



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 | | | | | | | | | | | | | | | | | | | | | | |
| Angus Bacon & Cheese | 10.2 oz (291 g) | 790 | 350 | 39 | 60 | 17 | 87 | 2 | 145 | 49 | 2070 | 86 | 63 | 21 | 4 | 14 | 13 | 45 | 10 | 4 | 25 | 35 |
| Angus Deluxe | 11.1 oz (314 g) | 750 | 350 | 39 | 60 | 16 | 82 | 2 | 135 | 45 | 1700 | 71 | 61 | 20 | 4 | 16 | 10 | 40 | 15 | 8 | 25 | 35 |
| Angus Mushroom & Swiss | 10 oz (283 g) | 770 | 360 | 40 | 61 | 17 | 85 | 2 | 135 | 46 | 1170 | 49 | 59 | 20 | 4 | 16 | 8 | 44 | 8 | 0 | 40 | 35 |
| Big Mac® | 7.6 oz (215 g) | 550 | 260 | 29 | 45 | 10 | 50 | 1.5 | 75 | 25 | 1000 | 42 | 46 | 15 | 3 | 13 | 9 | 25 | 6 | 2 | 25 | 25 |
| Quarter Pounder® with Cheese+ | 7.1 oz (202 g) | 520 | 240 | 26 | 40 | 12 | 61 | 1.5 | 90 | 31 | 1180 | 49 | 42 | 14 | 3 | 11 | 10 | 30 | 10 | 2 | 30 | 25 |
| Double Quarter Pounder® with Cheese++ | 10 oz (283 g) | 750 | 380 | 42 | 65 | 19 | 95 | 2.5 | 155 | 52 | 1360 | 57 | 42 | 14 | 3 | 11 | 10 | 48 | 10 | 2 | 30 | 35 |
| Hamburger | 3.5 oz (100 g) | 250 | 80 | 9 | 13 | 3.5 | 16 | 0.5 | 25 | 9 | 490 | 20 | 31 | 10 | 1 | 6 | 6 | 12 | 0 | 2 | 10 | 15 |
| Cheeseburger | 4 oz (115 g) | 300 | 110 | 12 | 19 | 6 | 28 | 0.5 | 40 | 13 | 720 | 30 | 33 | 11 | 2 | 7 | 7 | 15 | 6 | 2 | 20 | 15 |
| Double Cheeseburger | 5.8 oz (165 g) | 440 | 200 | 23 | 35 | 11 | 54 | 1.5 | 80 | 26 | 1120 | 47 | 34 | 11 | 2 | 8 | 7 | 25 | 10 | 2 | 25 | 20 |
| McDouble | 5.3 oz (151 g) | 390 | 170 | 19 | 29 | 8 | 42 | 1 | 65 | 22 | 890 | 37 | 33 | 11 | 2 | 7 | 7 | 23 | 6 | 2 | 20 | 20 |
| Daily Double† | 6.8 oz (194 g) | 440 | 220 | 24 | 37 | 9 | 47 | 1.5 | 70 | 23 | 810 | 34 | 33 | 11 | 2 | 8 | 7 | 23 | 8 | 6 | 20 | 20 |
| Filet-O-Fish® | 5 oz (143 g) | 380 | 170 | 18 | 28 | 3.5 | 19 | 0 | 40 | 14 | 610 | 25 | 39 | 13 | 2 | 6 | 5 | 16 | 2 | 0 | 15 | 15 |
| Southern Style Crispy Chicken Sandwich | 5.6 oz (159 g) | 420 | 170 | 19 | 28 | 3 | 15 | 0 | 45 | 14 | 900 | 38 | 43 | 14 | 2 | 7 | 7 | 21 | 2 | 2 | 15 | 15 |
| Premium Crispy Chicken Classic Sandwich | 7.5 oz (213 g) | 510 | 200 | 22 | 33 | 3.5 | 18 | 0 | 45 | 16 | 990 | 41 | 56 | 19 | 3 | 13 | 10 | 24 | 4 | 6 | 15 | 20 |
| Premium Grilled Chicken Classic Sandwich | 7 oz (200 g) | 350 | 80 | 9 | 13 | 2 | 9 | 0 | 65 | 22 | 820 | 34 | 42 | 14 | 3 | 13 | 8 | 28 | 4 | 8 | 15 | 20 |
| Premium Crispy Chicken Club Sandwich | 8.4 oz (237 g) | 620 | 260 | 29 | 45 | 7 | 37 | 0 | 70 | 24 | 1200 | 50 | 57 | 19 | 3 | 14 | 11 | 31 | 8 | 6 | 30 | 20 |
| Premium Grilled Chicken Club Sandwich | 7.9 oz (223 g) | 460 | 150 | 16 | 25 | 6 | 28 | 0 | 90 | 30 | 1030 | 43 | 43 | 14 | 3 | 13 | 9 | 35 | 8 | 8 | 30 | 20 |
| Premium Crispy Chicken Ranch BLT Sandwich | 7.6 oz (215 g) | 540 | 210 | 23 | 35 | 4.5 | 23 | 0 | 55 | 19 | 1170 | 49 | 56 | 19 | 3 | 13 | 11 | 27 | 4 | 6 | 15 | 20 |
| Premium Grilled Chicken Ranch BLT Sandwich | 7.1 oz (202 g) | 380 | 90 | 10 | 15 | 3 | 14 | 0 | 75 | 25 | 1000 | 42 | 42 | 14 | 3 | 13 | 9 | 31 | 4 | 8 | 15 | 20 |

| 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 |
| McChicken ® | 5 oz (143 g) | 360 | 140 | 16 | 25 | 3 | 15 | 0 | 35 | 11 | 800 | 33 | 40 | 13 | 2 | 7 | 5 | 14 | 0 | 2 | 10 | 15 |
| Angus Bacon & Cheese Snack Wrap | 5.1 oz (145 g) | 390 | 190 | 21 | 33 | 9 | 47 | 1 | 75 | 25 | 1080 | 45 | 28 | 9 | 1 | 5 | 4 | 21 | 6 | 2 | 10 | 20 |
| Angus Deluxe Snack Wrap | 6 oz (170 g) | 410 | 220 | 25 | 38 | 10 | 49 | 1.5 | 75 | 25 | 990 | 41 | 27 | 9 | 2 | 6 | 3 | 20 | 8 | 4 | 10 | 20 |
| Angus Mushroom & Swiss Snack Wrap | 5.7 oz (162 g) | 430 | 230 | 26 | 39 | 10 | 50 | 1.5 | 75 | 26 | 730 | 30 | 27 | 9 | 2 | 8 | 2 | 22 | 4 | 0 | 15 | 20 |
| Chipotle BBQ Snack Wrap® (Crispy) | 4.1 oz (117 g) | 330 | 140 | 15 | 23 | 4.5 | 22 | 0 | 30 | 10 | 720 | 30 | 34 | 11 | 1 | 5 | 4 | 14 | 4 | 2 | 10 | 10 |
| Chipotle BBQ Snack Wrap® (Grilled) | 4.2 oz (117 g) | 250 | 70 | 8 | 12 | 3.5 | 18 | 0 | 40 | 14 | 670 | 28 | 27 | 9 | 1 | 5 | 5 | 16 | 4 | 2 | 10 | 10 |
| Honey Mustard Snack Wrap® (Crispy) | 4.1 oz (116 g) | 330 | 140 | 15 | 24 | 4.5 | 22 | 0 | 30 | 10 | 700 | 29 | 33 | 11 | 1 | 5 | 4 | 14 | 2 | 2 | 10 | 10 |
| Honey Mustard Snack Wrap® (Grilled) | 4.1 oz (116 g) | 250 | 70 | 8 | 13 | 3.5 | 18 | 0 | 45 | 14 | 650 | 27 | 27 | 9 | 1 | 5 | 4 | 16 | 2 | 2 | 10 | 10 |
| Ranch Snack Wrap® (Crispy) | 4.2 oz (118 g) | 350 | 170 | 19 | 29 | 5 | 26 | 0 | 35 | 11 | 750 | 31 | 31 | 10 | 1 | 5 | 2 | 14 | 2 | 2 | 10 | 10 |
| Ranch Snack Wrap® (Grilled) | 4.2 oz (118 g) | 270 | 110 | 12 | 18 | 4 | 21 | 0 | 45 | 15 | 700 | 29 | 25 | 8 | 1 | 5 | 2 | 16 | 2 | 2 | 10 | 10 |
| Mac Snack Wrap† | 4.4 oz (126 g) | 330 | 170 | 19 | 29 | 7 | 34 | 1 | 45 | 15 | 690 | 29 | 26 | 9 | 1 | 5 | 3 | 15 | 2 | 0 | 8 | 15 |
| McRib ®† | 7.4 oz (209 g) | 500 | 240 | 26 | 40 | 10 | 48 | 0 | 70 | 23 | 980 | 41 | 44 | 15 | 3 | 10 | 11 | 22 | 2 | 2 | 15 | 20 |
| Chicken | | | | | | | | | | | | | | | | | | | | | | |
| Spicy Chicken McBites™ Regular Size† | 4.5 oz (127 g) | 410 | 220 | 25 | 38 | 4.5 | 23 | 0 | 55 | 18 | 890 | 37 | 27 | 9 | 0 | 0 | 0 | 21 | 6 | 2 | 4 | 4 |
| Chicken McNuggets® (4 piece) | 2.3 oz (65 g) | 190 | 110 | 12 | 18 | 2 | 10 | 0 | 25 | 9 | 360 | 15 | 12 | 4 | 1 | 2 | 0 | 9 | 0 | 2 | 0 | 2 |
| Chicken 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® (10 piece) | 5.7 oz (162 g) | 470 | 270 | 30 | 45 | 5 | 25 | 0 | 65 | 22 | 900 | 37 | 30 | 10 | 2 | 6 | 0 | 22 | 0 | 4 | 2 | 6 |
| Chicken McNuggets® (20 piece)** | 11.4 oz (323 g) | 940 | 530 | 59 | 91 | 10 | 50 | 0 | 135 | 44 | 1800 | 75 | 59 | 20 | 3 | 12 | 0 | 44 | 0 | 8 | 4 | 10 |
| Chicken Selects® Premium Breast Strips (3 pc) | 4.4 oz (124 g) | 380 | 210 | 23 | 35 | 3.5 | 16 | 0 | 55 | 18 | 750 | 31 | 21 | 7 | 1 | 3 | 0 | 23 | 0 | 4 | 2 | 4 |
| Chicken Selects® Premium Breast Strips (5 pc) | 7.3 oz (206 g) | 640 | 340 | 38 | 59 | 6 | 28 | 0 | 90 | 31 | 1240 | 52 | 36 | 12 | 1 | 4 | 0 | 38 | 0 | 6 | 4 | 6 |

| Nutrition Facts | Serving Size | Calories | Calories from Fat | Total Fat (g) | % Daily Value** | Saturated Fat (g) | % Daily Value** | <i>Trans</i> 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 Crispy Chicken Classic Sandwich | 7.5 oz (213 g) | 510 | 200 | 22 | 33 | 3.5 | 18 | 0 | 45 | 16 | 990 | 41 | 56 | 19 | 3 | 13 | 10 | 24 | 4 | 6 | 15 | 20 |
| Premium Grilled Chicken Classic Sandwich | 7 oz (200 g) | 350 | 80 | 9 | 13 | 2 | 9 | 0 | 65 | 22 | 820 | 34 | 42 | 14 | 3 | 13 | 8 | 28 | 4 | 8 | 15 | 20 |
| Premium Crispy Chicken Club Sandwich | 8.4 oz (237 g) | 620 | 260 | 29 | 45 | 7 | 37 | 0 | 70 | 24 | 1200 | 50 | 57 | 19 | 3 | 14 | 11 | 31 | 8 | 6 | 30 | 20 |
| Premium Grilled Chicken Club Sandwich | 7.9 oz (223 g) | 460 | 150 | 16 | 25 | 6 | 28 | 0 | 90 | 30 | 1030 | 43 | 43 | 14 | 3 | 13 | 9 | 35 | 8 | 8 | 30 | 20 |
| Premium Crispy Chicken Ranch BLT Sandwich | 7.6 oz (215 g) | 540 | 210 | 23 | 35 | 4.5 | 23 | 0 | 55 | 19 | 1170 | 49 | 56 | 19 | 3 | 13 | 11 | 27 | 4 | 6 | 15 | 20 |
| Premium Grilled Chicken Ranch BLT Sandwich | 7.1 oz (202 g) | 380 | 90 | 10 | 15 | 3 | 14 | 0 | 75 | 25 | 1000 | 42 | 42 | 14 | 3 | 13 | 9 | 31 | 4 | 8 | 15 | 20 |
| Chipotle BBQ Snack Wrap® (Crispy) | 4.1 oz (117 g) | 330 | 140 | 15 | 23 | 4.5 | 22 | 0 | 30 | 10 | 720 | 30 | 34 | 11 | 1 | 5 | 4 | 14 | 4 | 2 | 10 | 10 |
