



# 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>																						
Bacon Clubhouse Burger	9.7 oz (274 g)	740	370	41	64	16	79	1.5	125	41	1480	62	51	17	4	14	14	40	8	25	30	25
Bacon Clubhouse Grilled Chicken Sandwich	10 oz (285 g)	610	230	26	39	8	42	0	125	42	1750	73	50	17	3	14	14	45	8	30	35	15
Bacon Clubhouse Buttermilk Crispy Chicken Sandwich	10.1 oz (287 g)	790	360	40	62	11	53	0.5	110	37	1620	68	67	22	5	18	15	40	8	35	30	25
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 Buttermilk Crispy Chicken Sandwich	5.7 oz (163 g)	470	190	21	33	3.5	18	0	60	20	810	34	46	15	2	9	5	25	4	8	15	20
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 Chicken & Bacon (Buttermilk Crispy)	11.1 oz (314 g)	690	310	34	53	10	49	0.5	100	33	1450	60	58	19	4	17	6	36	100	35	20	30
Premium McWrap Chicken & Bacon (Grilled)	11 oz (312 g)	500	180	19	30	8	38	0.5	115	38	1570	66	41	14	3	13	5	41	100	30	25	20
Premium McWrap Chicken & Ranch (Buttermilk Crispy)	10.9 oz (309 g)	660	300	34	52	9	44	0.5	85	28	1250	52	59	20	4	18	6	31	100	25	20	30
Premium McWrap Chicken & Ranch (Grilled)	10.8 oz (306 g)	470	170	19	29	7	33	0.5	100	33	1370	57	41	14	3	13	5	35	100	25	25	20
Premium McWrap Chicken Sweet Chili (Buttermilk Crispy)	10.6 oz (301 g)	590	220	25	38	5	26	0	65	22	1160	48	64	21	4	17	12	27	100	25	10	30

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																			Vitamin A	Vitamin C	Calcium	Iron
Premium McWrap Chicken Sweet Chili (Grilled)	10.4 oz (294 g)	400	90	10	15	3	15	0	80	26	1250	52	46	15	3	13	11	31	100	25	15	20
Big Mac	7.5 oz (212 g)	540	250	28	43	10	50	1	80	26	970	40	47	16	3	13	9	25	6	2	25	25
Quarter Pounder® with Cheese +	7.3 oz (206 g)	540	250	28	43	13	66	1.5	100	34	1110	46	42	14	3	11	10	31	10	4	30	25
Double Quarter Pounder with Cheese	10.3 oz (291 g)	780	410	45	70	21	105	2.5	175	58	1310	54	43	14	3	11	10	50	10	4	30	40
Hamburger	3.5 oz (99 g)	250	70	8	13	3	16	0	30	9	490	20	32	11	1	6	6	12	2	2	10	15
Cheeseburger	4 oz (113 g)	300	110	12	18	6	28	0.5	40	14	680	29	33	11	2	7	7	15	6	2	20	15
BBQ Ranch Burger	4 oz (114 g)	350	140	15	23	6	30	0.5	45	15	670	28	37	12	3	10	7	15	4	0	20	15
Grilled Onion Cheddar	4 oz (114 g)	310	120	13	20	6	30	0.5	45	15	640	27	32	11	2	7	6	15	2	2	20	15
Double Cheeseburger	5.7 oz (163 g)	440	200	22	34	11	54	1	85	28	1050	44	35	12	2	8	7	25	10	2	30	20
McDouble	5.2 oz (148 g)	390	160	18	28	8	42	1	70	23	850	35	34	11	2	7	7	22	6	2	20	20
Bacon McDouble	5.7 oz (162 g)	460	210	23	35	10	51	1	85	29	1120	47	34	11	2	7	7	28	6	10	20	20
Daily Double †	6.8 oz (191 g)	440	210	24	36	9	46	1	75	25	770	32	34	11	2	8	7	22	8	6	20	20
Ranch Snack Wrap® (Buttermilk Crispy)	4.6 oz (129 g)	380	190	21	32	6	28	0	45	16	760	32	33	11	2	6	2	16	2	4	10	15
Ranch Snack Wrap® (Grilled)	4.5 oz (128 g)	290	120	13	20	4.5	22	0	55	18	820	34	25	8	1	4	2	19	2	2	15	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	5.7 oz (160 g)	440	210	24	36	9	46	1	75	25	990	41	35	12	2	7	6	23	6	8	20	20
Premium Crispy Chicken Deluxe Sandwich	8 oz (227 g)	530	200	22	34	4	20	0	45	16	1000	42	59	20	3	13	13	25	6	10	20	15
Quarter Pounder Deluxe	9.2 oz (260 g)	600	300	33	51	14	70	1.5	105	35	1200	50	44	15	3	14	11	31	15	10	30	25
Artisan Grilled Chicken Sandwich	7.3 oz (207 g)	360	50	6	9	1.5	8	0	75	25	960	40	43	14	3	11	10	33	4	15	25	15
Buttermilk Crispy Chicken Sandwich	8.1 oz (230 g)	580	220	24	37	4.5	22	0	65	22	900	37	62	21	4	16	11	29	6	20	20	20
<b>Chicken &amp; Fish</b>																						
Bacon Clubhouse Grilled Chicken Sandwich	10 oz (285 g)	610	230	26	39	8	42	0	125	42	1750	73	50	17	3	14	14	45	8	30	35	15

