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
Burgers & Sandwiches																						
Bacon Clubhouse Burger	9.4 oz (267 g)	720	360	40	61	15	75	1.5	120	39	1470	61	52	17	3	14	14	38	15	25	30	25
Bacon Clubhouse Grilled Chicken Sandwich	9.5 oz (270 g)	590	230	25	39	8	42	0	110	37	1560	65	51	17	4	15	14	40	15	30	30	15
Bacon Clubhouse Crispy Chicken Sandwich	10 oz (284 g)	750	340	38	59	10	51	0.5	90	31	1720	72	65	22	4	15	16	36	15	25	30	15
McChicken ®	5.1 oz (144 g)	370	150	17	26	3.5	16	0	40	13	650	27	40	13	2	8	5	14	2	0	10	15
Buffalo Ranch McChicken	5.2 oz (148 g)	370	150	17	26	3.5	17	0	40	13	850	35	41	14	2	8	5	14	2	0	15	15
Bacon Buffalo Ranch McChicken	5.7 oz (162 g)	440	190	21	33	5	26	0	55	18	1120	46	41	14	2	8	6	20	2	10	15	15
Bacon Cheddar McChicken	6.1 oz (172 g)	490	220	25	38	7	36	0	70	23	1120	46	43	14	2	9	6	22	4	10	20	15
Southern Style Crispy Chicken Sandwich	5.6 oz (160 g)	430	170	19	29	3	15	0	45	14	910	38	43	14	2	7	7	21	4	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
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
Premium McWrap Southwest Chicken (Crispy)	11.7 oz (331 g)	670	290	32	50	8	40	0.5	60	20	1470	61	68	23	5	20	12	27	60	15	20	20
Premium McWrap Southwest Chicken (Grilled)	11.2 oz (317 g)	510	170	19	30	6	31	0	80	26	1300	54	54	18	5	20	10	31	70	15	20	20
Premium McWrap Chicken & Bacon (Crispy)	11.1 oz (316 g)	630	280	32	49	9	45	0.5	80	26	1540	64	56	19	3	13	7	32	60	20	20	20
Premium McWrap Chicken & Bacon (Grilled)	10.7 oz (302 g)	480	170	19	28	7	36	0	95	32	1370	57	42	14	3	13	6	36	60	25	20	20
Premium McWrap Chicken & Ranch (Crispy)	10.9 oz (310 g)	610	280	31	47	8	40	0.5	65	21	1340	56	56	19	3	14	8	27	60	15	20	20
Premium McWrap Chicken & Ranch (Grilled)	10.5 oz (297 g)	450	160	18	27	6	31	0.5	80	27	1170	49	42	14	3	14	6	30	60	15	15	20

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																			Vitamin A	Vitamin C	Calcium	Iron
Premium McWrap Chicken Sweet Chili (Crispy)	10.7 oz (304 g)	540	200	23	35	4.5	23	0	50	16	1260	52	61	20	3	13	14	23	60	15	8	20
Premium McWrap Chicken Sweet Chili (Grilled)	10.3 oz (291 g)	380	90	10	15	3	14	0	65	22	1090	45	47	16	3	13	12	27	60	15	8	20
Chipotle BBQ Snack Wrap (Crispy)	4.6 oz (130 g)	340	130	15	23	4.5	22	0	30	11	780	33	37	12	1	6	8	14	4	0	10	10
Big Mac	7.4 oz (211 g)	530	240	27	42	10	48	1	85	28	960	40	47	16	3	13	9	24	6	2	25	25
Quarter Pounder® with Cheese +	7 oz (199 g)	520	240	26	40	12	62	1.5	95	32	1110	46	42	14	3	11	10	29	10	4	30	25
Quarter Pounder Bacon Habanero Ranch +	8.2 oz (233 g)	610	280	31	48	13	64	1.5	110	37	1190	50	47	16	3	14	10	36	15	20	25	30
Quarter Pounder Bacon & Cheese +	7.7 oz (217 g)	600	260	29	45	13	63	1	105	36	1380	58	48	16	3	13	12	36	8	15	25	30
Quarter Pounder Deluxe +	8.4 oz (238 g)	540	250	27	42	11	54	1.5	85	29	940	39	45	15	3	14	9	28	15	8	25	25
Double Quarter Pounder with Cheese ++	9.8 oz (277 g)	740	380	42	65	19	96	2.5	165	55	1300	54	43	14	3	11	10	47	10	4	30	35
Hamburger	3.5 oz (98 g)	240	70	8	12	3	15	0	30	10	480	20	32	11	1	6	6	12	2	2	10	15
Cheeseburger	4 oz (113 g)	290	100	11	18	5	27	0.5	45	15	680	28	33	11	2	7	7	15	6	2	20	15
BBQ Ranch Burger	4 oz (113 g)	340	130	15	22	6	29	0.5	50	16	670	28	37	12	3	10	7	15	4	0	20	15
Grilled Onion Cheddar	4 oz (113 g)	300	110	13	20	6	29	0.5	45	16	640	27	32	11	2	7	6	15	2	2	20	15
Double Cheeseburger	5.7 oz (161 g)	430	190	21	32	10	52	1	90	30	1040	43	35	12	2	8	7	24	10	2	30	20
McDouble	5.2 oz (147 g)	380	150	17	26	8	40	1	75	25	840	35	34	11	2	7	7	22	6	2	20	20
Bacon McDouble	5.7 oz (161 g)	440	200	22	34	10	49	1	90	30	1110	46	35	12	2	7	7	27	6	10	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	10	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	12	8	28	10	8	15	20
Daily Double †	6.7 oz (190 g)	430	200	22	35	9	44	1	80	27	760	32	34	11	2	8	7	22	8	8	20	20
Premium Crispy Chicken Club Sandwich	8.8 oz (249 g)	670	300	33	51	9	44	0	85	29	1410	59	58	19	3	13	11	36	15	20	30	20
Premium Grilled Chicken Club Sandwich	8.3 oz (235 g)	510	180	20	31	7	35	0	105	35	1250	52	44	15	3	13	9	40	15	20	30	20