| Chipotle BBQ Snack Wrap® (Grilled) | 4.2 oz (117 g) | 250 | 70 | 8 | 12 | 3.5 | 18 | 0 | 40 | 14 | 670 | 28 | 27 | 9 | 1 | 5 | 5 | 16 | 4 | 2 | 10 | 10 |
| Honey Mustard Snack Wrap® (Crispy) | 4.1 oz (116 g) | 330 | 140 | 15 | 24 | 4.5 | 22 | 0 | 30 | 10 | 700 | 29 | 33 | 11 | 1 | 5 | 4 | 14 | 2 | 2 | 10 | 10 |
| Honey Mustard Snack Wrap® (Grilled) | 4.1 oz (116 g) | 250 | 70 | 8 | 13 | 3.5 | 18 | 0 | 45 | 14 | 650 | 27 | 27 | 9 | 1 | 5 | 4 | 16 | 2 | 2 | 10 | 10 |
| Ranch Snack Wrap® (Crispy) | 4.2 oz (118 g) | 350 | 170 | 19 | 29 | 5 | 26 | 0 | 35 | 11 | 750 | 31 | 31 | 10 | 1 | 5 | 2 | 14 | 2 | 2 | 10 | 10 |
| Ranch Snack Wrap® (Grilled) | 4.2 oz (118 g) | 270 | 110 | 12 | 18 | 4 | 21 | 0 | 45 | 15 | 700 | 29 | 25 | 8 | 1 | 5 | 2 | 16 | 2 | 2 | 10 | 10 |
| McChicken ® | 5 oz (143 g) | 360 | 140 | 16 | 25 | 3 | 15 | 0 | 35 | 11 | 800 | 33 | 40 | 13 | 2 | 7 | 5 | 14 | 0 | 2 | 10 | 15 |
| Southern Style Crispy Chicken Sandwich | 5.6 oz (159 g) | 420 | 170 | 19 | 28 | 3 | 15 | 0 | 45 | 14 | 900 | 38 | 43 | 14 | 2 | 7 | 7 | 21 | 2 | 2 | 15 | 15 |
| Premium Bacon Ranch Salad with Crispy Chicken | 11.3 oz (319 g) | 390 | 190 | 22 | 33 | 6 | 29 | 0 | 70 | 23 | 870 | 36 | 24 | 8 | 4 | 15 | 7 | 26 | 160 | 35 | 15 | 10 |
| Premium Bacon Ranch Salad with Grilled Chicken | 10.8 oz (305 g) | 230 | 80 | 9 | 13 | 4 | 20 | 0 | 85 | 29 | 700 | 29 | 10 | 3 | 4 | 15 | 5 | 30 | 160 | 35 | 15 | 10 |
| Premium Caesar Salad with Crispy Chicken | 10.9 oz (309 g) | 350 | 170 | 18 | 28 | 4.5 | 23 | 0 | 55 | 18 | 740 | 31 | 24 | 8 | 4 | 15 | 7 | 23 | 160 | 35 | 20 | 10 |
| Premium Caesar Salad with Grilled Chicken | 10.4 oz (296 g) | 190 | 50 | 5 | 8 | 3 | 14 | 0 | 70 | 24 | 580 | 24 | 10 | 3 | 4 | 15 | 5 | 27 | 160 | 35 | 20 | 10 |
| Premium Southwest Salad with Crispy Chicken | 12.3 oz (350 g) | 450 | 190 | 21 | 33 | 4.5 | 21 | 0 | 50 | 17 | 820 | 34 | 42 | 14 | 7 | 27 | 13 | 23 | 160 | 30 | 15 | 15 |

| Nutrition Facts | Serving Size | Calories | Calories from Fat | Total Fat (g) | % Daily Value** | Saturated Fat (g) | % Daily Value** | <i>Trans</i> 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 Southwest Salad with Grilled Chicken | 11.8 oz (335 g) | 290 | 70 | 8 | 13 | 2.5 | 13 | 0 | 70 | 23 | 650 | 27 | 28 | 9 | 7 | 27 | 11 | 27 | 160 | 35 | 15 | 15 |
| Spicy Chicken McBites™ Shareable Size† | 10 oz (284 g) | 910 | 500 | 55 | 85 | 10 | 50 | 0 | 120 | 40 | 1990 | 83 | 61 | 20 | 1 | 4 | 1 | 46 | 15 | 4 | 10 | 10 |
| Spicy Chicken McBites™ Snack Size† | 3 oz (85 g) | 270 | 150 | 17 | 25 | 3 | 15 | 0 | 35 | 12 | 600 | 25 | 18 | 6 | 0 | 0 | 0 | 14 | 4 | 0 | 2 | 2 |
| Breakfast | | | | | | | | | | | | | | | | | | | | | | |
| Apple Cinnamon Walnut Oatmeal** | 8.3 oz (242 g) | 270 | 70 | 8 | 12 | 2 | 10 | 0 | 5 | 2 | 105 | 4 | 45 | 15 | 5 | 20 | 19 | 6 | 2 | 130 | 10 | 8 |
| Fruit 'n Yogurt Parfait | 5.2 oz (149 g) | 150 | 20 | 2 | 3 | 1 | 5 | 0 | 5 | 2 | 70 | 3 | 30 | 10 | 1 | 3 | 23 | 4 | 2 | 15 | 10 | 4 |
| Snack Size Fruit & Walnuts | 1 pkg (163 g) | 210 | 70 | 8 | 13 | 1.5 | 7 | 0 | 5 | 2 | 60 | 2 | 31 | 10 | 2 | 9 | 25 | 4 | 0 | 170 | 8 | 2 |
| Egg McMuffin® | 4.9 oz (139 g) | 300 | 110 | 12 | 19 | 5 | 24 | 0 | 260 | 87 | 820 | 34 | 30 | 10 | 2 | 8 | 3 | 18 | 10 | 0 | 30 | 20 |
| Sausage McMuffin® | 4 oz (114 g) | 370 | 200 | 22 | 34 | 8 | 42 | 0 | 45 | 15 | 850 | 35 | 29 | 10 | 2 | 8 | 2 | 14 | 6 | 2 | 25 | 15 |
| Sausage McMuffin® with Egg | 5.8 oz (164 g) | 450 | 250 | 27 | 42 | 10 | 51 | 0 | 285 | 95 | 920 | 38 | 30 | 10 | 2 | 8 | 2 | 21 | 10 | 2 | 30 | 20 |
| Bacon, Egg & Cheese Biscuit (Regular Size Biscuit) | 4.9 oz (140 g) | 420 | 210 | 23 | 35 | 12 | 59 | 0 | 235 | 79 | 1160 | 48 | 37 | 12 | 2 | 7 | 3 | 15 | 10 | 0 | 15 | 15 |
| Sausage Biscuit (Regular Size Biscuit) | 4.1 oz (117 g) | 430 | 240 | 27 | 42 | 12 | 62 | 0 | 30 | 10 | 1080 | 45 | 34 | 11 | 2 | 6 | 2 | 11 | 0 | 0 | 6 | 15 |
| Sausage Biscuit with Egg (Regular Size Biscuit) | 5.7 oz (163 g) | 510 | 290 | 33 | 50 | 14 | 71 | 0 | 250 | 83 | 1170 | 49 | 36 | 12 | 2 | 6 | 2 | 18 | 6 | 0 | 10 | 20 |
| Bacon, Egg & Cheese McGriddles® | 5.8 oz (165 g) | 420 | 160 | 18 | 28 | 8 | 38 | 0 | 240 | 80 | 1110 | 46 | 48 | 16 | 2 | 8 | 15 | 15 | 10 | 0 | 20 | 15 |
| Sausage McGriddles® | 5 oz (141 g) | 420 | 200 | 22 | 34 | 8 | 40 | 0 | 35 | 11 | 1030 | 43 | 44 | 15 | 2 | 8 | 15 | 11 | 0 | 0 | 8 | 10 |
| Sausage, Egg & Cheese McGriddles® | 7.1 oz (202 g) | 560 | 290 | 32 | 49 | 12 | 61 | 0 | 265 | 88 | 1360 | 56 | 48 | 16 | 2 | 8 | 15 | 20 | 10 | 0 | 20 | 15 |
| Big Breakfast® (Regular Size Biscuit) | 9.5 oz (269 g) | 740 | 430 | 48 | 73 | 17 | 87 | 0 | 555 | 185 | 1560 | 65 | 51 | 17 | 3 | 12 | 3 | 28 | 15 | 2 | 15 | 25 |
| Big Breakfast with Hotcakes (Regular Size Biscuit) | 14.8 oz (420 g) | 1090 | 510 | 56 | 87 | 19 | 96 | 0 | 575 | 192 | 2150 | 90 | 111 | 37 | 6 | 23 | 17 | 36 | 15 | 2 | 25 | 40 |
| Cinnamon Melts | 4 oz (114 g) | 460 | 170 | 19 | 30 | 9 | 43 | 0 | 15 | 5 | 370 | 15 | 66 | 22 | 3 | 11 | 32 | 6 | 4 | 0 | 6 | 15 |
| Hotcakes | 5.3 oz (151 g) | 350 | 80 | 9 | 13 | 2 | 9 | 0 | 20 | 7 | 590 | 24 | 60 | 20 | 3 | 10 | 14 | 8 | 0 | 0 | 15 | 15 |

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|---|-----------------|----------|-------------------|---------------|-----------------|-------------------|-----------------|---------------|------------------|-----------------|-------------|-----------------|-------------------|-----------------|-------------------|-----------------|------------|-------------|---------------|-----------|---------|------|
| | | | | | | | | | | | | | | | | | | | Vitamin A | Vitamin C | Calcium | Iron |
| Hotcakes and Sausage | 6.8 oz (192 g) | 520 | 210 | 24 | 37 | 7 | 36 | 0 | 50 | 17 | 930 | 39 | 61 | 20 | 3 | 10 | 14 | 15 | 0 | 0 | 15 | 15 |
| Bacon, Egg & Cheese Bagel† | 6.5 oz (185 g) | 560 | 240 | 27 | 42 | 9 | 46 | 0.5 | 260 | 86 | 1300 | 54 | 56 | 19 | 3 | 10 | 7 | 24 | 20 | 2 | 20 | 20 |
| Southern Style Chicken Biscuit (Regular Size Biscuit) | 5 oz (143 g) | 410 | 180 | 20 | 31 | 8 | 41 | 0 | 30 | 10 | 1180 | 49 | 41 | 14 | 2 | 6 | 3 | 17 | 0 | 2 | 6 | 15 |
| Sausage Burrito | 3.9 oz (111 g) | 300 | 140 | 16 | 25 | 7 | 33 | 0 | 115 | 38 | 830 | 35 | 26 | 9 | 1 | 4 | 2 | 12 | 10 | 2 | 15 | 15 |
| Hash Brown | 2 oz (56 g) | 150 | 80 | 9 | 14 | 1.5 | 6 | 0 | 0 | 0 | 310 | 13 | 15 | 5 | 2 | 6 | 0 | 1 | 0 | 2 | 0 | 2 |
| Bacon, Egg & Cheese Biscuit (Large Size Biscuit) | 5.4 oz (154 g) | 480 | 240 | 27 | 42 | 12 | 62 | 0 | 235 | 79 | 1270 | 53 | 43 | 14 | 3 | 12 | 4 | 15 | 15 | 0 | 15 | 20 |
| Big Breakfast with Hotcakes (Large Size Biscuit) | 15.3 oz (434 g) | 1150 | 540 | 60 | 93 | 20 | 100 | 0 | 575 | 192 | 2260 | 94 | 116 | 39 | 7 | 28 | 17 | 36 | 15 | 2 | 30 | 40 |
| Big Breakfast® (Large Size Biscuit) | 10 oz (283 g) | 800 | 470 | 52 | 80 | 18 | 90 | 0 | 555 | 185 | 1680 | 70 | 56 | 19 | 4 | 17 | 3 | 28 | 15 | 2 | 15 | 30 |
| Sausage Biscuit (Large Size Biscuit) | 4.6 oz (131 g) | 480 | 280 | 31 | 48 | 13 | 65 | 0 | 30 | 10 | 1190 | 50 | 39 | 13 | 3 | 11 | 3 | 11 | 4 | 0 | 8 | 15 |