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																			Vitamin A	Vitamin C	Calcium	Iron
Premium Asian Salad with Buttermilk Crispy Chicken	10.5 oz (297 g)	450	220	24	37	3.5	16	0	60	20	640	27	35	12	6	24	10	27	180	70	15	25
Premium Asian Salad with Grilled Chicken	10.4 oz (295 g)	270	80	9	14	1	6	0	75	25	760	32	18	6	5	19	10	32	180	70	20	15
Bacon Clubhouse Buttermilk Crispy Chicken Sandwich	10.1 oz (287 g)	790	360	40	62	11	53	0.5	110	37	1620	68	67	22	5	18	15	40	8	35	30	25
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 Buttermilk Crispy Chicken Sandwich	5.7 oz (163 g)	470	190	21	33	3.5	18	0	60	20	810	34	46	15	2	9	5	25	4	8	15	20
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 Chicken & Bacon (Buttermilk Crispy)	11.1 oz (314 g)	690	310	34	53	10	49	0.5	100	33	1450	60	58	19	4	17	6	36	100	35	20	30
Premium McWrap Chicken & Bacon (Grilled)	11 oz (312 g)	500	180	19	30	8	38	0.5	115	38	1570	66	41	14	3	13	5	41	100	30	25	20
Premium McWrap Chicken & Ranch (Buttermilk Crispy)	10.9 oz (309 g)	660	300	34	52	9	44	0.5	85	28	1250	52	59	20	4	18	6	31	100	25	20	30
Premium McWrap Chicken & Ranch (Grilled)	10.8 oz (306 g)	470	170	19	29	7	33	0.5	100	33	1370	57	41	14	3	13	5	35	100	25	25	20
Premium McWrap Chicken Sweet Chili (Buttermilk Crispy)	10.6 oz (301 g)	590	220	25	38	5	26	0	65	22	1160	48	64	21	4	17	12	27	100	25	10	30
Premium McWrap Chicken Sweet Chili (Grilled)	10.4 oz (294 g)	400	90	10	15	3	15	0	80	26	1250	52	46	15	3	13	11	31	100	25	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