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																			Vitamin A	Vitamin C	Calcium	Iron
Premium Crispy Chicken Ranch BLT Sandwich	8.1 oz (230 g)	610	250	28	43	6	31	0	70	24	1400	58	57	19	3	13	11	32	10	20	15	20
Premium Grilled Chicken Ranch BLT Sandwich	7.6 oz (217 g)	450	130	15	23	4.5	22	0	90	30	1230	51	43	14	3	12	9	36	10	20	15	20
Chipotle BBQ Snack Wrap (Grilled)	4.3 oz (123 g)	260	70	8	13	3.5	18	0	40	14	700	29	30	10	1	6	7	16	4	2	10	10
Honey Mustard Snack Wrap (Crispy)	4.4 oz (126 g)	340	140	16	25	4.5	23	0	35	11	750	31	34	11	2	6	5	14	2	0	10	10
Honey Mustard Snack Wrap (Grilled)	4.2 oz (119 g)	260	80	9	14	3.5	18	0	45	14	660	28	27	9	2	6	4	16	2	2	10	10
Ranch Snack Wrap® (Crispy)	4.5 oz (128 g)	360	180	20	30	5	27	0	40	13	810	34	32	11	1	5	3	15	2	0	10	10
Ranch Snack Wrap® (Grilled)	4.3 oz (121 g)	280	120	13	20	4.5	22	0	45	16	720	30	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
Jalapeño Double	5.6 oz (159 g)	430	210	23	36	9	44	1	80	27	1030	43	35	12	2	7	6	22	6	8	20	20
Chicken & Fish																						
Bacon Clubhouse Grilled Chicken Sandwich	9.5 oz (270 g)	590	230	25	39	8	42	0	110	37	1560	65	51	17	4	15	14	40	15	30	30	15
Bacon Clubhouse Crispy Chicken Sandwich	10 oz (284 g)	750	340	38	59	10	51	0.5	90	31	1720	72	65	22	4	15	16	36	15	25	30	15
McChicken ®	5.1 oz (144 g)	370	150	17	26	3.5	16	0	40	13	650	27	40	13	2	8	5	14	2	0	10	15
Buffalo Ranch McChicken	5.2 oz (148 g)	370	150	17	26	3.5	17	0	40	13	850	35	41	14	2	8	5	14	2	0	15	15
Bacon Buffalo Ranch McChicken	5.7 oz (162 g)	440	190	21	33	5	26	0	55	18	1120	46	41	14	2	8	6	20	2	10	15	15
Bacon Cheddar McChicken	6.1 oz (172 g)	490	220	25	38	7	36	0	70	23	1120	46	43	14	2	9	6	22	4	10	20	15
Southern Style Crispy Chicken Sandwich	5.6 oz (160 g)	430	170	19	29	3	15	0	45	14	910	38	43	14	2	7	7	21	4	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
Premium McWrap Southwest Chicken (Crispy)	11.7 oz (331 g)	670	290	32	50	8	40	0.5	60	20	1470	61	68	23	5	20	12	27	60	15	20	20
Premium McWrap Southwest Chicken (Grilled)	11.2 oz (317 g)	510	170	19	30	6	31	0	80	26	1300	54	54	18	5	20	10	31	70	15	20	20

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																			Vitamin A	Vitamin C	Calcium	Iron
Premium McWrap Chicken & Bacon (Crispy)	11.1 oz (316 g)	630	280	32	49	9	45	0.5	80	26	1540	64	56	19	3	13	7	32	60	20	20	20
Premium McWrap Chicken & Bacon (Grilled)	10.7 oz (302 g)	480	170	19	28	7	36	0	95	32	1370	57	42	14	3	13	6	36	60	25	20	20
Premium McWrap Chicken & Ranch (Crispy)	10.9 oz (310 g)	610	280	31	47	8	40	0.5	65	21	1340	56	56	19	3	14	8	27	60	15	20	20
Premium McWrap Chicken & Ranch (Grilled)	10.5 oz (297 g)	450	160	18	27	6	31	0.5	80	27	1170	49	42	14	3	14	6	30	60	15	15	20
Premium McWrap Chicken Sweet Chili (Crispy)	10.7 oz (304 g)	540	200	23	35	4.5	23	0	50	16	1260	52	61	20	3	13	14	23	60	15	8	20
Premium McWrap Chicken Sweet Chili (Grilled)	10.3 oz (291 g)	380	90	10	15	3	14	0	65	22	1090	45	47	16	3	13	12	27	60	15	8	20
Chipotle BBQ Snack Wrap (Crispy)	4.6 oz (130 g)	340	130	15	23	4.5	22	0	30	11	780	33	37	12	1	6	8	14	4	0	10	10
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	10	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	12	8	28	10	8	15	20
Premium Crispy Chicken Club Sandwich	8.8 oz (249 g)	670	300	33	51	9	44	0	85	29	1410	59	58	19	3	13	11	36	15	20	30	20
Premium Grilled Chicken Club Sandwich	8.3 oz (235 g)	510	180	20	31	7	35	0	105	35	1250	52	44	15	3	13	9	40	15	20	30	20
Premium Crispy Chicken Ranch BLT Sandwich	8.1 oz (230 g)	610	250	28	43	6	31	0	70	24	1400	58	57	19	3	13	11	32	10	20	15	20
Premium Grilled Chicken Ranch BLT Sandwich	7.6 oz (217 g)	450	130	15	23	4.5	22	0	90	30	1230	51	43	14	3	12	9	36	10	20	15	20
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
Chipotle BBQ Snack Wrap (Grilled)	4.3 oz (123 g)	260	70	8	13	3.5	18	0	40	14	700	29	30	10	1	6	7	16	4	2	10	10
Honey Mustard Snack Wrap (Crispy)	4.4 oz (126 g)	340	140	16	25	4.5	23	0	35	11	750	31	34	11	2	6	5	14	2	0	10	10
Honey Mustard Snack Wrap (Grilled)	4.2 oz (119 g)	260	80	9	14	3.5	18	0	45	14	660	28	27	9	2	6	4	16	2	2	10	10

