19	0	0	56	0	0	0	0	0
Sweet Tea (Child)†	12 fl oz cup	110	0	0	0	0	0	0	0	0	5	0	27	9	0	0	27	0	0	0	0	0
Sweet Tea (Large)†	32 fl oz cup	280	0	0	0	0	0	0	0	0	15	1	69	23	0	0	69	1	0	0	0	0
<b>McCafe</b>																						
Coffee (Small)§	12 fl oz cup	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Frappe Mocha (Small)	12 fl oz cup	450	160	18	28	12	59	1	65	21	125	5	65	22	1	3	57	7	15	0	20	4
Frappe Caramel (Small)	12 fl oz cup	450	170	19	29	12	60	1	65	22	125	5	64	21	0	0	57	7	15	0	25	2
Frappe Chocolate Chip (Small)†	12 fl oz cup	530	200	23	35	14	72	1	65	22	135	6	76	25	1	5	67	8	15	0	25	4
Strawberry Banana Smoothie (Small)	12 fl oz cup (347 g)	210	5	0.5	1	0	0	0	5	1	50	2	47	16	3	10	44	3	0	30	8	2
Wild Berry Smoothie (Small)	12 fl oz cup (348 g)	200	5	0.5	1	0	0	0	5	1	45	2	45	15	3	12	43	3	0	0	8	4
Mango Pineapple Smoothie (Small)	12 fl oz cup	220	10	1	2	0.5	3	0	5	1	45	2	49	16	2	9	47	3	35	30	8	2
Vanilla McCafé Shake (12 fl oz cup)	12 fl oz	530	140	15	24	10	49	1	60	20	160	7	86	29	0	0	63	11	20	0	40	0
Chocolate McCafé Shake (12 fl oz cup)	12 fl oz	560	150	16	25	10	51	1	60	20	240	10	91	30	1	5	77	12	20	0	40	8
Strawberry McCafé Shake (12 fl oz cup)	12 fl oz	550	150	16	25	10	52	1	60	21	160	7	90	30	0	0	79	12	20	0	40	0

Nutrition Facts	Serving Size	Calories	Calories from Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	Trans Fat (g)	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	% DAILY VALUE			
																			Vitamin A	Vitamin C	Calcium	Iron
Shamrock McCafé® Shake (12 fl oz cup)†**	12 fl oz cup	530	140	15	24	10	49	1	60	20	160	7	86	29	0	0	73	11	20	0	40	0
Chocolate McCafé Shake (16 fl oz cup)	16 fl oz	700	180	20	30	12	62	1	75	24	300	13	114	38	2	6	97	15	25	0	50	10
Chocolate McCafé Shake (22 fl oz cup)	22 fl oz	850	210	23	36	15	74	1	85	29	380	16	141	47	2	8	120	19	30	0	60	15
Coffee (Large)§	16 fl oz cup	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Frappe Caramel (Large)	22 fl oz cup	670	250	27	42	17	87	1.5	95	32	190	8	96	32	0	0	88	11	20	0	35	2
Strawberry McCafé Shake (16 fl oz cup)	16 fl oz	690	180	20	30	13	63	1	75	25	210	9	114	38	0	0	100	15	25	0	50	0
Strawberry McCafé Shake (22 fl oz cup)	22 fl oz	850	210	24	36	15	75	1	90	30	260	11	140	47	0	0	123	18	30	0	70	0
Vanilla McCafé Shake (16 fl oz cup)	16 fl oz	660	170	19	29	12	61	1	75	24	200	9	109	36	0	0	81	14	25	0	50	0
Vanilla McCafé Shake (22 fl oz cup)	22 fl oz	820	210	23	35	15	73	1	90	29	260	11	135	45	0	0	101	18	30	0	60	0
Wild Berry Smoothie (Large)	22 fl oz cup (544 g)	310	10	1	2	0.5	3	0	5	2	70	3	71	24	5	18	67	5	0	0	10	6
Wild Berry Smoothie (Medium)	16 fl oz cup (434 g)	250	5	1	1	0	0	0	5	1	60	2	57	19	4	15	54	4	0	0	10	4
Iced Mocha (Large)§	22 fl oz cup	480	150	16	25	10	49	0.5	50	17	220	9	70	23	2	8	62	14	15	0	40	8
Iced Mocha (Small)§	12 fl oz cup	290	100	11	17	7	33	0	35	12	125	5	41	14	1	4	34	8	10	0	25	4
Iced Mocha with Nonfat Milk (Large)§	22 fl oz cup	390	50	6	9	3.5	18	0	25	8	220	9	71	24	2	8	62	14	20	0	45	8
Iced Mocha with Nonfat Milk (Small)§	12 fl oz cup	240	45	5	8	3	16	0	20	7	125	5	41	14	1	4	35	8	10	0	25	4
Iced Coffee with Sugar Free French Vanilla Syrup (Large)§	32 fl oz cup	160	80	9	14	6	29	0	35	12	135	6	18	6	0	0	2	2	6	0	8	0
Iced Coffee with Sugar Free French Vanilla Syrup (Medium)§	22 fl oz cup	120	60	7	11	4.5	22	0	25	9	90	4	12	4	0	0	2	1	4	0	4	0
Iced Coffee with Sugar Free French Vanilla Syrup (Small)§	16 fl oz cup	80	40	4.5	7	3	15	0	15	6	65	3	9	3	0	0	1	1	4	0	4	0
Iced Coffee--Caramel (Large)§	32 fl oz cup	260	80	9	14	6	29	0	35	12	65	3	43	14	0	0	42	2	6	0	6	0