| Sausage Biscuit with Egg (Large Size Biscuit) | 6.2 oz (177 g) | 570 | 330 | 37 | 57 | 15 | 74 | 0 | 250 | 83 | 1280 | 53 | 42 | 14 | 3 | 11 | 3 | 18 | 10 | 0 | 10 | 20 |
| Southern Style Chicken Biscuit (Large Size Biscuit) | 5.5 oz (157 g) | 470 | 220 | 24 | 37 | 9 | 45 | 0 | 30 | 10 | 1290 | 54 | 46 | 15 | 3 | 11 | 4 | 17 | 4 | 2 | 8 | 15 |
| Fruit & Maple Oatmeal † | 9.2 oz (253 g) | 290 | 40 | 4.5 | 7 | 2 | 10 | 0 | 10 | 3 | 160 | 7 | 57 | 19 | 5 | 19 | 32 | 5 | 2 | 130 | 10 | 10 |
| Fruit & Maple Oatmeal without Brown Sugar† | 9.2 oz (251 g) | 260 | 40 | 4.5 | 7 | 2 | 9 | 0 | 5 | 2 | 115 | 5 | 48 | 16 | 5 | 22 | 18 | 5 | 2 | 130 | 6 | 10 |
| Salads | | | | | | | | | | | | | | | | | | | | | | |
| Premium Bacon Ranch Salad (without chicken) | 7.8 oz (223 g) | 140 | 70 | 7 | 11 | 3.5 | 18 | 0 | 25 | 9 | 300 | 12 | 10 | 3 | 3 | 13 | 4 | 9 | 160 | 30 | 15 | 8 |
| Premium Bacon Ranch Salad with Crispy Chicken | 11.3 oz (319 g) | 390 | 190 | 22 | 33 | 6 | 29 | 0 | 70 | 23 | 870 | 36 | 24 | 8 | 4 | 15 | 7 | 26 | 160 | 35 | 15 | 10 |
| Premium Bacon Ranch Salad with Grilled Chicken | 10.8 oz (305 g) | 230 | 80 | 9 | 13 | 4 | 20 | 0 | 85 | 29 | 700 | 29 | 10 | 3 | 4 | 15 | 5 | 30 | 160 | 35 | 15 | 10 |
| Premium Caesar Salad (without chicken) | 7.5 oz (213 g) | 90 | 35 | 4 | 6 | 2.5 | 12 | 0 | 10 | 4 | 180 | 7 | 9 | 3 | 3 | 13 | 4 | 7 | 160 | 30 | 20 | 8 |
| Premium Caesar Salad with Crispy Chicken | 10.9 oz (309 g) | 350 | 170 | 18 | 28 | 4.5 | 23 | 0 | 55 | 18 | 740 | 31 | 24 | 8 | 4 | 15 | 7 | 23 | 160 | 35 | 20 | 10 |

| 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 Caesar Salad with Grilled Chicken | 10.4 oz (296 g) | 190 | 50 | 5 | 8 | 3 | 14 | 0 | 70 | 24 | 580 | 24 | 10 | 3 | 4 | 15 | 5 | 27 | 160 | 35 | 20 | 10 |
| Premium Southwest Salad (without chicken) | 8.1 oz (231 g) | 140 | 40 | 4.5 | 7 | 2 | 9 | 0 | 10 | 3 | 150 | 6 | 20 | 7 | 6 | 24 | 6 | 6 | 160 | 25 | 15 | 10 |
| Premium Southwest Salad with Crispy Chicken | 12.3 oz (350 g) | 450 | 190 | 21 | 33 | 4.5 | 21 | 0 | 50 | 17 | 820 | 34 | 42 | 14 | 7 | 27 | 13 | 23 | 160 | 30 | 15 | 15 |
| Premium Southwest Salad with Grilled Chicken | 11.8 oz (335 g) | 290 | 70 | 8 | 13 | 2.5 | 13 | 0 | 70 | 23 | 650 | 27 | 28 | 9 | 7 | 27 | 11 | 27 | 160 | 35 | 15 | 15 |
| Side Salad | 3.1 oz (87 g) | 20 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 10 | 0 | 4 | 1 | 1 | 6 | 2 | 1 | 45 | 25 | 2 | 4 |
| Snack Size Fruit & Walnuts | 1 pkg (163 g) | 210 | 70 | 8 | 13 | 1.5 | 7 | 0 | 5 | 2 | 60 | 2 | 31 | 10 | 2 | 9 | 25 | 4 | 0 | 170 | 8 | 2 |
| Snacks & Sides | | | | | | | | | | | | | | | | | | | | | | |
| Small French Fries | 2.5 oz (71 g) | 230 | 100 | 11 | 18 | 1.5 | 8 | 0 | 0 | 0 | 160 | 7 | 29 | 10 | 3 | 12 | 0 | 3 | 0 | 8 | 2 | 4 |
| Apple Slices† | 1.2 oz (34 g) | 15 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 4 | 1 | 0 | 0 | 3 | 0 | 0 | 160 | 2 | 0 |
| Side Salad | 3.1 oz (87 g) | 20 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 10 | 0 | 4 | 1 | 1 | 6 | 2 | 1 | 45 | 25 | 2 | 4 |
| Fruit 'n Yogurt Parfait | 5.2 oz (149 g) | 150 | 20 | 2 | 3 | 1 | 5 | 0 | 5 | 2 | 70 | 3 | 30 | 10 | 1 | 3 | 23 | 4 | 2 | 15 | 10 | 4 |
| Snack Size Fruit & Walnuts | 1 pkg (163 g) | 210 | 70 | 8 | 13 | 1.5 | 7 | 0 | 5 | 2 | 60 | 2 | 31 | 10 | 2 | 9 | 25 | 4 | 0 | 170 | 8 | 2 |
| Angus Bacon & Cheese Snack Wrap | 5.1 oz (145 g) | 390 | 190 | 21 | 33 | 9 | 47 | 1 | 75 | 25 | 1080 | 45 | 28 | 9 | 1 | 5 | 4 | 21 | 6 | 2 | 10 | 20 |
| Angus Deluxe Snack Wrap | 6 oz (170 g) | 410 | 220 | 25 | 38 | 10 | 49 | 1.5 | 75 | 25 | 990 | 41 | 27 | 9 | 2 | 6 | 3 | 20 | 8 | 4 | 10 | 20 |
| Angus Mushroom & Swiss Snack Wrap | 5.7 oz (162 g) | 430 | 230 | 26 | 39 | 10 | 50 | 1.5 | 75 | 26 | 730 | 30 | 27 | 9 | 2 | 8 | 2 | 22 | 4 | 0 | 15 | 20 |
| Chipotle BBQ Snack Wrap® (Crispy) | 4.1 oz (117 g) | 330 | 140 | 15 | 23 | 4.5 | 22 | 0 | 30 | 10 | 720 | 30 | 34 | 11 | 1 | 5 | 4 | 14 | 4 | 2 | 10 | 10 |
| Chipotle BBQ Snack Wrap® (Grilled) | 4.2 oz (117 g) | 250 | 70 | 8 | 12 | 3.5 | 18 | 0 | 40 | 14 | 670 | 28 | 27 | 9 | 1 | 5 | 5 | 16 | 4 | 2 | 10 | 10 |
| Honey Mustard Snack Wrap® (Crispy) | 4.1 oz (116 g) | 330 | 140 | 15 | 24 | 4.5 | 22 | 0 | 30 | 10 | 700 | 29 | 33 | 11 | 1 | 5 | 4 | 14 | 2 | 2 | 10 | 10 |
| Honey Mustard Snack Wrap® (Grilled) | 4.1 oz (116 g) | 250 | 70 | 8 | 13 | 3.5 | 18 | 0 | 45 | 14 | 650 | 27 | 27 | 9 | 1 | 5 | 4 | 16 | 2 | 2 | 10 | 10 |
| Ranch Snack Wrap® (Crispy) | 4.2 oz (118 g) | 350 | 170 | 19 | 29 | 5 | 26 | 0 | 35 | 11 | 750 | 31 | 31 | 10 | 1 | 5 | 2 | 14 | 2 | 2 | 10 | 10 |
| Ranch Snack Wrap® (Grilled) | 4.2 oz (118 g) | 270 | 110 | 12 | 18 | 4 | 21 | 0 | 45 | 15 | 700 | 29 | 25 | 8 | 1 | 5 | 2 | 16 | 2 | 2 | 10 | 10 |

| Nutrition Facts | Serving Size | Calories | Calories from Fat | Total Fat (g) | % Daily Value** | Saturated Fat (g) | % Daily Value** | <i>Trans</i> 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 |
| | | | | | | | | | | | | | | | | | | | | | | |
| Mac Snack Wrap† | 4.4 oz (126 g) | 330 | 170 | 19 | 29 | 7 | 34 | 1 | 45 | 15 | 690 | 29 | 26 | 9 | 1 | 5 | 3 | 15 | 2 | 0 | 8 | 15 |
| Spicy Chicken McBites™ Regular Size† | 4.5 oz (127 g) | 410 | 220 | 25 | 38 | 4.5 | 23 | 0 | 55 | 18 | 890 | 37 | 27 | 9 | 0 | 0 | 0 | 21 | 6 | 2 | 4 | 4 |
| Large French Fries | 5.4 oz (154 g) | 500 | 220 | 25 | 38 | 3.5 | 17 | 0 | 0 | 0 | 350 | 15 | 63 | 21 | 6 | 26 | 0 | 6 | 0 | 20 | 2 | 8 |
| Medium French Fries | 4.1 oz (117 g) | 380 | 170 | 19 | 29 | 2.5 | 13 | 0 | 0 | 0 | 270 | 11 | 48 | 16 | 5 | 20 | 0 | 4 | 0 | 15 | 2 | 6 |
| Kids Fries | 1.1 oz (31 g) | 100 | 45 | 5 | 8 | 0.5 | 4 | 0 | 0 | 0 | 70 | 3 | 13 | 4 | 1 | 5 | 0 | 1 | 0 | 4 | 0 | 2 |
| Beverages | | | | | | | | | | | | | | | | | | | | | | |
| 1% Low Fat Milk Jug | 1 carton (236 ml) | 100 | 20 | 2.5 | 4 | 1.5 | 8 | 0 | 10 | 3 | 125 | 5 | 12 | 4 | 0 | 0 | 12 | 8 | 10 | 4 | 30 | 0 |
| Fat Free Chocolate Milk Jug† | 1 carton (236 ml) | 130 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 2 | 135 | 6 | 23 | 8 | 0 | 0 | 22 | 9 | 10 | 0 | 30 | 8 |
| Minute Maid® 100% Apple Juice Box | 6.8 fl oz (200 ml) | 100 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 15 | 1 | 23 | 8 | 0 | 0 | 22 | 0 | 0 | 100 | 10 | 0 |
| Dasani® Water | 16.9 fl oz | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Coca-Cola® Classic (Small)§ | 16 fl oz cup | 150 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 10 | 0 | 40 | 13 | 0 | 0 | 40 | 0 | 0 | 0 | 0 | 0 |
| Diet Coke® (Small)§ | 16 fl oz cup | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 20 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Dr Pepper® (Small)§ | 16 fl oz cup (357 g) | 150 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 50 | 2 | 39 | 13 | 0 | 0 | 39 | 0 | 0 | 0 | 0 | 0 |
| Diet Dr Pepper® (Small)§ | 16 fl oz cup (357 g) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 50 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Sprite® (Small)§ | 16 fl oz cup | 150 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 40 | 2 | 39 | 13 | 0 | 0 | 39 | 0 | 0 | 0 | 0 | 0 |
| Hi-C® Orange Lavaburst (Small)§ | 16 fl oz cup | 160 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 0 | 44 | 15 | 0 | 0 | 44 | 0 | 0 | 150 | 0 | 0 |