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																			Vitamin A	Vitamin C	Calcium	Iron
Ranch Snack Wrap® (Crispy)	4.5 oz (128 g)	360	180	20	30	5	27	0	40	13	810	34	32	11	1	5	3	15	2	0	10	10
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 McNuggets® (40 piece) †	22.8 oz (646 g)	1880	1060	118	182	20	101	1	265	89	3600	150	118	39	6	24	1	87	0	15	8	25
Premium Bacon Ranch Salad with Crispy Chicken	11.3 oz (319 g)	390	190	22	33	6	29	0	70	23	870	36	36	12	3	14	7	26	170	30	15	10
Ranch Snack Wrap® (Grilled)	4.3 oz (121 g)	280	120	13	20	4.5	22	0	45	16	720	30	25	8	1	5	2	16	2	2	10	10
Premium Bacon Ranch Salad with Grilled Chicken	10.8 oz (306 g)	230	80	8	13	4	20	0	85	29	700	29	22	7	3	14	5	30	170	35	15	10
Premium Southwest Salad with Crispy Chicken	12.3 oz (348 g)	450	190	22	33	4.5	22	0	50	17	850	35	42	14	7	28	12	23	170	30	15	15
Premium Southwest Salad with Grilled Chicken	11.8 oz (335 g)	290	80	8	13	2.5	13	0	70	23	680	28	28	9	7	28	10	27	170	30	15	15
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
Breakfast																						
Fruit 'n Yogurt Parfait	5.2 oz (149 g)	150	20	2	3	1	5	0	5	2	80	3	30	10	1	3	23	4	2	15	10	4
Steak, Egg & Cheese Bagel †	8.5 oz (241 g)	670	310	35	53	13	63	1.5	295	99	1510	63	56	19	3	12	7	33	20	4	25	25
Steak & Egg Biscuit (Regular Biscuit)	7.1 oz (201 g)	540	290	32	49	16	78	1	280	93	1470	61	38	13	2	8	3	25	10	2	20	25
Sausage McMuffin® with Egg	5.7 oz (161 g)	450	250	28	43	10	52	0	285	95	860	36	30	10	4	17	2	21	15	0	30	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
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
Fruit & Maple Oatmeal †	8.9 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
Egg McMuffin®	4.8 oz (136 g)	300	120	13	20	5	25	0	260	87	750	31	31	10	4	17	3	17	10	0	25	15
Bacon, Egg & Cheese Biscuit (Regular Size Biscuit)	5.3 oz (150 g)	460	230	26	40	13	65	0	250	83	1300	54	38	13	2	7	3	19	10	8	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
Bacon, Egg & Cheese McGriddles	6.1 oz (174 g)	460	190	21	32	9	44	0	250	84	1250	52	48	16	2	9	15	19	10	10	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
Bacon, Egg & Cheese Bagel with Egg Whites	6.8 oz (194 g)	530	210	23	35	8	40	0.5	50	17	1340	56	55	18	3	12	7	27	10	10	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
Egg White Delight	4.8 oz (135 g)	250	70	8	12	3	15	0	25	8	770	32	30	10	4	17	3	18	6	0	25	8
HASH BROWNS	2 oz (56 g)	150	80	9	14	1.5	8	0	0	0	310	13	15	5	2	8	0	1	0	2	0	2
Bacon, Egg & Cheese Biscuit (Large Size Biscuit)	5.8 oz (164 g)	520	270	30	47	14	68	0	250	83	1410	59	43	14	3	12	4	19	15	8	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