Nutrition Facts	Serving Size	Calories	Calories from Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	Trans Fat (g)	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	% DAILY VALUE			
																			Vitamin A	Vitamin C	Calcium	Iron
																			Iced Coffee--Caramel (Medium)§	22 fl oz cup	180	60
Iced Coffee--Caramel (Small)§	16 fl oz cup	130	40	4.5	7	3	15	0	15	6	35	2	22	7	0	0	21	1	4	0	4	0
Iced Coffee--French Vanilla (Large)†	32 fl oz cup	240	80	9	14	6	29	0	35	12	80	3	41	14	0	0	39	2	6	0	8	0
Iced Coffee--French Vanilla (Medium)§	22 fl oz cup	170	60	7	11	4.5	22	0	25	9	55	2	27	9	0	0	26	1	4	0	4	0
Iced Coffee--French Vanilla (Small)§	16 fl oz cup	120	40	4.5	7	3	15	0	15	6	40	2	20	7	0	0	19	1	4	0	4	0
Iced Coffee--Hazelnut (Large)§	32 fl oz cup	250	80	9	14	6	29	0	35	12	75	3	43	14	0	0	41	2	6	0	8	0
Iced Coffee--Hazelnut (Medium)§	22 fl oz cup	180	60	7	11	4.5	22	0	25	9	50	2	29	10	0	0	28	1	4	0	4	0
Iced Coffee--Hazelnut (Small)§	16 fl oz cup	130	40	4.5	7	3	15	0	15	6	35	1	21	7	0	0	20	1	4	0	4	0
Iced Coffee--Regular (Large)§	32 fl oz cup	270	80	9	14	6	29	0	35	12	75	3	47	16	0	0	45	2	6	0	8	0
Iced Coffee--Regular (Medium)§	22 fl oz cup	190	60	7	11	4.5	22	0	25	9	50	2	31	10	0	0	30	1	4	0	4	0
Iced Coffee--Regular (Small)§	16 fl oz cup	140	40	4.5	7	3	15	0	15	6	35	1	23	8	0	0	22	1	4	0	4	0
Mocha (Small)§	12 fl oz cup	340	100	11	18	7	34	0	35	12	150	6	49	16	2	6	42	10	10	0	30	6
Mocha (Medium)§	16 fl oz cup	410	120	14	21	8	40	0	40	14	190	8	60	20	2	8	53	13	10	0	40	6
Mocha (Large)§	20 fl oz cup	500	150	17	26	10	49	0.5	50	17	240	10	72	24	2	10	63	16	15	0	50	8
Mocha with Nonfat Milk (Small)§	12 fl oz cup	270	30	3.5	5	2	11	0	15	5	150	6	49	16	2	6	43	11	10	0	35	6
Mocha with Nonfat Milk (Medium)§	16 fl oz cup	330	30	3.5	6	2	11	0	15	5	190	8	60	20	2	8	53	13	15	0	40	6
Mocha with Nonfat Milk (Large)§	20 fl oz cup	390	35	4	6	2.5	12	0	20	6	240	10	73	24	2	10	64	17	20	0	50	8
Caramel Mocha (Small)§	12 fl oz cup	320	100	11	17	7	33	0	35	12	170	7	45	15	1	3	40	10	10	0	30	2
Caramel Mocha (Medium)§	16 fl oz cup	390	120	14	21	8	40	0.5	40	14	220	9	55	18	1	4	50	12	15	0	40	2
Caramel Mocha (Large)§	20 fl oz cup	480	150	17	26	10	49	0.5	50	17	270	11	66	22	1	5	60	16	15	0	50	4