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																			Vitamin A	Vitamin C	Calcium	Iron
Ranch Snack Wrap® (Buttermilk Crispy)	4.6 oz (129 g)	380	190	21	32	6	28	0	45	16	760	32	33	11	2	6	2	16	2	4	10	15
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 Buttermilk Crispy Chicken	9.5 oz (268 g)	490	260	29	44	8	41	0	100	33	1000	42	26	9	4	15	4	34	180	60	15	20
Ranch Snack Wrap® (Grilled)	4.5 oz (128 g)	290	120	13	20	4.5	22	0	55	18	820	34	25	8	1	4	2	19	2	2	15	10
Premium Bacon Ranch Salad with Grilled Chicken	9.4 oz (266 g)	310	120	14	21	6	30	0	115	39	1120	47	9	3	3	10	3	38	180	60	20	10
Premium Southwest Salad with Buttermilk Crispy Chicken	10.4 oz (294 g)	510	230	26	40	6	31	0	75	25	790	33	43	14	7	29	9	28	180	45	20	20
Premium Southwest Salad with Grilled Chicken	10.3 oz (292 g)	330	100	11	17	4	20	0	90	31	920	38	26	9	6	25	9	33	180	40	25	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
Premium Crispy Chicken Deluxe Sandwich	8 oz (227 g)	530	200	22	34	4	20	0	45	16	1000	42	59	20	3	13	13	25	6	10	20	15
Chicken Selects (3 pc)	4.4 oz (124 g)	370	200	22	33	3	16	0	70	23	680	28	20	7	1	5	0	23	0	4	2	4
Artisan Grilled Chicken Sandwich	7.3 oz (207 g)	360	50	6	9	1.5	8	0	75	25	960	40	43	14	3	11	10	33	4	15	25	15
Buttermilk Crispy Chicken Sandwich	8.1 oz (230 g)	580	220	24	37	4.5	22	0	65	22	900	37	62	21	4	16	11	29	6	20	20	20
Premium Asian Salad with Crispy Chicken	10.3 oz (292 g)	410	200	22	34	3	14	0	45	14	740	31	32	11	5	21	12	23	170	60	15	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	8	25	30	15
Premium McWrap Chicken & Bacon (Crispy)	11 oz (311 g)	640	290	32	49	9	46	0.5	80	27	1550	65	56	19	4	14	7	33	100	30	20	25

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																			Vitamin A	Vitamin C	Calcium	Iron
Premium McWrap Chicken & Ranch (Crispy)	10.8 oz (305 g)	610	280	31	48	8	41	0.5	65	22	1350	56	56	19	4	15	7	27	100	20	20	20
Premium McWrap Chicken Sweet Chili (Crispy)	10.5 oz (298 g)	540	200	23	35	4.5	23	0	50	16	1260	52	61	20	4	14	13	24	100	20	10	20
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
Premium Bacon Ranch Salad with Crispy Chicken	9.3 oz (265 g)	450	240	26	41	8	39	0	85	28	1100	46	23	8	3	12	6	30	180	50	15	10
Premium Southwest Salad with Crispy Chicken	10.4 oz (294 g)	470	210	24	37	6	29	0	60	20	890	37	41	14	7	27	11	25	180	35	20	15
<b>Breakfast</b>																						
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
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

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																			Vitamin A	Vitamin C	Calcium	Iron
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
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

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																			Vitamin A	Vitamin C	Calcium	Iron
Bacon, Egg & Cheese Biscuit with Egg Whites (Regular Biscuit)	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
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
<b>Salads</b>																						
Side Salad	2.7 oz (78 g)	15	0	0	0	0	0	0	0	0	10	0	3	1	2	6	1	1	110	20	2	4
Premium Asian Salad (without chicken)	6.2 oz (177 g)	140	70	7	11	0.5	3	0	0	0	20	1	13	4	5	19	7	7	180	45	10	15
Premium Asian Salad with Buttermilk Crispy Chicken	10.5 oz (297 g)	450	220	24	37	3.5	16	0	60	20	640	27	35	12	6	24	10	27	180	70	15	25