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																			Vitamin A	Vitamin C	Calcium	Iron
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
Bacon, Egg & Cheese Biscuit with Egg Whites (Large Biscuit)	5.9 oz (167 g)	470	220	25	38	12	59	0	35	11	1420	59	42	14	3	12	4	20	6	8	15	15
Sausage McMuffin with Egg Whites	5.7 oz (161 g)	400	210	23	35	8	42	0	50	16	880	37	30	10	4	17	2	21	6	0	25	10
Bacon, Egg & Cheese McGriddles with Egg Whites	6.3 oz (178 g)	400	140	15	24	7	34	0	35	11	1250	52	47	16	2	9	16	20	2	10	15	10
Bacon, Egg & Cheese Biscuit with Egg Whites (RegularBiscuit)	5.4 oz (153 g)	410	180	20	32	11	56	0	35	11	1300	54	36	12	2	7	3	20	2	8	15	10
Big Breakfast with Egg Whites (Large Size Biscuit)	10.1 oz (286 g)	690	370	41	63	14	72	0	35	12	1700	71	55	18	4	17	4	26	4	2	10	15
Big Breakfast with Egg Whites (Regular Size Biscuit)	9.6 oz (272 g)	640	330	37	57	14	69	0	35	12	1590	66	50	17	3	12	3	26	0	2	10	15
Big Breakfast with Hotcakes and Egg Whites (Large Biscuit)	15.4 oz (437 g)	1050	450	50	77	16	81	0	55	19	2290	95	115	38	7	28	18	35	4	2	25	30
Big Breakfast with Hotcakes and Egg Whites (Regular Biscuit)	14.9 oz (423 g)	990	410	46	70	16	78	0	55	19	2170	91	110	37	6	23	17	35	0	2	25	30
Fruit & Maple Oatmeal †	8.9 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
Fruit & Maple Oatmeal without Brown Sugar †	8.8 oz (250 g)	260	40	4	6	1.5	8	0	5	2	115	5	49	16	5	22	18	5	2	130	6	10
Sausage Biscuit with Egg Whites (Large Size Biscuit)	6.4 oz (181 g)	520	280	32	49	13	65	0	35	11	1290	54	40	13	3	11	3	18	4	0	8	15
Sausage Biscuit with Egg Whites (Regular Size Biscuit)	5.9 oz (167 g)	460	250	27	42	12	62	0	35	11	1180	49	34	11	2	6	3	18	0	0	8	15
Sausage, Egg & Cheese McGriddles with Egg Whites	7.2 oz (205 g)	500	230	26	40	10	52	0	50	17	1320	55	46	15	2	9	15	21	2	0	20	10
Bacon, Egg & Cheese Bagel †	6.7 oz (190 g)	590	260	29	44	10	51	0.5	265	89	1340	56	56	19	3	11	7	27	20	10	20	20
Steak & Egg McMuffin	6.5 oz (185 g)	430	210	23	36	9	46	1	300	100	960	40	31	10	4	18	3	26	15	2	30	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
Sausage McMuffin®	3.9 oz (111 g)	370	200	23	35	8	42	0	45	15	780	33	29	10	4	17	2	14	8	0	25	10
Salads																						
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
Premium Bacon Ranch Salad (without chicken)	7.9 oz (223 g)	140	70	7	11	3.5	18	0	25	9	300	13	22	7	3	12	4	9	170	30	15	6
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	23	6	6	160	25	15	10
Premium Bacon Ranch Salad with Crispy Chicken	11.3 oz (319 g)	390	190	22	33	6	29	0	70	23	870	36	36	12	3	14	7	26	170	30	15	10
Premium Bacon Ranch Salad with Grilled Chicken	10.8 oz (306 g)	230	80	8	13	4	20	0	85	29	700	29	22	7	3	14	5	30	170	35	15	10
Premium Southwest Salad with Crispy Chicken	12.3 oz (348 g)	450	190	22	33	4.5	22	0	50	17	850	35	42	14	7	28	12	23	170	30	15	15
Premium Southwest Salad with Grilled Chicken	11.8 oz (335 g)	290	80	8	13	2.5	13	0	70	23	680	28	28	9	7	28	10	27	170	30	15	15
Snacks & Sides																						
Fruit 'n Yogurt Parfait	5.2 oz (149 g)	150	20	2	3	1	5	0	5	2	80	3	30	10	1	3	23	4	2	15	10	4
Small French Fries	2.6 oz (75 g)	230	100	11	17	1.5	8	0	0	0	130	5	30	10	2	10	0	2	0	30	0	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
Large French Fries	5.9 oz (168 g)	510	220	24	37	3.5	17	0	0	0	290	12	67	22	5	22	0	6	0	70	2	8
Medium French Fries	3.9 oz (111 g)	340	140	16	24	2.5	11	0	0	0	190	8	44	15	4	14	0	4	0	45	2	4
Kids Fries	1.3 oz (38 g)	110	50	5	8	1	4	0	0	0	65	3	15	5	1	5	0	1	0	15	0	2
Chipotle BBQ Snack Wrap (Crispy)	4.6 oz (130 g)	340	130	15	23	4.5	22	0	30	11	780	33	37	12	1	6	8	14	4	0	10	10
Chipotle BBQ Snack Wrap (Grilled)	4.3 oz (123 g)	260	70	8	13	3.5	18	0	40	14	700	29	30	10	1	6	7	16	4	2	10	10
Honey Mustard Snack Wrap (Crispy)	4.4 oz (126 g)	340	140	16	25	4.5	23	0	35	11	750	31	34	11	2	6	5	14	2	0	10	10
Honey Mustard Snack Wrap (Grilled)	4.2 oz (119 g)	260	80	9	14	3.5	18	0	45	14	660	28	27	9	2	6	4	16	2	2	10	10

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
Ranch Snack Wrap® (Crispy)	4.5 oz (128 g)	360	180	20	30	5	27	0	40	13	810	34	32	11	1	5	3	15	2	0	10	10
Ranch Snack Wrap® (Grilled)	4.3 oz (121 g)	280	120	13	20	4.5	22	0	45	16	720	30	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
Strawberry Gogurt	2.3 oz (64 g)	50	5	0.5	1	0	2	0	5	1	35	1	9	3	0	0	6	2	4	0	10	0
Cuties	3 oz (85 g)	40	0	0	0	0	0	0	0	0	0	0	10	3	1	6	8	1	0	70	2	0
Beverages																						
McCafé 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
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
Chocolate McCafé Shake (Small)	12 fl oz	560	140	16	25	10	51	1	60	20	240	10	91	30	1	5	77	12	20	0	40	8
Vanilla McCafé Shake (Small)	12 fl oz	530	140	15	24	10	49	1	60	20	160	7	86	29	0	0	63	11	20	0	40	0
Strawberry McCafé Shake (Small)	12 fl oz	550	150	16	25	10	52	1	60	21	160	7	90	30	0	0	79	12	20	0	40	0
Coffee (Large) §	20 fl oz cup	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Premium Roast Iced Coffee (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
McCafé 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
Frappe Mocha (Small) §	12 fl oz cup	440	160	18	27	11	57	1	60	21	125	5	64	21	1	3	57	7	15	0	20	4
Frappe Caramel (Small) §	12 fl oz cup	440	160	18	28	12	59	1	65	22	125	5	63	21	0	0	57	7	15	0	25	2
Frappe Chocolate Chip (Small) † §	12 fl oz cup	520	200	22	34	14	71	1	65	21	130	5	75	25	1	5	66	8	15	0	20	4
Blueberry Pomegranate Smoothie (Small) §	12 fl oz cup	220	5	0.5	1	0	2	0	5	1	40	2	50	17	3	12	44	2	0	2	6	2
Strawberry Banana Smoothie (Small) §	12 fl oz cup	210	5	0.5	1	0	2	0	5	1	50	2	47	16	3	10	44	3	0	30	8	2
Mango Pineapple Smoothie (Small) §	12 fl oz cup	210	5	0.5	1	0	2	0	5	1	40	2	50	17	1	4	46	2	30	20	8	2
McCafé 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

