

# Nutrition Facts

Menu Item	Serving Size	Calories	Calories from Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	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>Sandwiches</b>																					
Hamburger	107 g	260	80	9	14	3.5	17	30	10	580	24	34	11	2	9	7	13	*	4	15	15
Cheeseburger	121 g	320	120	13	20	6	28	40	14	820	34	35	12	2	9	7	15	6	4	20	15
Quarter Pounder <sup>+</sup>	172 g	420	190	21	32	8	40	70	23	820	34	37	12	2	8	8	23	2	4	15	25
Quarter Pounder <sup>+</sup> with Cheese	200 g	530	270	30	46	13	63	95	32	1290	54	38	13	2	8	9	28	10	4	30	25
Big Mac <sup>®</sup>	216 g	560	280	31	48	10	51	85	28	1070	45	45	15	3	12	8	26	6	6	25	25
Arch Deluxe <sup>®</sup>	239 g	550	280	31	48	11	55	90	30	1010	42	39	13	4	16	8	28	10	10	15	25
Arch Deluxe <sup>®</sup> with Bacon	247 g	590	310	34	52	12	60	100	33	1150	48	39	13	4	16	8	32	10	10	15	25
Crispy Chicken Deluxe™	223 g	500	220	25	38	4	19	55	19	1100	46	43	14	4	14	5	26	6	8	6	15
Fish Filet Deluxe™	228 g	560	250	28	44	6	30	60	20	1060	44	54	18	4	16	5	23	6	4	8	15
Filet-O-Fish <sup>®</sup>	156 g	450	220	25	38	4.5	24	50	16	870	36	42	14	2	7	5	16	4	*	15	10
Grilled Chicken Deluxe™	223 g	440	180	20	31	3	16	60	21	1040	43	38	13	4	14	6	27	6	8	6	15
Grilled Chicken Deluxe™ (plain w/o mayo)	205 g	300	45	5	8	1	5	50	16	930	39	38	13	4	14	6	27	4	8	6	15
<b>French Fries</b>																					
Small French Fries	68 g	210	90	10	15	1.5	9	0	0	135	6	26	9	2	10	0	3	*	15	*	2
Large French Fries	147 g	450	200	22	33	4	19	0	0	290	12	57	19	5	21	0	6	*	30	2	6
Super Size <sup>®</sup> French Fries	176 g	540	230	26	40	4.5	23	0	0	350	15	68	23	6	25	0	8	*	35	2	8
<b>Chicken McNuggets<sup>®</sup>/Sauces</b>																					
Chicken McNuggets <sup>®</sup> (4 piece)	71 g	190	100	11	18	2.5	12	40	14	340	14	10	3	0	0	0	12	*	*	*	4
Chicken McNuggets <sup>®</sup> (6 piece)	106 g	290	150	17	26	3.5	18	60	21	510	21	15	5	0	0	0	18	*	*	2	6
Chicken McNuggets <sup>®</sup> (9 piece)	159 g	430	230	26	40	5	27	90	31	770	32	23	8	0	0	0	27	*	*	2	8
Hot Mustard (1 pkg)	28 g	60	30	3.5	5	0	0	5	1	240	10	7	2	<1	3	6	1	*	*	*	4
Barbeque Sauce (1 pkg)	28 g	45	0	0	0	0	0	0	0	250	10	10	3	0	0	10	0	*	6	*	*
Sweet 'N Sour Sauce (1 pkg)	28 g	50	0	0	0	0	0	0	0	140	6	11	4	0	0	10	0	6	*	*	*
Honey (1 pkg)	14 g	45	0	0	0	0	0	0	0	0	0	12	4	0	0	11	0	*	*	*	*
Honey Mustard (1 pkg)	14 g	50	40	4.5	7	0.5	3	10	3	85	4	3	1	0	0	3	0	*	*	*	*
Light Mayonnaise	12 g	40	35	4	6	0.5	3	5	2	85	4	1	0	0	0	0	0	0	0	0	0
<b>Salads</b>																					
Garden Salad	177 g	35	0	0	0	0	0	0	0	20	1	7	2	3	11	3	2	120	40	4	6
Grilled Chicken Salad Deluxe	257 g	120	10	1.5	2	0	0	45	16	240	10	7	2	3	11	3	21	120	40	4	8
Croutons (1 pkg)	12 g	50	10	1.5	2	0	0	0	0	80	3	7	2	<1	2	1	2	*	*	*	2
<b>Salad Dressings</b>																					
Caesar (1 pkg)	59.1 ml	160	130	14	22	3	15	20	6	450	19	7	2	0	0	0	2	2	*	6	*
Fat Free Herb Vinaigrette (1 pkg)	59.1 ml	50	0	0	0	0	0	0	0	330	14	11	4	0	0	9	0	*	2	*	2
Ranch (1 pkg)	59.1 ml	230	180	21	32	3	15	20	6	550	23	10	3	0	0	6	1	*	2	4	*
Red French Reduced Calorie (1 pkg)	59.1 ml	160	70	8	12	1	5	0	0	490	20	23	8	0	0	15	0	4	6	*	*