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 Asian Salad with Grilled Chicken	10.4 oz (295 g)	270	80	9	14	1	6	0	75	25	760	32	18	6	5	19	10	32	180	70	20	15
Premium Bacon Ranch Salad (without chicken)	5.9 oz (169 g)	190	110	12	19	6	28	0	40	13	530	22	8	3	3	10	3	14	180	50	15	8
Premium Southwest Salad (without chicken)	6.1 oz (173 g)	160	60	7	11	3	16	0	15	5	190	8	18	6	5	21	4	8	180	35	20	10
Premium Bacon Ranch Salad with Buttermilk Crispy Chicken	9.5 oz (268 g)	490	260	29	44	8	41	0	100	33	1000	42	26	9	4	15	4	34	180	60	15	20
Premium Bacon Ranch Salad with Grilled Chicken	9.4 oz (266 g)	310	120	14	21	6	30	0	115	39	1120	47	9	3	3	10	3	38	180	60	20	10
Premium Southwest Salad with Buttermilk Crispy Chicken	10.4 oz (294 g)	510	230	26	40	6	31	0	75	25	790	33	43	14	7	29	9	28	180	45	20	20
Premium Southwest Salad with Grilled Chicken	10.3 oz (292 g)	330	100	11	17	4	20	0	90	31	920	38	26	9	6	25	9	33	180	40	25	15
<b>Snacks &amp; Sides</b>																						
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	2.7 oz (78 g)	15	0	0	0	0	0	0	0	0	10	0	3	1	2	6	1	1	110	20	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
Ranch Snack Wrap® (Buttermilk Crispy)	4.6 oz (129 g)	380	190	21	32	6	28	0	45	16	760	32	33	11	2	6	2	16	2	4	10	15
Ranch Snack Wrap® (Grilled)	4.5 oz (128 g)	290	120	13	20	4.5	22	0	55	18	820	34	25	8	1	4	2	19	2	2	15	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
Go-GURT Strawberry Flavored Low Fat Yogurt Tube	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



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
Baked Mozzarella Sticks (3 Piece)	2.3 oz (65 g)	200	90	10	15	4	21	0	20	7	560	23	18	6	1	4	1	9	4	0	25	4
<b>Beverages</b>																						
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
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
Shamrock McCafe® Shake (Small) †	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

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
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
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

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--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 (N/A {})	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 (N/A {})	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 (N/A {})	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 (N/A {})	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 (N/A {})	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 (N/A {})	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 (N/A {})	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 (N/A {})	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 (N/A {})	160	0	0	0	0	0	0	0	0	10	0	40	13	0	0	40	0	0	0	0	0
Minute Maid® Orange Juice (Medium) §	16 fl oz cup (N/A {})	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 (N/A {})	80	0	0	0	0	0	0	0	0	75	3	21	7	0	0	21	0	0	2	0	0
Sweet Tea (Medium) §	21 fl oz cup (N/A {})	220	0	0	0	0	0	0	0	0	15	0	56	19	0	0	56	0	0	0	0	0
Coca-Cola® Classic (Extra Small) §	12 fl oz cup (N/A {})	100	0	0	0	0	0	0	0	0	0	0	28	9	0	0	28	0	0	0	0	0