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																			Vitamin A	Vitamin C	Calcium	Iron
Nonfat Caramel Mocha (Small)§	12 fl oz cup	250	30	3.5	5	2	10	0	15	5	170	7	45	15	1	3	41	10	10	0	35	2
Nonfat Caramel Mocha (Medium)§	16 fl oz cup	310	30	3.5	5	2	11	0	15	5	210	9	56	19	1	4	51	13	15	0	40	2
Nonfat Caramel Mocha (Large)§	20 fl oz cup	370	35	3.5	6	2.5	11	0	20	6	270	11	67	22	1	5	61	17	20	0	50	4
Latte (Small) §	12 fl oz cup	170	80	9	13	5	24	0	25	9	115	5	15	5	1	3	12	9	8	0	30	0
Latte (Medium)§	16 fl oz cup	210	90	10	16	6	30	0	30	11	140	6	18	6	1	4	15	11	10	0	35	0
Latte (Large)§	20 fl oz cup	280	120	14	21	8	39	0	40	14	180	8	24	8	1	6	20	15	15	0	50	2
Caramel Latte (Large)§	20 fl oz cup	430	120	14	21	8	39	0	40	14	180	8	62	21	1	6	59	15	15	0	50	2
Caramel Latte (Medium)§	16 fl oz cup	340	90	10	16	6	30	0	30	11	140	6	50	17	1	4	48	11	10	0	35	0
Caramel Latte (Small)§	12 fl oz cup	270	80	9	13	5	24	0	25	9	115	5	40	13	1	3	38	9	8	0	30	0
Hazelnut Latte (Small)§	12 fl oz cup	270	80	9	13	5	24	0	25	9	115	5	40	13	1	3	38	9	8	0	30	0
Hazelnut Latte (Medium)§	16 fl oz cup	330	90	10	16	6	30	0	30	11	140	6	50	17	1	4	47	11	10	0	35	0
Hazelnut Latte (Large)§	20 fl oz cup	430	120	14	21	8	39	0	40	14	180	8	62	21	1	6	58	15	15	0	50	2
French Vanilla Latte (Small)§	12 fl oz cup	260	80	9	13	5	24	0	25	9	115	5	38	13	1	3	36	9	8	0	30	0
French Vanilla Latte (Medium)§	16 fl oz cup	330	90	10	16	6	30	0	30	11	140	6	48	16	1	4	45	11	10	0	35	2
French Vanilla Latte (Large)§	20 fl oz cup	420	120	14	21	8	39	0	40	14	190	8	60	20	1	6	56	15	15	0	50	2
Latte with Sugar Free French Vanilla Syrup (Small)§	12 fl oz cup	210	80	9	13	5	24	0	25	9	150	6	24	8	1	4	12	9	8	0	30	0
Latte with Sugar Free French Vanilla Syrup (Medium)§	16 fl oz cup	260	90	10	16	6	30	0	30	11	190	8	29	10	1	5	15	12	10	0	35	0
Latte with Sugar Free French Vanilla Syrup (Large)§	20 fl oz cup	330	120	14	21	8	39	0	40	14	240	10	37	12	2	7	20	15	15	0	50	2
Nonfat Latte (Small)§	12 fl oz cup	100	0	0	0	0	0	0	5	2	110	5	15	5	1	3	13	10	10	0	30	0
Nonfat Latte (Medium)§	16 fl oz cup	130	0	0	0	0	0	0	5	2	135	6	19	6	1	4	16	12	15	0	40	0
Nonfat Latte (Large)§	20 fl oz cup	170	0	0.5	1	0	0	0	10	3	180	7	25	8	1	6	21	16	15	0	50	2
Nonfat Caramel Latte (Small)§	12 fl oz cup	200	0	0	0	0	0	0	5	2	110	5	41	14	1	3	39	10	10	0	30	0