<b>Breakfast</b>																					
Egg McMuffin <sup>®</sup>	136 g	290	110	12	19	4.5	23	235	78	790	33	27	9	1	6	3	17	10	2	20	15
Sausage McMuffin <sup>®</sup>	112 g	360	210	23	35	8	41	45	15	740	31	26	9	1	6	2	13	4	*	20	10
Sausage McMuffin <sup>®</sup> with Egg	162 g	440	250	28	44	10	50	255	86	890	37	27	9	1	6	3	19	10	*	25	15
English Muffin	55 g	140	20	2	3	0	0	0	0	210	9	25	8	1	6	1	4	*	*	10	8
Sausage Biscuit	127 g	470	280	31	48	9	44	35	11	1080	45	35	12	1	6	3	11	*	*	8	15
Sausage Biscuit with Egg	178 g	550	330	37	57	10	52	245	82	1160	48	35	12	1	6	3	18	6	*	10	15
Bacon, Egg & Cheese Biscuit	157 g	470	250	28	43	8	42	235	79	1250	52	36	12	1	6	3	18	10	*	15	15
Biscuit	84 g	290	130	15	23	3	16	0	0	780	33	34	11	1	6	2	5	*	*	6	10
Sausage	43 g	170	150	16	25	5	27	35	11	290	12	0	0	0	0	0	6	*	*	*	2
Scrambled Eggs (2)	102 g	160	100	11	18	3.5	17	425	141	170	7	1	0	0	0	1	13	10	*	4	6
Hash Browns	53 g	130	70	8	12	1.5	7	0	0	330	14	14	5	1	6	0	1	*	4	*	2
Hotcakes (plain)	156 g	340	80	9	14	2	10	25	8	540	22	58	19	2	7	14	9	2	*	15	6
Hotcakes (Margarine 2 pats & Syrup)	228 g	610	160	18	28	3.5	18	25	8	680	28	104	35	2	7	45	9	8	*	15	6
Breakfast Burrito	117 g	320	180	20	30	7	34	195	65	600	25	23	8	2	6	2	13	10	15	15	10
<b>Muffins/Danish</b>																					
Lowfat Apple Bran Muffin	114 g	300	30	3	5	0.5	3	0	0	380	16	61	20	3	11	32	6	*	*	10	8
Apple Danish†	105 g	360	140	16	25	5	26	40	14	290	12	51	17	1	6	29	5	10	*	8	6
Cheese Danish†	105 g	410	200	22	34	8	42	70	24	340	14	47	16	0	0	26	7	15	*	8	6
Cinnamon Roll†	95 g	390	160	18	28	5	24	65	22	310	13	50	17	2	8	24	6	8	*	6	8
<b>Desserts/Shakes</b>																					
Vanilla Reduced Fat Ice Cream Cone	90 g	150	40	4.5	7	3	15	20	6	75	3	23	8	0	0	17	4	6	2	10	2
Strawberry Sundae	178 g	290	70	7	11	5	25	30	10	95	4	50	17	<1	3	46	7	10	2	20	2
Hot Caramel Sundae	182 g	360	90	10	15	6	31	35	11	180	7	61	20	0	0	47	7	10	2	25	*
Hot Fudge Sundae	179 g	340	100	12	18	9	45	30	10	170	7	52	17	1	5	47	8	10	2	25	4
Nuts (Sundaes)	7 g	40	30	3.5	5	0	0	0	0	55	2	2	1	<1	2	0	2	*	*	*	*
Butterfinger <sup>®</sup> McFlurry™	348g	620	190	22	33	14	69	70	23	260	11	90	30	<1	4	76	16	25	4	45	2
M&M <sup>®</sup> McFlurry™	348g	630	200	23	35	15	74	75	24	210	9	90	30	1	4	79	16	25	4	50	2
Nestle Crunch <sup>®</sup> McFlurry™	348g	630	220	24	37	16	79	75	25	230	10	89	30	<1	3	78	16	25	4	50	2
Oreo <sup>®</sup> McFlurry™	337g	570	180	20	31	12	59	70	23	280	12	82	27	<1	4	69	15	25	4	45	6
Baked Apple Pie	77 g	260	120	13	20	3.5	17	0	0	200	8	34	11	<1	4	13	3	*	40	2	6
Chocolate Chip Cookie	35 g	170	90	10	15	6	28	20	7	120	5	22	7	1	4	13	2	4	*	2	6
McDonaldland <sup>®</sup> Cookies (1 pkg)	42 g	180	45	5	8	1	6	0	0	190	8	32	11	1	5	12	3	*	*	2	10
Vanilla Shake - Small	414 ml	360	80	9	14	6	30	40	13	250	10	59	20	0	0	55	11	6	2	35	2
Chocolate Shake - Small	414 ml	360	80	9	14	6	30	40	13	250	11	60	20	1	5	54	11	6	2	35	4
Strawberry Shake - Small	414 ml	360	80	9	14	6	30	40	13	180	8	60	20	0	0	55	11	6	10	35	4
<b>Milk/Juices</b>																					
1% Lowfat Milk (8 fl oz)	1 crtn.	100	20	2.5	4	1.5	8	10	3	115	5	13	4	0	0	13					