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																			Vitamin A	Vitamin C	Calcium	Iron
Minute Maid® 100% Apple Juice Box	6 fl oz (177 ml)	80	0	0	0	0	0	0	0	0	15	1	21	7	0	0	19	0	0	100	10	0
McCafé 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
McCafé Iced Mocha (Small)	12 fl oz cup	290	100	11	16	6	32	0	35	11	125	5	40	13	1	4	34	8	10	0	25	4
McCafé Iced Caramel Mocha (Small)	12 fl oz cup	270	100	11	16	6	32	0	35	11	140	6	37	12	0	0	32	8	10	0	25	2
McCafé White Chocolate Mocha (Small) §	12 fl oz cup	320	100	11	17	6	32	0	35	12	160	7	47	16	1	3	43	11	10	0	35	0
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
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
Iced Coffee--Caramel (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--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

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--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
Premium Roast Iced Coffee (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
Premium Roast Iced Coffee (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
Fat Free Chocolate Milk Jug †	1 carton (236 ml)	130	0	0	0	0	0	0	5	2	135	6	23	8	1	2	22	9	10	0	30	8
Minute Maid® Orange Juice (Small) §	12 fl oz cup	150	0	0	0	0	0	0	0	0	0	0	34	11	0	0	30	2	0	130	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
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
Coca-Cola® Classic (Small) §	16 fl oz cup	140	0	0	0	0	0	0	0	0	0	0	39	13	0	0	39	0	0	0	0	0
Diet Coke® (Small) §	16 fl oz cup	0	0	0	0	0	0	0	0	0	10	0	0	0	0	0	0	0	0	0	0	0
Dr Pepper® (Small) §	16 fl oz cup	140	0	0	0	0	0	0	0	0	45	2	37	12	0	0	35	0	0	0	0	0
Diet Dr Pepper® (Small) §	16 fl oz cup	0	0	0	0	0	0	0	0	0	70	3	0	0	0	0	0	2	0	0	0	0
Sprite® (Small) §	16 fl oz cup	140	0	0	0	0	0	0	0	0	30	1	37	12	0	0	37	0	0	0	0	0
Hi-C® Orange Lavaburst (Small) §	16 fl oz cup	160	0	0	0	0	0	0	0	0	0	0	43	14	0	0	42	0	0	210	0	0
Iced Tea (Small) §	(16 fl oz cup)	0	0	0	0	0	0	0	0	0	10	0	0	0	0	0	0	0	0	0	0	0
Sweet Tea (Small) §	16 fl oz cup	150	0	0	0	0	0	0	0	0	10	0	36	12	0	0	36	1	0	0	0	0
Minute Maid® Orange Juice (Medium) §	16 fl oz cup	190	0	0	0	0	0	0	0	0	0	0	44	15	0	0	39	3	0	160	4	0
POWERade® Mountain Blast (Small) §	16 fl oz cup	80	0	0	0	0	0	0	0	0	75	3	21	7	0	0	21	0	0	2	0	0

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																			Vitamin A	Vitamin C	Calcium	Iron
Sweet Tea (Medium) §	21 fl oz cup	180	0	0	0	0	0	0	0	0	10	0	45	15	0	0	45	1	0	0	0	0
Coca-Cola® Classic (Extra Small) §	12 fl oz cup	100	0	0	0	0	0	0	0	0	0	0	28	9	0	0	28	0	0	0	0	0
Coca-Cola® Classic (Large) §	30 fl oz cup	280	0	0	0	0	0	0	0	0	5	0	76	25	0	0	76	0	0	0	0	0
Coca-Cola® Classic (Medium) §	21 fl oz cup	200	0	0	0	0	0	0	0	0	5	0	55	18	0	0	55	0	0	0	0	0
Diet Coke® (Extra Small) §	12 fl oz cup	0	0	0	0	0	0	0	0	0	15	1	0	0	0	0	0	0	0	0	0	0
Diet Coke® (Large) §	30 fl oz cup	0	0	0	0	0	0	0	0	0	35	1	0	0	0	0	0	0	0	0	0	0
Diet Coke® (Medium) §	21 fl oz cup	0	0	0	0	0	0	0	0	0	20	1	0	0	0	0	0	0	0	0	0	0
Diet Dr Pepper® (Extra Small) §	12 fl oz cup	0	0	0	0	0	0	0	0	0	50	2	0	0	0	0	0	1	0	0	0	0
Diet Dr Pepper® (Large) §	30 fl oz cup	0	0	0	0	0	0	0	0	0	140	6	0	0	0	0	0	4	0	0	0	0
Diet Dr Pepper® (Medium) §	21 fl oz cup (N/A {})	0	0	0	0	0	0	0	0	0	100	4	0	0	0	0	0	3	0	0	0	0
Dr Pepper® (Extra Small) §	12 fl oz cup	100	0	0	0	0	0	0	0	0	30	1	27	9	0	0	26	0	0	0	0	0
Dr Pepper® (Large) §	30 fl oz cup	270	0	0	0	0	0	0	0	0	90	4	72	24	0	0	70	0	0	0	0	0
Dr Pepper® (Medium) §	21 fl oz cup	190	0	0	0	0	0	0	0	0	65	3	53	18	0	0	51	0	0	0	0	0
Hi-C® Orange Lavaburst (Extra Small) §	12 fl oz cup	110	0	0	0	0	0	0	0	0	0	0	31	10	0	0	31	0	0	150	0	0
Hi-C® Orange Lavaburst (Large) §	30 fl oz cup	310	0	0	0	0	0	0	0	0	0	0	84	28	0	0	84	0	0	410	0	0
Hi-C® Orange Lavaburst (Medium) §	21 fl oz cup	230	0	0	0	0	0	0	0	0	0	0	61	20	0	0	61	0	0	290	0	0
Iced Tea (Extra Small) §	(12 fl oz cup)	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0	0	0
Iced Tea (Large) §	(32 fl oz cup)	0	0	0	0	0	0	0	0	0	15	1	0	0	0	0	0	0	0	0	0	0
Iced Tea (Medium) §	(21 fl oz cup)	0	0	0	0	0	0	0	0	0	10	0	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	65	22	0	0	58	4	0	240	4	0
POWERade® Mountain Blast (Extra Small) §	12 fl oz cup	60	0	0	0	0	0	0	0	0	55	2	15	5	0	0	15	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
POWERade® Mountain Blast (Large) §	30 fl oz cup	160	0	0	0	0	0	0	0	0	150	6	42	14	0	0	42	0	0	2	0	0
POWERade® Mountain Blast (Medium) §	21 fl oz cup	120	0	0	0	0	0	0	0	0	105	4	30	10	0	0	30	0	0	2	0	0
Sprite® (Extra Small) §	12 fl oz cup	100	0	0	0	0	0	0	0	0	25	1	27	9	0	0	27	0	0	0	0	0
Sprite® (Large) §	30 fl oz cup	280	0	0	0	0	0	0	0	0	60	3	74	25	0	0	74	0	0	0	0	0
Sprite® (Medium) §	21 fl oz cup	200	0	0	0	0	0	0	0	0	45	2	54	18	0	0	54	0	0	0	0	0
Sweet Tea (Extra Small) §	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) †	30 fl oz cup	220	0	0	0	0	0	0	0	0	10	1	54	18	0	0	54	1	0	0	0	0
McCafé White Hot Chocolate (Small)	13.3 oz (376 g)	350	120	13	20	8	38	0	40	14	180	8	48	16	0	0	46	12	10	0	40	0
McCafé White Hot Chocolate (Medium)	16.3 oz (463 g)	420	140	15	24	9	45	0.5	50	17	230	9	59	20	0	0	57	14	15	0	50	0
McCafé White Hot Chocolate (Large)	20.8 oz (589 g)	520	170	19	29	11	56	0.5	60	21	290	12	71	24	0	0	69	18	20	0	60	0
McCafé																						
McCafé 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
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
Chocolate McCafé Shake (Medium)	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 (Large)	22 fl oz	850	210	23	36	15	74	1	85	29	380	16	141	47	2	8	120	19	30	0	60	15
Chocolate McCafé Shake (Small)	12 fl oz	560	140	16	25	10	51	1	60	20	240	10	91	30	1	5	77	12	20	0	40	8
Vanilla McCafé Shake (Small)	12 fl oz	530	140	15	24	10	49	1	60	20	160	7	86	29	0	0	63	11	20	0	40	0
Strawberry McCafé Shake (Small)	12 fl oz	550	150	16	25	10	52	1	60	21	160	7	90	30	0	0	79	12	20	0	40	0
Coffee (Large) §	20 fl oz cup	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Premium Roast Iced Coffee (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
McCafé 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