Nutrition Facts	Serving Size	Calories	Calories from Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	Trans Fat (g)	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	% DAILY VALUE			
																			Vitamin A	Vitamin C	Calcium	Iron
Nonfat Caramel Latte (Medium)§	16 fl oz cup	250	0	0	0	0	0	0	5	2	135	6	51	17	1	4	48	12	15	0	40	0
Nonfat Caramel Latte (Large)§	20 fl oz cup	310	0	0.5	1	0	0	0	10	3	180	7	63	21	1	6	59	16	15	0	50	2
Nonfat Hazelnut Latte (Small)§	12 fl oz cup	200	0	0	0	0	0	0	5	2	110	5	40	13	1	3	38	10	10	0	30	0
Nonfat Hazelnut Latte (Medium)§	16 fl oz cup	250	0	0	0	0	0	0	5	2	135	6	51	17	1	4	48	12	15	0	40	0
Nonfat Hazelnut Latte (Large)§	20 fl oz cup	310	0	0.5	1	0	0	0	10	3	180	7	63	21	1	6	59	16	15	0	50	2
Nonfat French Vanilla Latte (Small)§	12 fl oz cup	190	0	0	0	0	0	0	5	2	115	5	39	13	1	3	37	10	10	0	30	0
Nonfat French Vanilla Latte (Medium)§	16 fl oz cup	240	0	0	0	0	0	0	5	2	140	6	49	16	1	4	46	12	15	0	40	2
Nonfat French Vanilla Latte (Large)§	20 fl oz cup	300	0	0.5	1	0	0	0	10	3	180	8	60	20	1	6	56	16	15	0	50	2
Nonfat Latte with Sugar Free French Vanilla Syrup (Small)§	12 fl oz cup	140	0	0	0	0	0	0	5	2	150	6	24	8	1	4	13	10	10	0	30	0
Nonfat Latte with Sugar Free French Vanilla Syrup (Medium)§	16 fl oz cup	170	0	0	0	0	0	0	5	2	180	8	30	10	1	5	16	12	15	0	40	0
Nonfat Latte with Sugar Free French Vanilla Syrup (Large)§	20 fl oz cup	220	0	0.5	1	0	0	0	10	3	240	10	38	13	2	7	21	16	15	0	50	2
Hot Chocolate (Small)§	12 fl oz cup	360	120	13	21	8	39	0	40	14	180	8	50	17	1	3	45	11	10	0	40	6
Hot Chocolate (Medium)§	16 fl oz cup	440	140	16	25	9	47	0.5	50	16	220	9	61	20	1	4	56	14	15	0	45	6
Hot Chocolate (Large)§	20 fl oz cup	540	180	20	31	12	58	0.5	60	20	280	12	73	24	1	5	68	17	20	0	60	8
Hot Chocolate with Nonfat Milk (Small)§	12 fl oz cup	280	30	3.5	5	2	11	0	15	5	180	7	50	17	1	3	46	12	15	0	40	6
Hot Chocolate with Nonfat Milk (Medium)§	16 fl oz cup	340	30	3.5	5	2	11	0	15	6	220	9	61	20	1	4	57	14	20	0	50	6
Coffee (Medium)§	16 fl oz cup	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Egg Nog McCafe Shake (16 fl oz cup) Medium†	14.7 oz (418 g)	680	170	19	30	12	62	1	75	25	220	9	111	37	0	0	93	14	25	0	50	0
Egg Nog McCafe Shake (22 fl oz cup) Large†	18.2 oz (516 g)	830	210	23	36	15	74	1	90	29	270	11	137	46	0	0	116	18	30	0	70	0