| Minute Maid® Orange Juice (Medium)§ | 16 fl oz cup | 190 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 39 | 13 | 0 | 0 | 39 | 3 | 0 | 180 | 4 | 0 |
| POWERAde® Mountain Blast (Small)§ | 16 fl oz cup | 100 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 85 | 4 | 27 | 9 | 0 | 0 | 21 | 0 | 0 | 0 | 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 (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 |
| 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 |
| Iced Coffee--Caramel (Small)§ | 16 fl oz cup | 130 | 50 | 5 | 8 | 3.5 | 17 | 0 | 20 | 7 | 80 | 3 | 21 | 7 | 0 | 0 | 20 | 1 | 4 | 0 | 4 | 0 |
| Iced Coffee--Hazelnut (Small)§ | 16 fl oz cup | 130 | 50 | 5 | 8 | 3.5 | 17 | 0 | 20 | 7 | 40 | 2 | 21 | 7 | 0 | 0 | 21 | 1 | 6 | 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--Regular (Small)§ | 16 fl oz cup | 140 | 50 | 5 | 8 | 3.5 | 17 | 0 | 20 | 7 | 40 | 2 | 22 | 7 | 0 | 0 | 22 | 1 | 4 | 0 | 4 | 0 |
| Iced Coffee--Vanilla (Small)§ | 16 fl oz cup | 130 | 50 | 5 | 8 | 3.5 | 17 | 0 | 20 | 7 | 40 | 2 | 21 | 7 | 0 | 0 | 21 | 1 | 4 | 0 | 4 | 0 |
| Coca-Cola® Classic (Child)§ | 12 fl oz cup | 110 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 0 | 29 | 10 | 0 | 0 | 29 | 0 | 0 | 0 | 0 | 0 |
| Coca-Cola® Classic (Large)§ | 32 fl oz cup | 310 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 20 | 1 | 86 | 29 | 0 | 0 | 86 | 0 | 0 | 0 | 0 | 0 |
| Coca-Cola® Classic (Medium)§ | 21 fl oz cup | 210 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 15 | 1 | 58 | 19 | 0 | 0 | 58 | 0 | 0 | 0 | 0 | 0 |
| Coffee (Large)§ | 16 fl oz cup | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Diet Coke® (Child)§ | 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)§ | 32 fl oz cup | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 45 | 2 | 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 | 30 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Diet Dr Pepper® (Child)§ | 12 fl oz cup (259 g) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 35 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Diet Dr Pepper® (Large)§ | 32 fl oz cup (760 g) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 110 | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Diet Dr Pepper® (Medium)§ | 21 fl oz cup (513 g) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 75 | 3 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Dr Pepper® (Child)§ | 12 fl oz cup (259 g) | 110 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 35 | 2 | 28 | 9 | 0 | 0 | 28 | 0 | 0 | 0 | 0 | 0 |
| Dr Pepper® (Large)§ | 32 fl oz cup (760 g) | 310 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 110 | 5 | 83 | 28 | 0 | 0 | 83 | 0 | 0 | 0 | 0 | 0 |
| Dr Pepper® (Medium)§ | 21 fl oz cup (513 g) | 210 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 75 | 3 | 56 | 19 | 0 | 0 | 56 | 0 | 0 | 0 | 0 | 0 |
| Hi-C® Orange Lavaburst (Child)§ | 12 fl oz cup | 120 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 32 | 11 | 0 | 0 | 32 | 0 | 0 | 110 | 0 | 0 |
| Hi-C® Orange Lavaburst (Large)§ | 32 fl oz cup | 350 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 10 | 0 | 94 | 31 | 0 | 0 | 94 | 0 | 0 | 320 | 0 | 0 |
| Hi-C® Orange Lavaburst (Medium)§ | 21 fl oz cup | 240 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 10 | 0 | 64 | 21 | 0 | 0 | 64 | 0 | 0 | 210 | 0 | 0 |
| Iced Coffee with Sugar Free Vanilla Syrup (Large)§ | 32 fl oz cup | 120 | 100 | 11 | 17 | 7 | 34 | 0 | 40 | 14 | 140 | 6 | 16 | 5 | 0 | 0 | 2 | 2 | 8 | 0 | 8 | 0 |
| Iced Coffee with Sugar Free Vanilla Syrup (Medium)§ | 22 fl oz cup | 90 | 70 | 8 | 13 | 5 | 26 | 0 | 30 | 11 | 100 | 4 | 11 | 4 | 0 | 0 | 2 | 2 | 6 | 0 | 6 | 0 |

| Nutrition Facts | Serving Size | Calories | Calories from Fat | Total Fat (g) | % Daily Value** | Saturated Fat (g) | % Daily Value** | Trans Fat (g) | Cholesterol (mg) | % Daily Value** | Sodium (mg) | % Daily Value** | Carbohydrates (g) | % Daily Value** | Dietary Fiber (g) | % Daily Value** | Sugars (g) | Protein (g) | % DAILY VALUE | | | |
|--|--------------|----------|-------------------|---------------|-----------------|-------------------|-----------------|---------------|------------------|-----------------|-------------|-----------------|-------------------|-----------------|-------------------|-----------------|------------|-------------|---------------|-----------|---------|------|
| | | | | | | | | | | | | | | | | | | | Vitamin A | Vitamin C | Calcium | Iron |
| Iced Coffee with Sugar Free Vanilla Syrup (Small)§ | 16 fl oz cup | 60 | 50 | 5 | 8 | 3.5 | 17 | 0 | 20 | 7 | 70 | 3 | 8 | 3 | 0 | 0 | 1 | 1 | 4 | 0 | 4 | 0 |
| Iced Coffee--Caramel (Large)§ | 32 fl oz cup | 270 | 100 | 11 | 17 | 7 | 34 | 0 | 40 | 14 | 160 | 7 | 41 | 14 | 0 | 0 | 41 | 2 | 8 | 0 | 8 | 0 |
| Iced Coffee--Caramel (Medium)§ | 22 fl oz cup | 190 | 70 | 8 | 13 | 5 | 26 | 0 | 30 | 11 | 115 | 5 | 27 | 9 | 0 | 0 | 27 | 2 | 6 | 0 | 6 | 0 |
| Iced Coffee--Hazelnut (Large)§ | 32 fl oz cup | 270 | 100 | 11 | 17 | 7 | 34 | 0 | 40 | 14 | 85 | 3 | 43 | 14 | 0 | 0 | 43 | 2 | 10 | 0 | 8 | 0 |
| Iced Coffee--Hazelnut (Medium)§ | 22 fl oz cup | 190 | 70 | 8 | 13 | 5 | 26 | 0 | 30 | 11 | 60 | 3 | 29 | 10 | 0 | 0 | 29 | 2 | 8 | 0 | 6 | 0 |
| Iced Coffee--Regular (Large)§ | 32 fl oz cup | 280 | 100 | 11 | 17 | 7 | 34 | 0 | 40 | 14 | 85 | 4 | 45 | 15 | 0 | 0 | 45 | 2 | 8 | 0 | 8 | 0 |
| Iced Coffee--Regular (Medium)§ | 22 fl oz cup | 200 | 70 | 8 | 13 | 5 | 26 | 0 | 30 | 11 | 60 | 3 | 30 | 10 | 0 | 0 | 30 | 2 | 6 | 0 | 6 | 0 |
| Iced Coffee--Vanilla (Large)† | 32 fl oz cup | 270 | 100 | 11 | 17 | 7 | 34 | 0 | 40 | 14 | 85 | 3 | 43 | 14 | 0 | 0 | 43 | 2 | 8 | 0 | 8 | 0 |
| Iced Coffee--Vanilla (Medium)§ | 22 fl oz cup | 190 | 70 | 8 | 13 | 5 | 26 | 0 | 30 | 11 | 60 | 3 | 29 | 10 | 0 | 0 | 28 | 2 | 6 | 0 | 6 | 0 |
| Iced Tea (Child)§ | 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 | 20 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Iced Tea (Medium)§ | 21 fl oz | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 15 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Minute Maid® Orange Juice (Large) | 22 fl oz cup | 280 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 0 | 58 | 19 | 0 | 0 | 58 | 4 | 0 | 260 | 4 | 0 |
| Minute Maid® Orange Juice (Small)§ | 12 fl oz cup | 150 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 30 | 10 | 0 | 0 | 30 | 2 | 0 | 140 | 2 | 0 |
| POWERRade® Mountain Blast (Child)§ | 12 fl oz cup | 70 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 65 | 3 | 20 | 7 | 0 | 0 | 16 | 0 | 0 | 0 | 0 | 0 |
| POWERRade® Mountain Blast (Large)§ | 32 fl oz cup | 220 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 190 | 8 | 58 | 19 | 0 | 0 | 46 | 0 | 0 | 0 | 0 | 0 |
| POWERRade® Mountain Blast (Medium)§ | 21 fl oz cup | 150 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 130 | 5 | 39 | 13 | 0 | 0 | 31 | 0 | 0 | 0 | 0 | 0 |
| Sprite® (Child)§ | 12 fl oz cup | 110 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 30 | 1 | 28 | 9 | 0 | 0 | 28 | 0 | 0 | 0 | 0 | 0 |
| Sprite® (Large)§ | 32 fl oz cup | 310 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 80 | 3 | 83 | 28 | 0 | 0 | 83 | 0 | 0 | 0 | 0 | 0 |