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																			Vitamin A	Vitamin C	Calcium	Iron
Coca-Cola® Classic (Large) §	30 fl oz cup (N/A {})	280	0	0	0	0	0	0	0	0	0	0	76	25	0	0	76	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	
Diet Coke® (Extra Small) §	12 fl oz cup (N/A {})	0	0	0	0	0	0	0	0	0	15	1	0	0	0	0	0	0	0	0	0	
Diet Coke® (Large) §	30 fl oz cup (N/A {})	0	0	0	0	0	0	0	0	0	35	1	0	0	0	0	0	0	0	0	0	
Diet Coke® (Medium) §	21 fl oz cup (N/A {})	0	0	0	0	0	0	0	0	0	20	1	0	0	0	0	0	0	0	0	0	
Diet Dr Pepper® (Extra Small) §	12 fl oz cup (N/A {})	0	0	0	0	0	0	0	0	0	50	2	0	0	0	0	0	1	0	0	0	
Diet Dr Pepper® (Large) §	30 fl oz cup (N/A {})	0	0	0	0	0	0	0	0	0	140	6	0	0	0	0	0	4	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	
Dr Pepper® (Extra Small) §	12 fl oz cup (N/A {})	100	0	0	0	0	0	0	0	0	30	1	27	9	0	0	26	0	0	0	0	
Dr Pepper® (Large) §	30 fl oz cup (N/A {})	270	0	0	0	0	0	0	0	0	90	4	72	24	0	0	70	0	0	0	0	
Dr Pepper® (Medium) §	21 fl oz cup (N/A {})	190	0	0	0	0	0	0	0	0	65	3	53	18	0	0	51	0	0	0	0	
Hi-C® Orange Lavaburst (Extra Small) §	12 fl oz cup (N/A {})	110	0	0	0	0	0	0	0	0	0	0	31	10	0	0	31	0	0	150	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	
Hi-C® Orange Lavaburst (Medium) §	21 fl oz cup (N/A {})	230	0	0	0	0	0	0	0	0	0	0	61	20	0	0	61	0	0	290	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	
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	
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	
Minute Maid® Orange Juice (Large) §	22 fl oz cup (N/A {})	280	0	0	0	0	0	0	0	0	0	0	65	22	0	0	58	4	0	240	4	
POWERAde® Mountain Blast (Extra Small) §	12 fl oz cup (N/A {})	60	0	0	0	0	0	0	0	0	55	2	15	5	0	0	15	0	0	0	0	
POWERAde® Mountain Blast (Large) §	30 fl oz cup (N/A {})	160	0	0	0	0	0	0	0	0	150	6	42	14	0	0	42	0	0	2	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 (Medium) §	21 fl oz cup (N/A {})	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 (N/A {})	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 (N/A {})	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 (N/A {})	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 (N/A {})	130	0	0	0	0	0	0	0	0	0	0	32	11	0	0	32	0	0	0	0	0
Sweet Tea (Large) †	30 fl oz cup (N/A {})	280	0	0	0	0	0	0	0	0	15	0	71	24	0	0	71	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
Red Flash (Extra Small)	9.2 oz (260 g)	110	0	0	0	0	0	0	0	0	0	0	29	10	0	0	29	0	0	0	0	0
Red Flash (Small)	12.6 oz (358 g)	150	0	0	0	0	0	0	0	0	0	0	41	14	0	0	41	0	0	0	0	0
Red Flash (Medium)	18.2 oz (515 g)	220	0	0	0	0	0	0	0	0	0	0	58	19	0	0	58	0	0	0	0	0
Red Flash (Large)	25 oz (709 g)	300	0	0	0	0	0	0	0	0	0	0	81	27	0	0	80	0	0	0	0	0
Iced Classic Lemonade (Small)	12.3 oz (348 g)	100	0	0	0	0	0	0	0	0	10	0	25	8	1	2	21	0	0	35	2	0
Iced Classic Lemonade (Medium)	15.6 oz (441 g)	130	0	0	0	0	0	0	0	0	15	1	32	11	1	3	28	0	0	40	2	0
Iced Classic Lemonade (Large)	20.3 oz (574 g)	170	0	0	0	0	0	0	0	0	15	1	43	14	1	3	37	1	0	50	2	0
Iced Classic Lemonade (Extra Large)	34.3 oz (973 g)	250	0	0	1	0	0	0	0	0	30	1	63	21	1	3	55	1	0	60	4	2
Frozen Classic Lemonade (Small)	12.6 oz (357 g)	160	0	0	0	0	0	0	0	0	10	0	40	13	0	0	36	0	0	35	2	0
Frozen Classic Lemonade (Medium)	15.6 oz (442 g)	200	0	0	0	0	0	0	0	0	15	1	50	17	0	0	44	0	0	40	2	0