Nutrition Facts	Serving Size	Calories	Calories from Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	Trans Fat (g)	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	% DAILY VALUE			
																			Vitamin A	Vitamin C	Calcium	Iron
Frappe Chocolate Chip (Large)§	22 fl oz cup	760	280	31	48	20	101	1.5	95	32	200	8	111	37	1	5	99	12	20	0	35	6
Frappe Chocolate Chip (Medium)†	16 fl oz cup	630	240	26	41	17	85	1	80	26	160	7	91	30	1	5	81	9	15	0	30	4
Hot Chocolate with Nonfat Milk (Large)§	20 fl oz cup	400	35	3.5	6	2.5	12	0	20	7	280	12	74	25	1	5	69	19	25	0	60	8
Mango Pineapple Smoothie (Large)	22 fl oz cup	340	15	1.5	2	1	6	0	5	2	70	3	78	26	4	14	74	5	50	45	10	2
Mango Pineapple Smoothie (Medium)	16 fl oz cup	270	10	1	2	1	4	0	5	1	55	2	61	20	3	11	58	3	45	35	8	2
McCafé Caramel Hot Chocolate with Nonfat Milk (Small)	12 fl oz cup	260	30	3.5	5	2	10	0	15	5	200	8	46	15	0	0	44	11	15	0	40	2
McCafé Caramel Hot Chocolate with Nonfat Milk (Large)	20 fl oz cup	380	35	3.5	6	2.5	11	0	20	7	300	13	68	23	0	0	66	18	25	0	60	4
McCafé Caramel Hot Chocolate with Nonfat Milk (Medium)	16 fl oz cup	310	30	3.5	5	2	11	0	20	6	240	10	57	19	0	0	54	14	20	0	50	2
Iced Mocha (Medium)§	16 fl oz cup	350	110	13	19	8	38	0	40	13	150	6	50	17	1	5	43	9	10	0	30	6
Iced Mocha with Nonfat Milk (Medium)§	16 fl oz cup	290	45	5	8	3.5	17	0	20	7	150	6	50	17	1	5	43	10	15	0	30	6
Iced Caramel Mocha (Small)§	12 fl oz cup	280	100	11	17	7	33	0	35	12	140	6	38	13	0	0	33	8	10	0	25	2
Iced Caramel Mocha (Medium)§	16 fl oz cup	340	110	13	19	7	37	0	40	13	170	7	46	15	1	2	41	9	10	0	30	2
Iced Caramel Mocha (Large)§	22 fl oz cup	460	150	16	25	10	48	0.5	50	17	250	10	65	22	1	3	59	13	15	0	40	4
Iced Nonfat Caramel Mocha (Small)§	12 fl oz cup	230	45	5	8	3	16	0	20	7	140	6	38	13	0	0	33	8	10	0	25	2
Iced Nonfat Caramel Mocha (Medium)§	16 fl oz cup	270	45	5	8	3	16	0	20	7	170	7	47	16	1	2	41	10	15	0	30	2
Iced Nonfat Caramel Mocha (Large)§	22 fl oz cup	370	50	6	8	3.5	17	0	25	8	250	10	65	22	1	3	59	14	20	0	45	4
Frappe Mocha (Medium)	16 fl oz cup	550	200	22	34	14	71	1	75	25	160	7	80	27	1	4	71	9	15	0	25	4
Frappe Mocha (Large)	22 fl oz cup	670	240	26	41	17	85	1	90	30	190	8	98	33	1	4	88	11	20	0	35	4
Frappe Caramel (Medium)	16 fl oz cup	550	200	23	35	15	73	1	80	27	160	7	79	26	0	0	71	9	20	0	30	2