| Sprite® (Medium)§ | 21 fl oz cup | 210 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 55 | 2 | 56 | 19 | 0 | 0 | 56 | 0 | 0 | 0 | 0 | 0 |

| Nutrition Facts | Serving Size | Calories | Calories from Fat | Total Fat (g) | % Daily Value** | Saturated Fat (g) | % Daily Value** | <i>Trans</i> 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 |
| | | | | | | | | | | | | | | | | | | | | | | |
| Sweet Tea (Child)† | 12 fl oz cup | 110 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 0 | 27 | 9 | 0 | 0 | 27 | 0 | 0 | 0 | 0 | 0 |
| Sweet Tea (Large)† | 32 fl oz cup | 280 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 15 | 1 | 69 | 23 | 0 | 0 | 69 | 1 | 0 | 0 | 0 | 0 |
| 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 |
| McCafe | | | | | | | | | | | | | | | | | | | | | | |
| Coffee (Large)§ | 16 fl oz cup | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 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 |
| Iced Coffee with Sugar Free Vanilla Syrup (Large)§ | 32 fl oz cup | 120 | 100 | 11 | 17 | 7 | 34 | 0 | 40 | 14 | 140 | 6 | 16 | 5 | 0 | 0 | 2 | 2 | 8 | 0 | 8 | 0 |
| Iced Coffee with Sugar Free Vanilla Syrup (Medium)§ | 22 fl oz cup | 90 | 70 | 8 | 13 | 5 | 26 | 0 | 30 | 11 | 100 | 4 | 11 | 4 | 0 | 0 | 2 | 2 | 6 | 0 | 6 | 0 |
| Iced Coffee with Sugar Free Vanilla Syrup (Small)§ | 16 fl oz cup | 60 | 50 | 5 | 8 | 3.5 | 17 | 0 | 20 | 7 | 70 | 3 | 8 | 3 | 0 | 0 | 1 | 1 | 4 | 0 | 4 | 0 |
| Iced Coffee--Caramel (Large)§ | 32 fl oz cup | 270 | 100 | 11 | 17 | 7 | 34 | 0 | 40 | 14 | 160 | 7 | 41 | 14 | 0 | 0 | 41 | 2 | 8 | 0 | 8 | 0 |
| Iced Coffee--Caramel (Medium)§ | 22 fl oz cup | 190 | 70 | 8 | 13 | 5 | 26 | 0 | 30 | 11 | 115 | 5 | 27 | 9 | 0 | 0 | 27 | 2 | 6 | 0 | 6 | 0 |
| Iced Coffee--Caramel (Small)§ | 16 fl oz cup | 130 | 50 | 5 | 8 | 3.5 | 17 | 0 | 20 | 7 | 80 | 3 | 21 | 7 | 0 | 0 | 20 | 1 | 4 | 0 | 4 | 0 |
| Iced Coffee--Hazelnut (Large)§ | 32 fl oz cup | 270 | 100 | 11 | 17 | 7 | 34 | 0 | 40 | 14 | 85 | 3 | 43 | 14 | 0 | 0 | 43 | 2 | 10 | 0 | 8 | 0 |
| Iced Coffee--Hazelnut (Medium)§ | 22 fl oz cup | 190 | 70 | 8 | 13 | 5 | 26 | 0 | 30 | 11 | 60 | 3 | 29 | 10 | 0 | 0 | 29 | 2 | 8 | 0 | 6 | 0 |
| Iced Coffee--Hazelnut (Small)§ | 16 fl oz cup | 130 | 50 | 5 | 8 | 3.5 | 17 | 0 | 20 | 7 | 40 | 2 | 21 | 7 | 0 | 0 | 21 | 1 | 6 | 0 | 4 | 0 |
| Iced Coffee--Regular (Large)§ | 32 fl oz cup | 280 | 100 | 11 | 17 | 7 | 34 | 0 | 40 | 14 | 85 | 4 | 45 | 15 | 0 | 0 | 45 | 2 | 8 | 0 | 8 | 0 |
| Iced Coffee--Regular (Medium)§ | 22 fl oz cup | 200 | 70 | 8 | 13 | 5 | 26 | 0 | 30 | 11 | 60 | 3 | 30 | 10 | 0 | 0 | 30 | 2 | 6 | 0 | 6 | 0 |
| Iced Coffee--Regular (Small)§ | 16 fl oz cup | 140 | 50 | 5 | 8 | 3.5 | 17 | 0 | 20 | 7 | 40 | 2 | 22 | 7 | 0 | 0 | 22 | 1 | 4 | 0 | 4 | 0 |
| Iced Coffee--Vanilla (Large)† | 32 fl oz cup | 270 | 100 | 11 | 17 | 7 | 34 | 0 | 40 | 14 | 85 | 3 | 43 | 14 | 0 | 0 | 43 | 2 | 8 | 0 | 8 | 0 |
| Iced Coffee--Vanilla (Medium)§ | 22 fl oz cup | 190 | 70 | 8 | 13 | 5 | 26 | 0 | 30 | 11 | 60 | 3 | 29 | 10 | 0 | 0 | 28 | 2 | 6 | 0 | 6 | 0 |

| Nutrition Facts | Serving Size | Calories | Calories from Fat | Total Fat (g) | % Daily Value** | Saturated Fat (g) | % Daily Value** | <i>Trans</i> 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--Vanilla (Small)§ | 16 fl oz cup | 130 | 50 | 5 | 8 | 3.5 | 17 | 0 | 20 | 7 | 40 | 2 | 21 | 7 | 0 | 0 | 21 | 1 | 4 | 0 | 4 | 0 |
| Iced Mocha (Large)§ | 22 fl oz cup | 390 | 130 | 14 | 22 | 9 | 43 | 0.5 | 25 | 8 | 180 | 7 | 57 | 19 | 0 | 0 | 48 | 7 | 8 | 0 | 25 | 6 |
| Iced Mocha (Small)§ | N/A | 260 | 110 | 12 | 18 | 7 | 36 | 0 | 20 | 7 | 120 | 5 | 34 | 11 | 0 | 0 | 28 | 5 | 6 | 0 | 20 | 4 |
| Iced Mocha with Nonfat Milk (Large)§ | 22 fl oz cup | 340 | 70 | 8 | 13 | 5 | 26 | 0 | 10 | 3 | 180 | 7 | 58 | 19 | 0 | 0 | 48 | 8 | 10 | 0 | 25 | 6 |
| Iced Mocha with Nonfat Milk (Small)§ | 12 fl oz cup | 230 | 60 | 7 | 11 | 4.5 | 23 | 0 | 10 | 3 | 115 | 5 | 35 | 12 | 0 | 0 | 29 | 6 | 8 | 0 | 20 | 4 |
| Mocha (Small)§ | 12 fl oz cup | 280 | 100 | 11 | 16 | 6 | 32 | 0 | 20 | 7 | 125 | 5 | 40 | 13 | 0 | 0 | 33 | 6 | 4 | 0 | 20 | 4 |
| Mocha (Medium)§ | 16 fl oz cup | 330 | 110 | 12 | 18 | 7 | 35 | 0 | 25 | 8 | 150 | 6 | 48 | 16 | 0 | 0 | 41 | 7 | 6 | 0 | 25 | 4 |
| Mocha (Large)§ | 20 fl oz cup | 400 | 130 | 14 | 22 | 8 | 42 | 0.5 | 30 | 10 | 190 | 8 | 58 | 19 | 0 | 0 | 49 | 10 | 6 | 0 | 30 | 6 |
| Mocha with Nonfat Milk (Small)§ | 12 fl oz cup | 240 | 45 | 5 | 8 | 3 | 16 | 0 | 5 | 2 | 130 | 5 | 41 | 14 | 0 | 0 | 34 | 7 | 8 | 0 | 25 | 4 |
| Mocha with Nonfat Milk (Medium)§ | 16 fl oz cup | 280 | 50 | 6 | 9 | 3.5 | 17 | 0 | 10 | 3 | 160 | 6 | 50 | 17 | 0 | 0 | 42 | 8 | 10 | 0 | 25 | 4 |
| Mocha with Nonfat Milk (Large)§ | 20 fl oz cup | 330 | 50 | 6 | 9 | 3.5 | 18 | 0 | 10 | 3 | 190 | 8 | 58 | 19 | 0 | 0 | 50 | 10 | 10 | 0 | 30 | 6 |
| Caramel Mocha (Small)§ | 12 fl oz cup | 250 | 90 | 11 | 16 | 6 | 31 | 0 | 25 | 8 | 150 | 6 | 33 | 11 | 0 | 0 | 31 | 7 | 8 | 0 | 25 | 2 |
| Caramel Mocha (Medium)§ | 16 fl oz cup | 290 | 100 | 12 | 18 | 7 | 34 | 0 | 25 | 9 | 180 | 7 | 39 | 13 | 0 | 0 | 38 | 8 | 10 | 0 | 30 | 2 |
| Caramel Mocha (Large)§ | 20 fl oz cup | 360 | 130 | 14 | 22 | 8 | 42 | 0.5 | 35 | 12 | 220 | 9 | 47 | 16 | 0 | 0 | 46 | 10 | 10 | 0 | 35 | 4 |
| NonFat Caramel Mocha (Small)§ | 12 fl oz cup | 200 | 35 | 4 | 6 | 2.5 | 12 | 0 | 5 | 2 | 170 | 7 | 34 | 11 | 0 | 0 | 31 | 8 | 10 | 2 | 20 | 2 |
| NonFat Caramel Mocha (Medium)§ | 16 fl oz cup | 240 | 35 | 4 | 6 | 2.5 | 12 | 0 | 5 | 2 | 200 | 8 | 41 | 14 | 0 | 0 | 38 | 9 | 10 | 2 | 25 | 2 |
| NonFat Caramel Mocha (Large)§ | 20 fl oz cup | 280 | 35 | 4 | 6 | 2.5 | 12 | 0 | 10 | 3 | 260 | 11 | 49 | 16 | 0 | 0 | 46 | 12 | 15 | 4 | 35 | 2 |
| Latte (Small) § | 12 fl oz cup | 150 | 70 | 8 | 13 | 4.5 | 24 | 0 | 25 | 8 | 105 | 4 | 11 | 4 | 0 | 0 | 11 | 8 | 6 | 0 | 30 | 0 |
| Latte (Medium)§ | 16 fl oz cup | 180 | 90 | 10 | 15 | 6 | 28 | 0 | 30 | 10 | 130 | 5 | 13 | 4 | 0 | 0 | 13 | 10 | 6 | 0 | 35 | 2 |
| Latte (Large)§ | 20 fl oz cup | 210 | 100 | 11 | 18 | 7 | 33 | 0 | 35 | 12 | 150 | 6 | 16 | 5 | 0 | 0 | 16 | 11 | 8 | 0 | 40 | 2 |
| Caramel Latte (Large)§ | 20 fl oz cup | 330 | 80 | 9 | 15 | 5 | 27 | 0 | 30 | 10 | 210 | 9 | 52 | 17 | 0 | 0 | 51 | 9 | 6 | 0 | 35 | 2 |
| Caramel Latte (Medium)§ | 16 fl oz cup | 280 | 70 | 8 | 12 | 4.5 | 23 | 0 | 25 | 8 | 170 | 7 | 43 | 14 | 0 | 0 | 43 | 8 | 4 | 0 | 30 | 2 |
| Caramel Latte (Small)§ | 12 fl oz cup | 230 | 60 | 7 | 10 | 4 | 20 | 0 | 20 | 7 | 140 | 6 | 35 | 12 | 0 | 0 | 35 | 7 | 4 | 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 |
| | | | | | | | | | | | | | | | | | | | | | | |
| Hazelnut Latte (Small)§ | 12 fl oz cup | 230 | 60 | 7 | 10 | 4 | 20 | 0 | 20 | 7 | 90 | 4 | 36 | 12 | 0 | 0 | 36 | 7 | 6 | 0 | 25 | 0 |
| Hazelnut Latte (Medium)§ | 16 fl oz cup | 280 | 70 | 8 | 12 | 4.5 | 23 | 0 | 25 | 8 | 110 | 5 | 45 | 15 | 0 | 0 | 45 | 8 | 8 | 0 | 30 | 2 |
| Hazelnut Latte (Large)§ | 20 fl oz cup | 330 | 80 | 9 | 14 | 5 | 27 | 0 | 30 | 9 | 130 | 5 | 53 | 18 | 0 | 0 | 53 | 9 | 10 | 0 | 30 | 2 |
| Vanilla Latte (Small)§ | 12 fl oz cup | 230 | 60 | 7 | 10 | 4 | 20 | 0 | 20 | 7 | 90 | 4 | 36 | 12 | 0 | 0 | 36 | 7 | 4 | 0 | 25 | 0 |