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 Mocha (Small) §	12 fl oz cup	440	160	18	27	11	57	1	60	21	125	5	64	21	1	3	57	7	15	0	20	4
Frappe Caramel (Small) §	12 fl oz cup	440	160	18	28	12	59	1	65	22	125	5	63	21	0	0	57	7	15	0	25	2
Frappe Chocolate Chip (Small) † §	12 fl oz cup	520	200	22	34	14	71	1	65	21	130	5	75	25	1	5	66	8	15	0	20	4
Blueberry Pomegranate Smoothie (Small) §	12 fl oz cup	220	5	0.5	1	0	2	0	5	1	40	2	50	17	3	12	44	2	0	2	6	2
Strawberry Banana Smoothie (Small) §	12 fl oz cup	210	5	0.5	1	0	2	0	5	1	50	2	47	16	3	10	44	3	0	30	8	2
Mango Pineapple Smoothie (Small) §	12 fl oz cup	210	5	0.5	1	0	2	0	5	1	40	2	50	17	1	4	46	2	30	20	8	2
McCafé 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
McCafé 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
McCafé Iced Mocha (Small)	12 fl oz cup	290	100	11	16	6	32	0	35	11	125	5	40	13	1	4	34	8	10	0	25	4
McCafé White Chocolate Mocha (Medium) §	16 fl oz cup	400	120	13	20	8	38	0	45	14	200	8	58	19	1	4	53	13	10	0	40	2
McCafé Iced Caramel Mocha (Small)	12 fl oz cup	270	100	11	16	6	32	0	35	11	140	6	37	12	0	0	32	8	10	0	25	2
McCafé 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
McCafé 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
Frappe Caramel (Large) §	22 fl oz cup	670	240	27	41	17	86	1.5	95	31	190	8	96	32	0	0	88	11	20	0	35	2
McCafé White Chocolate Mocha (Large) §	20 fl oz cup	480	140	16	25	9	47	0.5	50	17	250	10	70	23	1	5	65	17	15	0	50	2
McCafé 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
McCafé White Chocolate Mocha (Small) §	12 fl oz cup	320	100	11	17	6	32	0	35	12	160	7	47	16	1	3	43	11	10	0	35	0
Nonfat Latte (Medium) §	16 fl oz cup	130	0	0	1	0	1	0	5	2	135	6	19	6	1	4	16	12	15	0	40	0
Nonfat French Vanilla Latte (Small) §	12 fl oz cup	190	0	0	0	0	1	0	5	2	115	5	39	13	1	3	37	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 French Vanilla Latte (Medium) §	16 fl oz cup	240	0	0	1	0	1	0	5	2	140	6	49	16	1	4	46	12	15	0	40	2
Nonfat Latte (Large) §	20 fl oz cup	170	0	0.5	1	0	2	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	1	0	5	2	110	5	41	14	1	3	39	10	10	0	30	0
Nonfat French Vanilla Latte (Large) §	20 fl oz cup	300	0	0.5	1	0	2	0	10	3	180	8	60	20	1	6	56	16	15	0	50	2
Nonfat Caramel Latte (Medium) §	16 fl oz cup	250	0	0	1	0	1	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	2	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	1	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	1	0	1	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	2	0	10	3	180	7	63	21	1	6	59	16	15	0	50	2
Nonfat Latte with Sugar Free French Vanilla Syrup (Small) §	12 fl oz cup	140	0	0	0	0	1	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	1	0	1	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	2	0	10	3	240	10	38	13	2	7	21	16	15	0	50	2
McCafé 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
McCafé 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
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