Nutrition Facts	Serving Size	Calories	Calories from Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	Trans Fat (g)	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	% DAILY VALUE			
																			Vitamin A	Vitamin C	Calcium	Iron
Strawberry Banana Smoothie (Medium)	16 fl oz cup (428 g)	250	5	1	1	0	0	0	5	1	60	2	58	19	3	13	54	4	0	35	8	4
Strawberry Banana Smoothie (Large)	22 fl oz cup (541 g)	330	10	1	2	0.5	3	0	5	2	80	3	74	25	4	16	70	5	0	45	10	4
<b>Desserts/Shakes</b>																						
Vanilla Reduced Fat Ice Cream Cone	3.7 oz (105 g)	170	40	4.5	7	3	14	0	15	6	70	3	27	9	0	0	20	5	6	0	15	2
Kiddie Cone	1 oz (29 g)	45	10	1.5	2	1	4	0	5	2	20	1	7	2	0	0	6	1	2	0	4	0
Hot Fudge Sundae	6.3 oz (179 g)	330	80	9	14	7	34	0	25	8	170	7	53	18	1	3	48	8	8	0	25	8
Hot Caramel Sundae	6.4 oz (182 g)	340	70	8	12	5	24	0	30	10	150	6	60	20	0	0	43	7	10	0	25	0
Strawberry Sundae	6.3 oz (178 g)	280	60	6	10	4	20	0	25	8	85	4	49	16	0	0	45	6	8	4	20	0
McFlurry® with Rolo® (12 fl oz cup)†**	11.8 oz (335 g)	700	210	23	36	14	72	1	55	19	250	10	111	37	1	3	88	14	15	0	50	2
McFlurry® with M&M'S® Candies (12 fl oz cup)	10.9 oz (310 g)	650	210	23	35	14	72	0.5	50	17	180	7	96	32	1	6	89	13	15	0	45	8
McFlurry® with OREO® Cookies (12 fl oz cup)	10.1 oz (285 g)	510	150	17	26	9	44	0.5	45	14	280	12	80	27	1	4	64	12	15	0	40	8
McFlurry® with Reese's Peanut Butter Cup® (12 fl oz cup)†	10.7 oz (303 g)	610	220	24	37	11	57	0.5	45	15	300	13	86	29	2	7	77	15	15	0	40	6
Chocolate McCafé Shake (12 fl oz cup)	12 fl oz	560	150	16	25	10	51	1	60	20	240	10	91	30	1	5	77	12	20	0	40	8
Strawberry McCafé Shake (12 fl oz cup)	12 fl oz	550	150	16	25	10	52	1	60	21	160	7	90	30	0	0	79	12	20	0	40	0
Shamrock McCafé® Shake (12 fl oz cup)†**	12 fl oz cup	530	140	15	24	10	49	1	60	20	160	7	86	29	0	0	73	11	20	0	40	0
Vanilla McCafé Shake (12 fl oz cup)	12 fl oz	530	140	15	24	10	49	1	60	20	160	7	86	29	0	0	63	11	20	0	40	0
Baked Hot Apple Pie	2.7 oz (77 g)	250	110	13	19	7	35	0	0	0	170	7	32	11	4	15	13	2	4	25	2	6
Chocolate Chip Cookie	1 cookie (33 g)	160	70	8	12	3.5	19	0	10	3	90	4	21	7	1	3	15	2	2	0	2	8
Oatmeal Raisin Cookie	1 cookie (33 g)	150	50	6	9	2.5	13	0	10	3	135	6	22	7	1	3	13	2	2	0	2	6
Sugar Cookie	1 cookie (33 g)	160	60	7	11	3	15	0	5	2	120	5	21	7	0	0	11	2	2	0	0	4