| Vanilla Latte (Medium)§ | 16 fl oz cup | 280 | 70 | 8 | 12 | 4.5 | 23 | 0 | 25 | 8 | 110 | 5 | 44 | 15 | 0 | 0 | 44 | 8 | 4 | 0 | 30 | 2 |
| Vanilla Latte (Large)§ | 20 fl oz cup | 330 | 80 | 9 | 14 | 5 | 27 | 0 | 30 | 9 | 130 | 5 | 53 | 18 | 0 | 0 | 53 | 9 | 6 | 0 | 30 | 2 |
| Latte with Sugar Free Vanilla Syrup (Small)§ | 12 fl oz cup | 130 | 60 | 7 | 11 | 4 | 20 | 0 | 20 | 7 | 125 | 5 | 17 | 6 | 0 | 0 | 10 | 7 | 4 | 0 | 25 | 2 |
| Latte with Sugar Free Vanilla Syrup (Medium)§ | 16 fl oz cup | 160 | 70 | 8 | 13 | 5 | 24 | 0 | 25 | 8 | 150 | 6 | 21 | 7 | 0 | 0 | 11 | 8 | 6 | 0 | 30 | 2 |
| Latte with Sugar Free Vanilla Syrup (Large)§ | 20 fl oz cup | 180 | 90 | 10 | 15 | 6 | 28 | 0 | 30 | 10 | 180 | 7 | 25 | 8 | 0 | 0 | 13 | 10 | 6 | 0 | 35 | 2 |
| Nonfat Latte (Small)§ | 12 fl oz cup | 90 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 2 | 115 | 5 | 13 | 4 | 0 | 0 | 13 | 9 | 10 | 0 | 30 | 0 |
| Nonfat Latte (Medium)§ | 16 fl oz cup | 110 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 2 | 140 | 6 | 15 | 5 | 0 | 0 | 15 | 10 | 10 | 0 | 40 | 2 |
| Nonfat Latte (Large)§ | 20 fl oz cup | 120 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 2 | 160 | 7 | 18 | 6 | 0 | 0 | 18 | 12 | 15 | 0 | 45 | 2 |
| Nonfat Caramel Latte (Small)§ | 12 fl oz cup | 170 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 1 | 150 | 6 | 36 | 12 | 0 | 0 | 36 | 7 | 8 | 0 | 25 | 0 |
| Nonfat Caramel Latte (Medium)§ | 16 fl oz cup | 220 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 2 | 180 | 8 | 45 | 15 | 0 | 0 | 45 | 9 | 10 | 0 | 30 | 2 |
| Nonfat Caramel Latte (Large)§ | 20 fl oz cup | 260 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 2 | 220 | 9 | 53 | 18 | 0 | 0 | 53 | 10 | 10 | 0 | 35 | 2 |
| Nonfat Hazelnut Latte (Small)§ | 12 fl oz cup | 180 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 1 | 95 | 4 | 37 | 12 | 0 | 0 | 37 | 7 | 10 | 0 | 25 | 0 |
| Nonfat Hazelnut Latte (Medium)§ | 16 fl oz cup | 220 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 2 | 115 | 5 | 46 | 15 | 0 | 0 | 46 | 9 | 15 | 0 | 30 | 2 |
| Nonfat Hazelnut Latte (Large)§ | 20 fl oz cup | 260 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 2 | 135 | 6 | 55 | 18 | 0 | 0 | 55 | 10 | 15 | 0 | 35 | 2 |
| Nonfat Vanilla Latte (Small)§ | 12 fl oz cup | 180 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 1 | 95 | 4 | 37 | 12 | 0 | 0 | 37 | 7 | 8 | 0 | 25 | 0 |
| Nonfat Vanilla Latte (Medium)§ | 16 fl oz cup | 220 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 2 | 115 | 5 | 46 | 15 | 0 | 0 | 46 | 9 | 10 | 0 | 30 | 2 |
| Nonfat Vanilla Latte (Large)§ | 20 fl oz cup | 260 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 2 | 135 | 6 | 55 | 18 | 0 | 0 | 55 | 10 | 10 | 0 | 35 | 2 |
| Nonfat Latte with Sugar Free Vanilla Syrup (Small)§ | 12 fl oz cup | 80 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 1 | 130 | 5 | 18 | 6 | 0 | 0 | 11 | 7 | 8 | 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 |
| | | | | | | | | | | | | | | | | | | | | | | |
| Nonfat Latte with Sugar Free Vanilla Syrup (Medium)§ | 16 fl oz cup | 90 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 2 | 160 | 7 | 22 | 7 | 0 | 0 | 13 | 9 | 10 | 0 | 35 | 2 |
| Nonfat Latte with Sugar Free Vanilla Syrup (Large)§ | 20 fl oz cup | 110 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 2 | 190 | 8 | 27 | 9 | 0 | 0 | 15 | 11 | 15 | 0 | 40 | 2 |
| Cappuccino (Small)§ | 12 fl oz cup | 120 | 60 | 7 | 10 | 4 | 19 | 0 | 20 | 7 | 85 | 4 | 9 | 3 | 0 | 0 | 9 | 6 | 4 | 0 | 25 | 0 |
| Cappuccino (Medium)§ | 16 fl oz cup | 140 | 70 | 8 | 12 | 4.5 | 23 | 0 | 25 | 8 | 105 | 4 | 11 | 4 | 0 | 0 | 11 | 8 | 4 | 0 | 25 | 2 |
| Cappuccino (Large)§ | 20 fl oz cup | 180 | 90 | 10 | 15 | 6 | 28 | 0 | 30 | 10 | 130 | 5 | 13 | 4 | 0 | 0 | 13 | 9 | 6 | 0 | 35 | 2 |
| Caramel Cappuccino (Small)§ | 12 fl oz cup | 200 | 45 | 5 | 8 | 3 | 15 | 0 | 15 | 5 | 125 | 5 | 32 | 11 | 0 | 0 | 32 | 5 | 4 | 0 | 20 | 0 |
| Caramel Cappuccino (Medium)§ | 16 fl oz cup | 240 | 50 | 6 | 9 | 3.5 | 18 | 0 | 20 | 6 | 150 | 6 | 41 | 14 | 0 | 0 | 40 | 6 | 4 | 0 | 20 | 2 |
| Caramel Cappuccino (Large)§ | 20 fl oz cup | 290 | 70 | 8 | 12 | 4.5 | 22 | 0 | 25 | 8 | 190 | 8 | 49 | 16 | 0 | 0 | 49 | 8 | 4 | 0 | 25 | 2 |
| Hazelnut Cappuccino (Small)§ | 12 fl oz cup | 200 | 45 | 5 | 8 | 3 | 15 | 0 | 15 | 5 | 70 | 3 | 34 | 11 | 0 | 0 | 34 | 5 | 6 | 0 | 20 | 0 |
| Hazelnut Cappuccino (Medium)§ | 16 fl oz cup | 240 | 50 | 6 | 9 | 3.5 | 18 | 0 | 20 | 6 | 85 | 4 | 42 | 14 | 0 | 0 | 42 | 6 | 6 | 0 | 20 | 2 |
| Hazelnut Cappuccino (Large)§ | 20 fl oz cup | 290 | 70 | 8 | 12 | 4.5 | 22 | 0 | 25 | 8 | 105 | 4 | 51 | 17 | 0 | 0 | 51 | 7 | 8 | 0 | 25 | 2 |
| Vanilla Cappuccino (Small)§ | 12 fl oz cup | 200 | 45 | 5 | 8 | 3 | 15 | 0 | 15 | 5 | 70 | 3 | 34 | 11 | 0 | 0 | 34 | 5 | 4 | 0 | 20 | 0 |
| Vanilla Cappuccino (Medium)§ | 16 fl oz cup | 240 | 50 | 6 | 9 | 3.5 | 18 | 0 | 20 | 6 | 85 | 4 | 42 | 14 | 0 | 0 | 42 | 6 | 4 | 0 | 20 | 2 |
| Vanilla Cappuccino (Large)§ | 20 fl oz cup | 290 | 70 | 8 | 12 | 4.5 | 22 | 0 | 25 | 8 | 105 | 4 | 51 | 17 | 0 | 0 | 51 | 7 | 4 | 0 | 25 | 2 |
| Cappuccino with Sugar Free Vanilla Syrup (Small)§ | 12 fl oz cup | 100 | 50 | 5 | 8 | 3 | 16 | 0 | 15 | 5 | 105 | 4 | 15 | 5 | 0 | 0 | 7 | 5 | 4 | 0 | 20 | 2 |
| Cappuccino with Sugar Free Vanilla Syrup (Medium)§ | 16 fl oz cup | 120 | 60 | 6 | 10 | 3.5 | 19 | 0 | 20 | 6 | 130 | 5 | 18 | 6 | 0 | 0 | 9 | 6 | 4 | 0 | 20 | 2 |
| Cappuccino with Sugar Free Vanilla Syrup (Large)§ | 20 fl oz cup | 150 | 70 | 8 | 12 | 4.5 | 23 | 0 | 25 | 8 | 160 | 7 | 22 | 7 | 0 | 0 | 11 | 8 | 4 | 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 |
| Nonfat Cappuccino (Small)§ | 12 fl oz cup | 60 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 1 | 85 | 4 | 9 | 3 | 0 | 0 | 9 | 6 | 8 | 0 | 25 | 0 |
| Nonfat Cappuccino (Medium)§ | 16 fl oz cup | 80 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 2 | 110 | 5 | 12 | 4 | 0 | 0 | 12 | 8 | 10 | 0 | 30 | 2 |
| Nonfat Cappuccino (Large)§ | 20 fl oz cup | 90 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 2 | 130 | 5 | 13 | 4 | 0 | 0 | 13 | 9 | 10 | 0 | 35 | 2 |
| Nonfat Caramel Cappuccino (Small)§ | 12 fl oz cup | 150 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 1 | 120 | 5 | 33 | 11 | 0 | 0 | 32 | 5 | 6 | 0 | 20 | 0 |
| Nonfat Caramel Cappuccino (Medium)§ | 16 fl oz cup | 190 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 1 | 150 | 6 | 41 | 14 | 0 | 0 | 41 | 6 | 8 | 0 | 25 | 2 |
| Nonfat Caramel Cappuccino (Large)§ | 20 fl oz cup | 230 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 1 | 180 | 8 | 49 | 16 | 0 | 0 | 49 | 7 | 8 | 0 | 25 | 2 |
| Nonfat Hazelnut Cappuccino (Small)§ | 12 fl oz cup | 150 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 1 | 70 | 3 | 34 | 11 | 0 | 0 | 34 | 5 | 8 | 0 | 20 | 0 |
| Nonfat Hazelnut Cappuccino (Medium)§ | 16 fl oz cup | 190 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 1 | 90 | 4 | 43 | 14 | 0 | 0 | 43 | 6 | 10 | 0 | 25 | 2 |
| Nonfat Hazelnut Cappuccino (Large)§ | 20 fl oz cup | 230 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 1 | 100 | 4 | 51 | 17 | 0 | 0 | 51 | 7 | 10 | 0 | 25 | 2 |