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
Blueberry Pomegranate Smoothie (Large)	22 fl oz cup	340	10	1	2	0.5	3	0	5	2	65	3	79	26	5	19	70	4	0	4	10	2
Blueberry Pomegranate Smoothie (Medium)	16 fl oz cup	260	5	1	1	0	2	0	5	1	50	2	62	21	4	15	54	3	0	4	8	2
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
Frappe Chocolate Chip (Large) §	22 fl oz cup	750	280	31	48	20	99	1.5	95	32	200	8	110	37	1	5	99	12	20	0	35	6
Frappe Chocolate Chip (Medium) †	16 fl oz cup	620	230	26	40	17	83	1	80	26	160	7	90	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	10	1	2	0.5	3	0	5	2	60	3	78	26	2	6	72	4	50	30	10	2
Mango Pineapple Smoothie (Medium) §	16 fl oz cup	260	10	1	1	0	2	0	5	1	45	2	61	20	1	5	56	3	40	25	8	2
Iced Mocha (Medium) §	16 fl oz cup	340	110	12	19	7	36	0	40	13	150	6	49	16	1	5	43	9	10	0	30	6
Iced Mocha with Nonfat Milk (Medium) §	16 fl oz cup	280	45	5	7	3	15	0	20	7	150	6	50	17	1	5	43	10	15	0	30	6
Iced Caramel Mocha (Small) §	12 fl oz cup	270	100	11	16	6	32	0	35	11	140	6	37	12	0	0	32	8	10	0	25	2
Iced Caramel Mocha (Medium) §	16 fl oz cup	330	110	12	19	7	36	0	40	13	170	7	46	15	1	2	41	9	10	0	30	2
Iced Caramel Mocha (Large) §	22 fl oz cup	450	140	16	24	9	47	0.5	50	16	250	10	64	21	1	3	58	13	15	0	40	4
Iced Nonfat Caramel Mocha (Small) §	12 fl oz cup	220	40	4.5	7	3	14	0	20	6	140	6	38	13	0	0	33	8	10	0	25	2
Iced Nonfat Caramel Mocha (Medium) §	16 fl oz cup	270	45	4.5	7	3	15	0	20	7	170	7	46	15	1	2	41	10	15	0	30	2
Iced Nonfat Caramel Mocha (Large) §	22 fl oz cup	360	45	5	8	3	16	0	20	7	250	10	65	22	1	3	59	14	15	0	45	4
Frappe Mocha (Medium) §	16 fl oz cup	540	190	22	33	14	70	1	75	25	160	6	79	26	1	4	71	9	15	0	25	4
Frappe Mocha (Large) §	22 fl oz cup	670	230	26	40	17	84	1	90	30	190	8	97	32	1	4	88	11	20	0	35	4
Frappe Caramel (Medium)	16 fl oz cup	550	200	22	34	14	71	1	80	26	160	7	78	26	0	0	71	9	15	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	250	5	1	1	0	2	0	5	1	60	2	58	19	3	13	54	4	0	35	8	4
Strawberry Banana Smoothie (Large)	22 fl oz cup	330	10	1	2	0.5	3	0	5	2	80	3	74	25	4	16	70	5	0	45	10	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
Iced Coffee--Caramel (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--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

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
Premium Roast Iced Coffee (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
Premium Roast Iced Coffee (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
Strawberry McCafé Shake (Medium)	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 (Large)	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 (Medium)	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 (Large)	22 fl oz	820	210	23	35	15	73	1	90	29	260	11	135	45	0	0	101	18	30	0	60	0
McCafé 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
Iced Mocha (Large) §	22 fl oz cup	480	140	16	25	9	47	0.5	50	16	220	9	69	23	2	8	61	13	15	0	40	8
Iced Mocha (Small) §	12 fl oz cup	290	100	11	16	6	32	0	35	11	125	5	40	13	1	4	34	8	10	0	25	4
Iced Mocha with Nonfat Milk (Large) §	22 fl oz cup	380	45	5	8	3	16	0	20	7	220	9	70	23	2	8	62	14	15	0	45	8
Iced Mocha with Nonfat Milk (Small) §	12 fl oz cup	240	40	4.5	7	3	15	0	20	6	125	5	40	13	1	4	34	8	10	0	25	4
McCafé Iced Mocha (Large) §	22 fl oz cup	480	140	16	25	9	47	0.5	50	16	220	9	69	23	2	8	61	13	15	0	40	8
McCafé Iced Mocha (Medium)	16 fl oz cup	340	110	12	19	7	36	0	40	13	150	6	49	16	1	5	43	9	10	0	30	6
McCafé Iced Caramel Mocha (Medium)	16 fl oz cup	330	110	12	19	7	36	0	40	13	170	7	46	15	1	2	41	9	10	0	30	2
McCafé Iced Caramel Mocha (Large)	22 fl oz cup	450	140	16	24	9	47	0.5	50	16	250	10	64	21	1	3	58	13	15	0	40	4
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

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
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	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
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
McCafé 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
McCafé 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
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