Nutrition Facts	Serving Size	Calories	Calories from Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	Trans Fat (g)	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	% DAILY VALUE			
																			Vitamin A	Vitamin C	Calcium	Iron
Fruit 'n Yogurt Parfait	5.2 oz (149 g)	150	20	2	3	1	5	0	5	2	70	3	30	10	1	3	23	4	2	15	10	4
Chocolate McCafé Shake (16 fl oz cup)	16 fl oz	700	180	20	30	12	62	1	75	24	300	13	114	38	2	6	97	15	25	0	50	10
Chocolate McCafé Shake (22 fl oz cup)	22 fl oz	850	210	23	36	15	74	1	85	29	380	16	141	47	2	8	120	19	30	0	60	15
McFlurry® with M&M'S® Candies (16 fl oz cup)	16.2 oz (460 g)	930	290	33	50	20	102	1	75	25	260	11	139	46	2	7	128	20	25	0	70	10
McFlurry® with OREO® Cookies (16 fl oz cup)	13.4 oz (381 g)	690	200	23	35	12	58	1	55	19	380	16	106	35	1	5	85	15	20	0	50	10
Snack Size McFlurry® with M&M'S® Candies	7.3 oz (207 g)	430	140	15	24	10	48	0	35	11	120	5	64	21	1	4	59	9	10	0	30	4
Snack Size McFlurry® with OREO® Cookies	6.7 oz (190 g)	340	100	11	17	6	29	0	30	9	190	8	53	18	1	2	43	8	10	0	25	6
Snack Size McFlurry® with Rolo®†**	8.4 oz (238 g)	510	140	16	25	10	50	0.5	40	13	190	8	84	28	1	2	63	10	10	0	35	2
Strawberry McCafé Shake (16 fl oz cup)	16 fl oz	690	180	20	30	13	63	1	75	25	210	9	114	38	0	0	100	15	25	0	50	0
Strawberry McCafé Shake (22 fl oz cup)	22 fl oz	850	210	24	36	15	75	1	90	30	260	11	140	47	0	0	123	18	30	0	70	0
Vanilla McCafé Shake (16 fl oz cup)	16 fl oz	660	170	19	29	12	61	1	75	24	200	9	109	36	0	0	81	14	25	0	50	0
Vanilla McCafé Shake (22 fl oz cup)	22 fl oz	820	210	23	35	15	73	1	90	29	260	11	135	45	0	0	101	18	30	0	60	0
Egg Nog McCafe Shake (16 fl oz cup) Medium†	14.7 oz (418 g)	680	170	19	30	12	62	1	75	25	220	9	111	37	0	0	93	14	25	0	50	0
Egg Nog McCafe Shake (22 fl oz cup) Large†	18.2 oz (516 g)	830	210	23	36	15	74	1	90	29	270	11	137	46	0	0	116	18	30	0	70	0
McFlurry® with Reese's Peanut Butter Cup® (16 fl oz cup)†	14.2 oz (403 g)	810	290	32	50	15	76	1	60	20	400	17	114	38	2	9	103	21	20	0	60	6
Snack Size Holiday Mint McFlurry®†	6.9 oz (196 g)	380	130	14	21	10	52	0	30	10	110	5	56	19	0	0	51	8	10	0	30	0
Snack Size McFlurry® with Reese's Peanut Butter Cup® †	7.1 oz (202 g)	410	150	16	25	8	38	0	30	10	200	8	57	19	1	5	51	10	10	0	30	4
<b>Condiments</b>																						

Nutrition Facts	Serving Size	Calories	Calories from Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	Trans Fat (g)	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	% DAILY VALUE			
																			Vitamin A	Vitamin C	Calcium	Iron
Newman's Own® Creamy Southwest Dressing	1.5 fl oz (44 ml)	100	50	6	9	1	5	0	20	7	340	14	11	4	0	0	3	1	0	0	2	2
Newman's Own® Creamy Caesar Dressing	2 fl oz (59 ml)	190	170	18	28	3.5	17	0	20	7	500	21	4	1	0	0	2	2	0	0	6	0
Newman's Own® Low Fat Balsamic Vinaigrette	1.5 fl oz (44 ml)	35	25	2.5	4	0	0	0	0	0	420	18	3	1	0	0	3	0	0	0	0	0
Ketchup Packet	1 pkg (10 g)	10	0	0	0	0	0	0	0	0	100	4	3	1	0	0	2	0	2	2	0	0
Newman's Own® Low Fat Family Recipe Italian Dressing	1.5 fl oz (44 ml)	50	20	2.5	4	0.5	3	0	0	0	390	16	7	2	0	0	2	1	0	0	2	0
Salt Packet	1 pkg (0.7 g)	0	0	0	0	0	0	0	0	0	270	11	0	0	0	0	0	0	0	0	0	0
Tangy Barbeque Sauce	1 pkg (28 g)	50	0	0	0	0	0	0	0	0	260	11	12	4	0	0	10	0	2	0	0	0
Honey	1 pkg (14 g)	50	0	0	0	0	0	0	0	0	0	0	12	4	0	0	11	0	0	0	0	0
Newman's Own® Ranch Dressing	2 fl oz (59 ml)	170	130	15	23	2.5	12	0	20	6	530	22	9	3	0	0	4	1	0	0	4	0
Hot Mustard Sauce	1 pkg (28 g)	60	20	2.5	4	0	0	0	5	1	250	10	9	3	2	8	6	1	0	0	0	2
Sweet 'N Sour Sauce	1 pkg (28 g)	50	0	0	0	0	0	0	0	0	150	6	12	4	0	0	10	0	2	0	0	0
Peanuts (for Sundaes)	0.3 oz (7 g)	45	30	3.5	5	0.5	3	0	0	0	0	0	2	1	1	2	0	2	0	0	0	0
Spicy Buffalo Sauce	0.8 oz (22 g)	35	30	3	5	0	0	0	0	0	540	23	1	0	0	0	0	0	6	0	0	0
Creamy Ranch Sauce	0.8 oz (22 g)	110	110	12	18	2	9	0	5	1	170	7	1	0	0	0	1	0	0	0	0	0
Butter Garlic Croutons	0.5 oz (14 g)	60	15	1.5	3	0	0	0	0	0	140	6	10	3	1	2	0	2	0	0	2	4
Honey Mustard Sauce	0.8 oz (22 g)	60	35	4	6	0.5	3	0	5	2	115	5	6	2	1	4	5	0	0	0	0	0
Chipotle Barbeque Sauce	1 oz (28 g)	50	0	0	0	0	0	0	0	0	190	8	11	4	0	0	10	0	4	0	2	2
Hotcake Syrup	1 pkg (60 g)	180	0	0	0	0	0	0	0	0	20	1	45	15	0	0	32	0	0	0	0	0
Whipped Margarine (1 pat)	1 pkg (6 g)	40	40	4.5	7	1.5	8	0	0	0	55	2	0	0	0	0	0	0	4	0	0	0
Grape Jam	0.5 oz (14 g)	35	0	0	0	0	0	0	0	0	0	0	9	3	0	0	9	0	0	2	0	0
Coffee Cream	0.4 fl oz (11 ml)	20	20	2	3	1.5	6	0	10	3	15	1	0	0	0	0	0	0	2	0	2	0
Strawberry Preserves	0.5 oz (14 g)	35	0	0	0	0	0	0	0	0	0	0	9	3	0	0	9	0	0	4	0	0
Sugar Packet	1 pkg (4.0 g)	15	0	0	0	0	0	0	0	0	0	0	4	1	0	0	4	0	0	0	0	0