| Nonfat Vanilla Cappuccino (Small)§ | 12 fl oz cup | 150 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 1 | 70 | 3 | 34 | 11 | 0 | 0 | 34 | 5 | 6 | 0 | 20 | 0 |
| Nonfat Vanilla Cappuccino (Medium)§ | 16 fl oz cup | 190 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 1 | 90 | 4 | 42 | 14 | 0 | 0 | 42 | 6 | 8 | 0 | 25 | 2 |
| Nonfat Vanilla Cappuccino (Large)§ | 20 fl oz cup | 230 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 1 | 100 | 4 | 51 | 17 | 0 | 0 | 51 | 7 | 8 | 0 | 25 | 2 |
| Nonfat Cappuccino with Sugar Free Vanilla Syrup (Small)§ | 12 fl oz cup | 50 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 1 | 100 | 4 | 15 | 5 | 0 | 0 | 8 | 5 | 6 | 0 | 20 | 2 |
| Nonfat Cappuccino with Sugar Free Vanilla Syrup (Medium)§ | 16 fl oz cup | 70 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 1 | 130 | 5 | 19 | 6 | 0 | 0 | 10 | 7 | 8 | 0 | 25 | 2 |
| Nonfat Cappuccino with Sugar Free Vanilla Syrup (Large)§ | 20 fl oz cup | 80 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 1 | 150 | 6 | 22 | 7 | 0 | 0 | 11 | 8 | 8 | 0 | 25 | 2 |
| Hot Chocolate (Small)§ | 12 fl oz cup | 300 | 110 | 12 | 18 | 7 | 35 | 0 | 25 | 8 | 135 | 6 | 41 | 14 | 0 | 0 | 35 | 8 | 6 | 0 | 25 | 4 |
| Hot Chocolate (Medium)§ | 16 fl oz cup | 380 | 130 | 15 | 23 | 9 | 43 | 0.5 | 30 | 11 | 170 | 7 | 53 | 18 | 0 | 0 | 45 | 10 | 8 | 0 | 35 | 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 |
| Hot Chocolate (Large)§ | 20 fl oz cup | 460 | 160 | 18 | 27 | 10 | 52 | 0.5 | 40 | 14 | 220 | 9 | 63 | 21 | 0 | 0 | 54 | 13 | 8 | 0 | 45 | 4 |
| Hot Chocolate with Nonfat Milk (Small)§ | 12 fl oz cup | 250 | 45 | 5 | 8 | 3 | 16 | 0 | 10 | 3 | 140 | 6 | 43 | 14 | 0 | 0 | 37 | 8 | 10 | 0 | 30 | 4 |
| Hot Chocolate with Nonfat Milk (Medium)§ | 16 fl oz cup | 310 | 50 | 6 | 9 | 3.5 | 17 | 0 | 10 | 3 | 190 | 8 | 55 | 18 | 0 | 0 | 47 | 11 | 15 | 0 | 40 | 4 |
| Hot Chocolate with Nonfat Milk (Large)§ | 20 fl oz cup | 390 | 50 | 6 | 9 | 3.5 | 18 | 0 | 10 | 4 | 250 | 11 | 68 | 23 | 0 | 0 | 59 | 16 | 20 | 0 | 60 | 4 |
| Iced Mocha (Medium)§ | 16 fl oz cup | 310 | 120 | 13 | 20 | 8 | 39 | 0 | 25 | 8 | 140 | 6 | 42 | 14 | 0 | 0 | 35 | 7 | 6 | 0 | 20 | 4 |
| Iced Mocha with Nonfat Milk (Medium)§ | 16 fl oz cup | 270 | 70 | 8 | 12 | 4.5 | 24 | 0 | 10 | 3 | 140 | 6 | 43 | 14 | 0 | 0 | 35 | 7 | 10 | 0 | 25 | 4 |
| Iced Caramel Mocha (Small)§ | 12 fl oz cup | 240 | 100 | 12 | 18 | 7 | 35 | 0 | 25 | 8 | 130 | 5 | 29 | 10 | 0 | 0 | 26 | 6 | 8 | 0 | 20 | 2 |
| Iced Caramel Mocha (Medium)§ | 16 fl oz cup | 300 | 120 | 14 | 21 | 8 | 40 | 0 | 30 | 10 | 160 | 7 | 36 | 12 | 0 | 0 | 33 | 8 | 10 | 0 | 25 | 2 |
| Iced Caramel Mocha (Large)§ | 22 fl oz cup | 380 | 140 | 16 | 24 | 9 | 47 | 0.5 | 35 | 12 | 210 | 9 | 48 | 16 | 0 | 0 | 46 | 10 | 10 | 0 | 35 | 2 |
| Iced NonFat Caramel Mocha (Small)§ | 12 fl oz cup | 200 | 50 | 6 | 9 | 4 | 19 | 0 | 10 | 3 | 140 | 6 | 29 | 10 | 0 | 0 | 26 | 6 | 8 | 2 | 15 | 2 |
| Iced NonFat Caramel Mocha (Medium)§ | 16 fl oz cup | 240 | 60 | 6 | 10 | 4 | 19 | 0 | 10 | 3 | 190 | 8 | 37 | 12 | 0 | 0 | 34 | 9 | 10 | 2 | 25 | 2 |
| Iced NonFat Caramel Mocha (Large)§ | 22 fl oz cup | 300 | 60 | 6 | 10 | 4 | 20 | 0 | 10 | 3 | 230 | 10 | 49 | 16 | 0 | 0 | 45 | 11 | 15 | 2 | 30 | 2 |
| Iced Latte (Small)§ | 12 fl oz cup | 80 | 40 | 4.5 | 7 | 2.5 | 13 | 0 | 15 | 4 | 65 | 3 | 6 | 2 | 0 | 0 | 6 | 4 | 2 | 0 | 15 | 0 |
| Iced Latte (Medium)§ | 16 fl oz cup | 100 | 50 | 6 | 9 | 3.5 | 16 | 0 | 15 | 6 | 80 | 3 | 8 | 3 | 0 | 0 | 8 | 6 | 4 | 0 | 20 | 2 |
| Iced Latte (Large)§ | 22 fl oz cup | 140 | 70 | 8 | 12 | 4.5 | 22 | 0 | 25 | 8 | 105 | 4 | 10 | 3 | 0 | 0 | 10 | 7 | 4 | 0 | 25 | 2 |
| Iced Caramel Latte (Small)§ | 12 fl oz cup | 160 | 25 | 3 | 5 | 1.5 | 9 | 0 | 10 | 3 | 100 | 4 | 29 | 10 | 0 | 0 | 29 | 3 | 2 | 0 | 10 | 0 |
| Iced Caramel Latte (Medium)§ | 16 fl oz cup | 180 | 40 | 4.5 | 7 | 2.5 | 13 | 0 | 15 | 4 | 120 | 5 | 31 | 10 | 0 | 0 | 31 | 4 | 2 | 0 | 15 | 2 |
| Iced Caramel Latte (Large)§ | 22 fl oz cup | 230 | 50 | 6 | 9 | 3.5 | 17 | 0 | 15 | 6 | 150 | 6 | 40 | 13 | 0 | 0 | 40 | 6 | 4 | 0 | 20 | 2 |
| Iced Hazelnut Latte (Small)§ | 12 fl oz cup | 160 | 25 | 3 | 5 | 1.5 | 9 | 0 | 10 | 3 | 45 | 2 | 31 | 10 | 0 | 0 | 31 | 3 | 4 | 0 | 10 | 0 |
| Iced Hazelnut Latte (Medium)§ | 16 fl oz cup | 180 | 40 | 4.5 | 7 | 2.5 | 13 | 0 | 15 | 4 | 65 | 3 | 33 | 11 | 0 | 0 | 33 | 4 | 6 | 0 | 15 | 2 |
| Iced Hazelnut Latte (Large)§ | 22 fl oz cup | 230 | 50 | 6 | 9 | 3.5 | 17 | 0 | 15 | 6 | 85 | 4 | 41 | 14 | 0 | 0 | 41 | 6 | 6 | 0 | 20 | 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 Vanilla Latte (Small)§ | 12 fl oz cup | 160 | 25 | 3 | 5 | 1.5 | 9 | 0 | 10 | 3 | 45 | 2 | 31 | 10 | 0 | 0 | 31 | 3 | 2 | 0 | 10 | 0 |
| Iced Vanilla Latte (Medium)§ | 16 fl oz cup | 190 | 40 | 4.5 | 7 | 2.5 | 14 | 0 | 15 | 5 | 70 | 3 | 33 | 11 | 0 | 0 | 33 | 5 | 2 | 0 | 15 | 2 |
| Iced Vanilla Latte (Large)§ | 22 fl oz cup | 230 | 50 | 6 | 9 | 3.5 | 17 | 0 | 15 | 6 | 85 | 4 | 41 | 14 | 0 | 0 | 41 | 6 | 4 | 0 | 20 | 2 |
| Iced Latte with Sugar Free Vanilla Syrup (Small)§ | 12 fl oz cup | 60 | 30 | 3 | 5 | 2 | 9 | 0 | 10 | 3 | 80 | 3 | 12 | 4 | 0 | 0 | 4 | 3 | 2 | 0 | 10 | 2 |
| Iced Latte with Sugar Free Vanilla Syrup (Medium)§ | 16 fl oz cup | 90 | 40 | 5 | 7 | 3 | 14 | 0 | 15 | 5 | 105 | 4 | 14 | 5 | 0 | 0 | 6 | 5 | 2 | 0 | 15 | 2 |
| Iced Latte with Sugar Free Vanilla Syrup (Large)§ | 22 fl oz cup | 110 | 50 | 6 | 9 | 3.5 | 17 | 0 | 15 | 6 | 130 | 5 | 19 | 6 | 0 | 0 | 8 | 6 | 4 | 0 | 20 | 2 |
| Iced Nonfat Latte (Small)§ | 12 fl oz cup | 50 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 1 | 70 | 3 | 7 | 2 | 0 | 0 | 7 | 5 | 6 | 0 | 15 | 0 |
| Iced Nonfat Latte (Medium)§ | 16 fl oz cup | 60 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 1 | 90 | 4 | 9 | 3 | 0 | 0 | 9 | 6 | 8 | 0 | 20 | 2 |
| Iced Nonfat Latte (Large)§ | 22 fl oz cup | 70 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 1 | 105 | 4 | 11 | 4 | 0 | 0 | 11 | 7 | 8 | 0 | 25 | 2 |
| Iced Nonfat Caramel Latte (Small)§ | 12 fl oz cup | 140 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 105 | 4 | 30 | 10 | 0 | 0 | 30 | 3 | 4 | 0 | 10 | 0 |
| Iced Nonfat Caramel Latte (Medium)§ | 16 fl oz cup | 150 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 1 | 120 | 5 | 32 | 11 | 0 | 0 | 32 | 5 | 6 | 0 | 15 | 2 |
| Iced Nonfat Caramel Latte (Large)§ | 22 fl oz cup | 190 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 1 | 150 | 6 | 40 | 13 | 0 | 0 | 40 | 6 | 6 | 0 | 20 | 2 |
| Iced Nonfat Hazelnut Latte (Small)§ | 12 fl oz cup | 140 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 50 | 2 | 32 | 11 | 0 | 0 | 32 | 3 | 6 | 0 | 10 | 0 |
| Iced Nonfat Hazelnut Latte (Medium)§ | 16 fl oz cup | 150 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 1 | 70 | 3 | 33 | 11 | 0 | 0 | 33 | 5 | 8 | 0 | 15 | 2 |
| Iced Nonfat Hazelnut Latte (Large)§ | 22 fl oz cup | 190 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 1 | 80 | 3 | 42 | 14 | 0 | 0 | 42 | 6 | 10 | 0 | 20 | 2 |
| Iced Nonfat Vanilla Latte (Small)§ | 12 fl oz cup | 140 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 50 | 2 | 31 | 10 | 0 | 0 | 31 | 3 | 4 | 0 | 10 | 0 |
| Iced Nonfat Vanilla Latte (Medium)§ | 16 fl oz cup | 150 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 1 | 70 | 3 | 33 | 11 | 0 | 0 | 33 | 5 | 6 | 0 | 15 | 2 |