Frozen Classic Lemonade (Large)	19.5 oz (553 g)	250	0	0	0	0	0	0	0	0	15	1	63	21	0	0	56	0	0	50	2	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
Frozen Classic Lemonade (Extra Large)	31.2 oz (885 g)	390	0	0	1	0	1	0	0	0	25	1	100	33	1	2	89	1	2	80	4	2
Iced Strawberry Lemonade (Small)	13.8 oz (390 g)	120	0	0	0	0	0	0	0	0	10	0	32	11	1	3	28	1	0	50	2	2
Iced Strawberry Lemonade (Medium)	17.6 oz (500 g)	160	0	0	0	0	0	0	0	0	15	1	43	14	1	4	37	1	0	60	2	2
Iced Strawberry Lemonade (Large)	22.9 oz (649 g)	220	0	0	1	0	0	0	0	0	20	1	57	19	1	5	50	1	0	70	2	2
Iced Strawberry Lemonade (Extra Large)	37.5 oz (1063 g)	310	0	0	1	0	0	0	0	0	30	1	80	27	1	5	71	1	0	100	4	2
Frozen Strawberry Lemonade (Small)	14.1 oz (399 g)	180	0	0	0	0	0	0	0	0	10	0	48	16	0	0	43	1	0	50	2	2
Frozen Strawberry Lemonade (Medium)	17.7 oz (501 g)	230	0	0	1	0	0	0	0	0	15	1	61	20	1	3	54	1	0	60	2	2
Frozen Strawberry Lemonade (Large)	22.1 oz (627 g)	290	0	0	1	0	0	0	0	0	15	1	76	25	1	3	68	1	0	80	2	2
Frozen Strawberry Lemonade (Extra Large)	34.4 oz (974 g)	450	5	0.5	1	0	1	0	0	0	25	1	117	39	1	5	105	1	2	110	4	2
Southern Style Iced Lemonade (Small)	12.3 oz (348 g)	140	0	0	0	0	0	0	0	0	105	4	37	12	0	0	33	0	0	15	0	0
Southern Style Iced Lemonade (Medium)	15.6 oz (441 g)	180	0	0	0	0	0	0	0	0	135	6	48	16	0	0	43	0	0	15	0	0
Southern Style Iced Lemonade (Large)	20.3 oz (574 g)	240	0	0	0	0	0	0	0	0	180	8	64	21	0	0	58	0	0	15	2	0
Southern Style Iced Lemonade (Extra Large)	34.3 oz (973 g)	350	0	0	0	0	0	0	0	0	270	11	94	31	0	0	86	0	0	15	2	0
Southern Style Frozen Lemonade (Small)	12.6 oz (357 g)	230	0	0	0	0	0	0	0	0	170	7	61	20	0	0	56	0	0	0	0	0
Southern Style Frozen Lemonade (Medium)	15.6 oz (442 g)	280	0	0	0	0	0	0	0	0	210	9	76	25	0	0	70	0	0	0	0	0
Southern Style Frozen Lemonade (Large)	19.5 oz (553 g)	360	0	0	0	0	0	0	0	0	270	11	95	32	0	0	87	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
Southern Style Frozen Lemonade (Extra Large)	31.2 oz (885 g)	570	0	0	0	0	0	0	0	0	420	18	151	50	0	0	139	0	0	0	2	0
Southern Style Iced Strawberry Lemonade (Small)	13.8 oz (390 g)	160	0	0	0	0	0	0	0	0	105	4	44	15	1	3	40	0	0	30	2	2
Southern Style Iced Strawberry Lemonade (Medium)	17.6 oz (500 g)	220	0	0	0	0	0	0	0	0	135	6	59	20	1	3	53	1	0	35	2	2
Southern Style Iced Strawberry Lemonade (Large)	22.9 oz (649 g)	290	0	0	0	0	0	0	0	0	180	8	78	26	1	4	71	1	0	40	2	2
Southern Style Iced Strawberry Lemonade (Extra Large)	37.5 oz (1063 g)	410	0	0	0	0	0	0	0	0	270	11	111	37	1	4	102	1	0	45	2	2
Southern Style Frozen Strawberry Lemonade (Small)	14.1 oz (399 g)	260	0	0	0	0	0	0	0	0	170	7	68	23	0	0	63	0	0	15	0	0
Southern Style Frozen Strawberry Lemonade (Medium)	17.7 oz (501 g)	320	0	0	0	0	0	0	0	0	210	9	86	29	0	0	79	0	0	20	2	0
Southern Style Frozen Strawberry Lemonade (Large)	22.1 oz (627 g)	400	0	0	0	0	0	0	0	0	270	11	108	36	0	0	100	0	0	25	2	0
Southern Style Frozen Strawberry Lemonade (Extra Large)	34.4 oz (974 g)	630	0	0	0	0	0	0	0	0	430	18	168	56	1	2	155	1	0	30	2	2
Oreo Frappe (Small)	14.6 oz (413 g)	540	180	20	30	12	60	1	60	21	170	7	82	27	1	4	68	7	15	0	20	6
Oreo Frappe (Medium)	18.3 oz (518 g)	650	210	24	36	14	72	1	75	25	200	8	102	34	1	4	84	9	15	0	25	6
Oreo Frappe (Large)	22.9 oz (648 g)	810	250	28	43	17	86	1	90	30	240	10	128	43	1	5	106	11	20	0	35	8
<b>McCafé</b>																						
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