Nutrition Facts	Serving Size	Calories	Calories from Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	Trans Fat (g)	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	% DAILY VALUE			
																			Vitamin A	Vitamin C	Calcium	Iron
EQUAL® 0 Calorie Sweetener	1 pkg (1.0 g)	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	1	0	0	0	0	
SPLENDA® No Calorie Sweetener	1 pkg (1.0 g)	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	1	0	0	0	0	
Hot Habanero Sauce†	22 oz (0.8 g)	80	60	7	11	1	6	0	10	3	180	8	5	2	1	3	2	1	0	0	2	2
Newman's Own® Low Fat Sesame Ginger Dressing**	1.5 fl oz (44 ml)	90	25	2.5	4	0	0	0	0	0	410	17	15	5	1	3	9	1	0	4	0	0
Sweet Chili Sauce†	1 oz (28 g)	50	0	0	0	0	0	0	0	0	150	6	12	4	0	0	11	0	0	0	0	
Tartar Sauce Cup	1 oz (28 g)	140	130	15	23	2.5	12	0	10	4	150	6	0	0	0	0	0	0	0	0	2	2

**Note: Nutrient contributions from individual components may not equal the total due to federal rounding regulations. Percent Daily Values (DV) and RDIs are based on unrounded values.**

**This list has been generated by McDonalds.com and is effective 03-05-2013.**

\* Contains less than 2% of the Daily Value of these nutrients

† Available at participating McDonald's

+ Based on the weight before cooking 4 oz. (113.4g)

++ Based on the weight before cooking 8 oz. (226.8g)

+++ Based on the weight before cooking 5.33 oz. (151.1 g)

§ The values represent the sodium derived from ingredients plus water. Sodium content of the water is based on the value listed for municipal water in the USDA National Nutrient Database. The actual amount of sodium may be higher or lower depending upon the sodium content of the water where the beverage is dispensed.

\*\* Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The nutrition information on this website is derived from testing conducted in accredited laboratories, published resources, or from information provided from McDonald's suppliers. The nutrition information is based on standard product formulations and serving sizes. All nutrition information is based on average values for ingredients from McDonald's suppliers throughout the U.S. and is rounded to meet current US FDA NLEA guidelines. Variation in serving sizes, preparation techniques, product testing and sources of supply, as well as regional and seasonal differences may affect the nutrition values for each product. In addition, product formulations change periodically. You should expect some variation in the nutrient content of the products purchased in our restaurants. None of our products is certified as vegetarian. This information is correct as of December 2010, unless stated otherwise.

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