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
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	1	0	5	2	110	5	15	5	1	3	13	10	10	0	30	0
White Hot Chocolate (Small)	13.3 oz (376 g)	350	120	13	20	8	38	0	40	14	180	8	48	16	0	0	46	12	10	0	40	0
White Hot Chocolate (Medium)	16.3 oz (463 g)	420	140	15	24	9	45	0.5	50	17	230	9	59	20	0	0	57	14	15	0	50	0
White Hot Chocolate (Large)	20.8 oz (589 g)	520	170	19	29	11	56	0.5	60	21	290	12	71	24	0	0	69	18	20	0	60	0
Nonfat White Hot Chocolate (Small)	13.3 oz (376 g)	260	25	3	4	2	9	0	15	6	180	8	48	16	0	0	46	12	15	0	45	0
Nonfat White Hot Chocolate (Medium)	16.4 oz (464 g)	320	25	3	4	2	9	0	20	6	220	9	59	20	0	0	58	15	20	0	50	0
Nonfat White Hot Chocolate (Large)	20.8 oz (590 g)	380	25	3	5	2	10	0	20	7	280	12	72	24	0	0	70	19	25	0	70	0
McCafé White Hot Chocolate (Small)	13.3 oz (376 g)	350	120	13	20	8	38	0	40	14	180	8	48	16	0	0	46	12	10	0	40	0
McCafé White Hot Chocolate (Medium)	16.3 oz (463 g)	420	140	15	24	9	45	0.5	50	17	230	9	59	20	0	0	57	14	15	0	50	0
McCafé White Hot Chocolate (Large)	20.8 oz (589 g)	520	170	19	29	11	56	0.5	60	21	290	12	71	24	0	0	69	18	20	0	60	0
Desserts & Shakes																						
Baked Hot Apple Pie	2.7 oz (77 g)	250	110	13	20	7	35	0	0	0	170	7	32	11	4	16	13	2	4	25	2	6
Chocolate Chip Cookie	1 cookie (33 g)	160	70	8	12	3.5	18	0	10	3	90	4	21	7	1	4	15	2	2	0	1	8
Oatmeal Raisin Cookie	1 cookie (33 g)	150	50	6	9	2.5	13	0	10	3	135	6	22	7	1	4	13	2	2	0	2	6
Fruit 'n Yogurt Parfait	5.2 oz (149 g)	150	20	2	3	1	5	0	5	2	80	3	30	10	1	3	23	4	2	15	10	4
Chocolate McCafé Shake (Medium)	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 (Large)	22 fl oz	850	210	23	36	15	74	1	85	29	380	16	141	47	2	8	120	19	30	0	60	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
McFlurry® with M&M'S® Candies (16 fl oz cup)	16 fl oz cup (413 g)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
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 M&M'S® Candies (12 fl oz cup)	12 fl oz cup (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
Chocolate McCafé Shake (Small)	12 fl oz	560	140	16	25	10	51	1	60	20	240	10	91	30	1	5	77	12	20	0	40	8
Vanilla McCafé Shake (Small)	12 fl oz	530	140	15	24	10	49	1	60	20	160	7	86	29	0	0	63	11	20	0	40	0
Strawberry McCafé Shake (Small)	12 fl oz	550	150	16	25	10	52	1	60	21	160	7	90	30	0	0	79	12	20	0	40	0
McFlurry® with OREO® Cookies (16 fl oz cup)	16 fl oz cup (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
Strawberry McCafé Shake (Medium)	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 (Large)	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 (Medium)	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 (Large)	22 fl oz	820	210	23	35	15	73	1	90	29	260	11	135	45	0	0	101	18	30	0	60	0
Condiments																						
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	8	0	10	3	15	1	0	0	0	0	0	0	2	0	1	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
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 g)	15	0	0	0	0	0	0	0	0	0	0	4	1	0	0	4	0	0	0	0	0
EQUAL® 0 Calorie Sweetener	1 pkg (1 g)	0	0	0	-	0	-	0	0	-	0	-	1	-	0	-	1	0	-	-	-	-
SPLENDA® No Calorie Sweetener	1 pkg (1 g)	0	0	0	-	0	-	0	0	-	0	-	1	-	0	-	1	0	-	-	-	-
Hot Habanero Sauce †	22 oz (0 g)	80	60	7	11	1	6	0	10	3	180	8	5	2	1	3	2	1	0	0	2	2
Ketchup Packet	1 pkg (9 g)	10	0	0	0	0	0	0	0	0	90	4	2	1	0	0	2	0	2	2	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
Newman's Own® Low Fat Sesame Ginger Dressing **	1.5 fl oz (44 ml)	90	25	2.5	4	0	2	0	0	0	410	17	15	5	1	3	9	1	0	4	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
Newman's Own® Low Fat Balsamic Vinaigrette	1.5 fl oz (44 ml)	35	15	1.5	N/A	0	N/A	0	0	N/A	400	N/A	5	N/A	0	N/A	3	0	N/A	N/A	N/A	N/A
Newman's Own® Creamy Southwest Dressing	1.5 fl oz (44 ml)	120	70	8	N/A	1.5	N/A	0	20	N/A	300	N/A	11	N/A	0	N/A	3	1	N/A	N/A	N/A	N/A
Newman's Own® Low Fat Family Recipe Italian Dressing	1.5 fl oz (44 ml)	50	15	1.5	N/A	0	N/A	0	0	N/A	380	N/A	8	N/A	1	N/A	2	0	0	0	N/A	N/A
Salt Packet	1 pkg (0 g)	0	0	0	0	0	0	0	0	0	270	11	0	0	0	0	0	0	0	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)	200	150	17	N/A	2.5	N/A	0	20	N/A	530	N/A	11	N/A	1	N/A	4	1	N/A	N/A	N/A	N/A
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
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
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
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
Tangy Barbeque Sauce	1 pkg (28 g)	50	0	0	1	0	0	0	0	0	260	11	12	4	0	0	10	0	2	0	0	0
Buffalo Ranch McChicken	5.2 oz (148 g)	370	150	17	26	3.5	17	0	40	13	850	35	41	14	2	8	5	14	2	0	15	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
Premium McWrap Southwest Chicken (Grilled)	11.2 oz (317 g)	510	170	19	30	6	31	0	80	26	1300	54	54	18	5	20	10	31	70	15	20	20
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
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 01-26-2015.

* 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)

§ 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 (including ice for beverages). 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. McDonalds USA does not certify or claim any of its US menu items as Halal, Kosher or meeting any other religious requirements. We do not promote any of our US menu items as vegetarian, vegan or gluten-free. This information is correct as of March 2014, unless stated otherwise.

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