



Nutrition Information for McDonald's Mighty Kids Meals

We provide a nutrition analysis of our kids meals to help you choose foods that best meet your child's nutrition needs. Our goal is to provide you with the information you need to make sensible decisions about balance, variety and moderation for you and your family.

	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Calcium (mg)	Iron (mg)	Vitamin A (IU)	Vitamin C (mg)
Mighty Kids Meals with Chicken McNuggets®														
Chicken McNuggets (6pc) Small French Fries 1% Low Fat White Milk Jug (8 fl oz)	610	31	6	0	50	890	57	3	12	25	350	1.5	500	9
Chicken McNuggets (6pc) Small French Fries 1% Low Fat Chocolate Milk Jug (8 fl oz)	670	31	6	0	50	910	72	4	25	26	330	1.5	500	10
Chicken McNuggets (6pc) Small French Fries Apple Juice Box (6.75 fl oz)	600	29	4.5	0	40	780	69	3	22	17	130	1.5	0	66
Chicken McNuggets (6pc) Small French Fries Sprite® (16 fl oz cup)*	650	29	4.5	0	40	800	84	3	39	17	25	1.5	0	6
Chicken McNuggets (6pc) Apple Dippers with Low Fat Caramel Dip 1% Low Fat White Milk Jug (8 fl oz)	480	20	5	0	55	770	51	0	27	23	390	1	530	192
Chicken McNuggets (6pc) Apple Dippers with Low Fat Caramel Dip 1% Low Fat Chocolate Milk Jug (8 fl oz)	540	21	5	0	50	790	66	1	40	23	370	1	520	193
Chicken McNuggets (6pc) Apple Dippers with Low Fat Caramel Dip Apple Juice Box (6.75 fl oz)	470	18	3.5	0	45	660	63	0	37	15	170	1	25	249
Chicken McNuggets (6pc) Apple Dippers with Low Fat Caramel Dip Sprite® (16 fl oz cup)*	520	18	3.5	0	45	680	78	0	54	15	70	1	25	189

This list is effective 11-19-2009

	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Calcium (mg)	Iron (mg)	Vitamin A (IU)	Vitamin C (mg)
Mighty Kids Meals with Double Hamburger														
Double Hamburger Small French Fries 1% Low Fat White Milk Jug (8 fl oz)	670	29	9	1	60	980	71	5	17	30	460	4	530	8
Double Hamburger Small French Fries 1% Low Fat Chocolate Milk Jug (8 fl oz)	730	29	9	1	60	1000	85	5	30	31	440	4	530	10
Double Hamburger Small French Fries Apple Juice Box (6.75 fl oz)	660	27	8	1	55	870	82	5	27	22	240	4	35	66
Double Hamburger Small French Fries Sprite® (16 fl oz cup)*	710	27	8	1	55	890	98	5	44	22	140	4	35	6
Double Hamburger Apple Dippers with Low Fat Caramel Dip 1% Low Fat White Milk Jug (8 fl oz)	540	18	8	1	65	850	65	2	32	28	510	3.5	560	192
Double Hamburger Apple Dippers with Low Fat Caramel Dip 1% Low Fat Chocolate Milk Jug (8 fl oz)	600	19	8	1	60	880	79	2	45	29	490	3.5	560	193
Double Hamburger Apple Dippers with Low Fat Caramel Dip Apple Juice Box (6.75 fl oz)	530	16	6	1	55	740	76	2	42	20	290	3.5	60	249
Double Hamburger Apple Dippers with Low Fat Caramel Dip Sprite® (16 fl oz cup)*	580	16	6	1	55	770	92	2	59	20	190	3.5	60	189

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	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Calcium (mg)	Iron (mg)	Vitamin A (IU)	Vitamin C (mg)
Mighty Kids with Double Cheeseburger														
Double Cheeseburger Small French Fries 1% Low Fat White Milk Jug (8 fl oz)	780	37	14	1.5	85	1440	75	5	19	35	600	4	1000	9
Double Cheeseburger Small French Fries 1% Low Fat Chocolate Milk Jug (8 fl oz)	840	37	14	1.5	85	1460	89	6	32	36	590	4	1000	10
Double Cheeseburger Small French Fries Apple Juice Box (6.75 fl oz)	770	34	12	1.5	80	1330	87	5	29	27	380	4	500	66
Double Cheeseburger Small French Fries Sprite® (16 fl oz cup)*	820	34	12	1.5	80	1350	102	5	46	27	280	4	500	6
Double Cheeseburger Apple Dippers with Low Fat Caramel Dip 1% Low Fat White Milk Jug (8 fl oz)	650	26	13	1.5	90	1310	69	2	34	33	650	3.5	1030	192
Double Cheeseburger Apple Dippers with Low Fat Caramel Dip 1% Low Fat Chocolate Milk Jug (8 fl oz)	710	26	13	1.5	90	1340	83	3	47	34	630	3.5	1020	193
Double Cheeseburger Apple Dippers with Low Fat Caramel Dip Apple Juice Box (6.75 fl oz)	640	23	11	1.5	80	1200	81	2	44	25	430	3.5	520	249
Double Cheeseburger Apple Dippers with Low Fat Caramel Dip Sprite® (16 fl oz cup)*	690	23	11	1.5	80	1230	96	2	61	25	330	3.5	520	189

This list is effective 11-19-2009

***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.**

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.

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 January 2007, unless stated otherwise.

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