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
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
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
Shamrock McCafe® Shake (Small) †	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
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



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
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
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

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 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	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
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

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 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
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

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--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
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
Shamrock McCafe® Shake (Medium) †	16 fl oz cup	660	170	19	29	12	61	1	75	24	210	9	109	36	0	0	93	14	25	0	50	0
Shamrock McCafe® Shake (Large) †	22 fl oz cup	820	210	23	35	15	73	1	90	29	260	11	135	45	0	0	115	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

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 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
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

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 (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	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

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 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
Iced Classic Lemonade (Small)	12.3 oz (348 g)	100	0	0	0	0	0	0	0	0	10	0	25	8	1	2	21	0	0	35	2	0
Frozen Classic Lemonade (Small)	12.6 oz (357 g)	160	0	0	0	0	0	0	0	0	10	0	40	13	0	0	36	0	0	35	2	0
Iced Strawberry Lemonade (Small)	13.8 oz (390 g)	120	0	0	0	0	0	0	0	0	10	0	32	11	1	3	28	1	0	50	2	2
Frozen Strawberry Lemonade (Small)	14.1 oz (399 g)	180	0	0	0	0	0	0	0	0	10	0	48	16	0	0	43	1	0	50	2	2
Oreo Frappe (Small)	14.6 oz (413 g)	540	180	20	30	12	60	1	60	21	170	7	82	27	1	4	68	7	15	0	20	6
<b>Desserts &amp; Shakes</b>																						
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
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

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 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® Chocolate 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)	520	150	17	26	9	44	0.5	45	14	260	11	80	27	1	3	64	12	15	0	40	6
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
STRAWBERRY & CRĂME PIE †	3.03 oz (86 g)	310	150	17	26	9	47	0	10	4	180	7	36	12	1	5	15	4	6	6	4	6
Shamrock McCafé® Shake (Small) †	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
Snack Size McFlurry® with M&M'S® Chocolate 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	18	6	29	0	30	9	170	7	53	18	0	0	43	8	10	0	25	4
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
Shamrock McCafé® Shake (Medium) †	16 fl oz cup	660	170	19	29	12	61	1	75	24	210	9	109	36	0	0	93	14	25	0	50	0
Shamrock McCafé® Shake (Large) †	22 fl oz cup	820	210	23	35	15	73	1	90	29	260	11	135	45	0	0	115	18	30	0	60	0
Fried Cherry Pie	2.9 oz (81 g)	230	90	10	16	3.5	16	0	0	0	135	6	33	11	1	3	15	2	6	0	2	6
<b>Condiments</b>																						
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



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
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
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	0.78 oz (22.134 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)	80	25	2.5	4	0	2	0	0	0	400	17	14	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 (28.4 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 (28.35 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
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
Marinara Sauce (Package)	0.8 oz (24 g)	15	0	0	0	0	0	0	0	0	75	3	2	1	0	0	2	0	4	0	0	0

**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 09-04-2015.**

\* 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.

++++ Based on weight before cooking 4.25 oz (120.5g)

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 May 2014, unless stated otherwise.

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