| Iced Nonfat Vanilla Latte (Large)§ | 22 fl oz cup | 190 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 1 | 85 | 3 | 41 | 14 | 0 | 0 | 41 | 6 | 6 | 0 | 20 | 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 Nonfat Latte with Sugar Free Vanilla Syrup (Small)§ | 12 fl oz cup | 40 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 85 | 4 | 13 | 4 | 0 | 0 | 5 | 4 | 4 | 0 | 15 | 2 |
| Iced Nonfat Latte with Sugar Free Vanilla Syrup (Medium)§ | 16 fl oz cup | 50 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 1 | 100 | 4 | 14 | 5 | 0 | 0 | 6 | 5 | 6 | 0 | 15 | 2 |
| Iced Nonfat Latte with Sugar Free Vanilla Syrup (Large)§ | 22 fl oz cup | 60 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 1 | 130 | 5 | 19 | 6 | 0 | 0 | 8 | 6 | 6 | 0 | 20 | 2 |
| Frappe Mocha (Small) | 12 fl oz cup | 450 | 180 | 20 | 30 | 13 | 64 | 1 | 55 | 18 | 130 | 5 | 62 | 21 | 1 | 3 | 56 | 7 | 15 | 0 | 20 | 4 |
| Frappe Mocha (Medium) | 16 fl oz cup | 560 | 210 | 24 | 36 | 15 | 76 | 1 | 65 | 22 | 160 | 7 | 78 | 26 | 1 | 4 | 70 | 8 | 15 | 0 | 25 | 4 |
| Frappe Mocha (Large) | 22 fl oz cup | 680 | 250 | 28 | 43 | 18 | 90 | 1 | 80 | 27 | 200 | 8 | 96 | 32 | 1 | 4 | 87 | 10 | 20 | 0 | 35 | 4 |
| Frappe Caramel (Small) | 12 fl oz cup | 450 | 180 | 20 | 31 | 13 | 64 | 1 | 55 | 19 | 135 | 6 | 61 | 20 | 0 | 0 | 56 | 6 | 15 | 0 | 20 | 2 |
| Frappe Caramel (Medium) | 16 fl oz cup | 550 | 220 | 24 | 37 | 15 | 76 | 1 | 70 | 23 | 160 | 7 | 76 | 25 | 0 | 0 | 71 | 8 | 15 | 0 | 25 | 2 |
| Frappe Chocolate Chip (Small)† | 12 fl oz cup | 530 | 220 | 24 | 37 | 15 | 76 | 1 | 55 | 18 | 140 | 6 | 74 | 25 | 1 | 4 | 66 | 7 | 15 | 0 | 20 | 4 |
| Strawberry Banana Smoothie (12 fl oz cup) | 12 fl oz cup (347 g) | 210 | 5 | 0.5 | 1 | 0 | 0 | 0 | 5 | 1 | 35 | 1 | 49 | 16 | 2 | 10 | 44 | 2 | 2 | 70 | 8 | 6 |
| Strawberry Banana Smoothie (16 fl oz cup) | 16 fl oz cup (428 g) | 260 | 5 | 1 | 1 | 0 | 0 | 0 | 5 | 1 | 40 | 2 | 60 | 20 | 3 | 12 | 54 | 2 | 2 | 90 | 8 | 8 |
| Strawberry Banana Smoothie (22 fl oz cup) | 22 fl oz cup (541 g) | 330 | 10 | 1 | 2 | 0.5 | 3 | 0 | 5 | 2 | 55 | 2 | 77 | 26 | 4 | 15 | 70 | 3 | 2 | 110 | 10 | 10 |
| Wild Berry Smoothie (12 fl oz cup) | 12 fl oz cup (348 g) | 210 | 5 | 0.5 | 1 | 0 | 0 | 0 | 5 | 1 | 30 | 1 | 48 | 16 | 3 | 11 | 44 | 2 | 2 | 80 | 8 | 6 |
| Mango Pineapple Smoothie (Small)§** | 12 fl oz cup | 220 | 10 | 1 | 2 | 1 | 4 | 0 | 5 | 1 | 40 | 2 | 49 | 16 | 2 | 8 | 49 | 3 | 45 | 25 | 8 | 2 |
| Frozen Strawberry Lemonade (12 fl oz cup)† | 12 fl oz | 200 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 20 | 1 | 51 | 17 | 0 | 0 | 51 | 1 | 2 | 210 | 2 | 0 |
| Cherry Berry Chiller (12 fl oz cup)† | N/A | 200 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 25 | 1 | 49 | 16 | 0 | 0 | 49 | 1 | 0 | 0 | 2 | 2 |
| Chocolate McCafé Shake (12 fl oz cup) | 12 fl oz | 570 | 160 | 17 | 27 | 11 | 55 | 1 | 50 | 16 | 240 | 10 | 91 | 30 | 1 | 3 | 76 | 12 | 20 | 0 | 40 | 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 |
| | | | | | | | | | | | | | | | | | | | | | | |
| Strawberry McCafé Shake (12 fl oz cup) | 12 fl oz | 560 | 160 | 18 | 27 | 11 | 55 | 1 | 50 | 17 | 170 | 7 | 89 | 30 | 0 | 0 | 79 | 11 | 20 | 0 | 40 | 0 |
| Vanilla McCafé Shake (12 fl oz cup) | 12 fl oz | 530 | 150 | 17 | 26 | 11 | 53 | 1 | 50 | 16 | 160 | 7 | 84 | 28 | 0 | 0 | 63 | 10 | 15 | 0 | 40 | 0 |
| Chocolate McCafé Shake (16 fl oz cup) | 16 fl oz | 710 | 190 | 21 | 32 | 13 | 66 | 1 | 60 | 21 | 310 | 13 | 115 | 38 | 1 | 4 | 97 | 15 | 20 | 0 | 50 | 10 |
| Chocolate McCafé Shake (22 fl oz cup) | 22 fl oz | 870 | 220 | 25 | 38 | 16 | 78 | 1 | 75 | 25 | 380 | 16 | 142 | 47 | 1 | 6 | 120 | 19 | 25 | 0 | 60 | 15 |
| Frappe Caramel (Large) | 22 fl oz cup | 670 | 260 | 29 | 44 | 18 | 91 | 1.5 | 85 | 28 | 200 | 8 | 94 | 31 | 0 | 0 | 88 | 10 | 20 | 0 | 35 | 2 |
| Strawberry McCafé Shake (16 fl oz cup) | 16 fl oz | 700 | 190 | 21 | 32 | 13 | 67 | 1 | 65 | 22 | 220 | 9 | 112 | 37 | 0 | 0 | 100 | 15 | 25 | 0 | 50 | 0 |
| Strawberry McCafé Shake (22 fl oz cup) | 22 fl oz | 850 | 220 | 25 | 38 | 16 | 79 | 1 | 80 | 26 | 270 | 11 | 138 | 46 | 0 | 0 | 123 | 18 | 30 | 0 | 70 | 0 |
| Vanilla McCafé Shake (16 fl oz cup) | 16 fl oz | 670 | 180 | 20 | 31 | 13 | 64 | 1 | 60 | 21 | 210 | 9 | 107 | 36 | 0 | 0 | 81 | 14 | 20 | 0 | 50 | 0 |
| Vanilla McCafé Shake (22 fl oz cup) | 22 fl oz | 820 | 220 | 24 | 37 | 15 | 77 | 1 | 75 | 26 | 260 | 11 | 133 | 44 | 0 | 0 | 102 | 17 | 30 | 0 | 60 | 0 |
| Wild Berry Smoothie (16 fl oz cup) | 16 fl oz cup (434 g) | 260 | 5 | 1 | 1 | 0 | 0 | 0 | 5 | 1 | 35 | 2 | 60 | 20 | 4 | 14 | 55 | 3 | 2 | 100 | 10 | 8 |
| Wild Berry Smoothie (22 fl oz cup) | 22 fl oz cup (544 g) | 320 | 10 | 1 | 1 | 0.5 | 3 | 0 | 5 | 1 | 45 | 2 | 75 | 25 | 4 | 18 | 69 | 3 | 4 | 120 | 10 | 10 |
| Cherry Berry Chiller (16 fl oz cup)† | N/A | 260 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 35 | 1 | 65 | 22 | 0 | 0 | 65 | 1 | 0 | 0 | 4 | 2 |
| Cherry Berry Chiller (22 fl oz cup)† | N/A | 330 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 45 | 2 | 82 | 27 | 0 | 0 | 82 | 1 | 0 | 0 | 4 | 2 |
| Frappe Chocolate Chip (Large)§ | 22 fl oz cup | 760 | 300 | 33 | 50 | 21 | 104 | 1.5 | 85 | 29 | 210 | 9 | 109 | 36 | 1 | 5 | 99 | 11 | 20 | 0 | 35 | 6 |
| Frappe Chocolate Chip (Medium)† | 16 fl oz cup | 630 | 250 | 28 | 43 | 18 | 88 | 1 | 70 | 23 | 170 | 7 | 89 | 30 | 1 | 5 | 81 | 9 | 15 | 0 | 25 | 4 |
| Frozen Strawberry Lemonade (16 fl oz cup)† | 16 fl oz | 250 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 25 | 1 | 65 | 22 | 0 | 0 | 65 | 1 | 4 | 260 | 2 | 0 |
| Frozen Strawberry Lemonade (22 fl oz cup)† | 22 fl oz | 330 | 5 | 0.5 | 1 | 0.5 | 3 | 0 | 0 | 0 | 35 | 1 | 84 | 28 | 0 | 0 | 84 | 2 | 4 | 320 | 4 | 2 |
| Mango Pineapple Smoothie (Large)§** | 22 fl oz cup | 350 | 15 | 1.5 | 3 | 1 | 6 | 0 | 5 | 2 | 65 | 3 | 78 | 26 | 3 | 12 | 77 | 4 | 70 | 40 | 10 | 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 |
| | | | | | | | | | | | | | | | | | | | | | | |
| Mango Pineapple Smoothie (Medium)§** | 16 oz | 270 | 10 | 1.5 | 2 | 1 | 5 | 0 | 5 | 1 | 50 | 2 | 61 | 20 | 2 | 10 | 60 | 3 | 60 | 35 | 8 | 2 |
| McCafé Caramel Hot Chocolate with Nonfat Milk (Small) | 12 fl oz cup | 240 | 35 | 4 | 6 | 2.5 | 12 | 0 | 5 | 2 | 190 | 8 | 41 | 14 | 0 | 0 | 38 | 9 | 10 | 2 | 25 | 2 |
| McCafé Caramel Hot Chocolate with Nonfat Milk (Large) | 20 fl oz cup | 370 | 35 | 4 | 6 | 2.5 | 12 | 0 | 10 | 3 | 320 | 14 | 65 | 22 | 0 | 0 | 61 | 17 | 20 | 4 | 45 | 2 |
| McCafé Caramel Hot Chocolate with Nonfat Milk (Medium) | 16 fl oz cup | 290 | 35 | 4 | 6 | 2.5 | 12 | 0 | 5 | 2 | 240 | 10 | 52 | 17 | 0 | 0 | 49 | 12 | 15 | 2 | 30 | 2 |
| Desserts/Shakes | | | | | | | | | | | | | | | | | | | | | | |
| Dipped Cone† | 4.3 oz (121 g) | 270 | 110 | 12 | 19 | 9 | 44 | 0 | 15 | 6 | 80 | 3 | 35 | 12 | 1 | 2 | 27 | 5 | 6 | 0 | 15 | 6 |
| Vanilla Reduced Fat Ice Cream Cone | 3.7 oz (105 g) | 170 | 40 | 4.5 | 7 | 3 | 14 | 0 | 15 | 6 | 70 | 3 | 27 | 9 | 0 | 0 | 20 | 5 | 6 | 0 | 15 | 2 |
| Kiddie Cone | 1 oz (29 g) | 45 | 10 | 1.5 | 2 | 1 | 4 | 0 | 5 | 2 | 20 | 1 | 7 | 2 | 0 | 0 | 6 | 1 | 2 | 0 | 4 | 0 |
| Hot Fudge Sundae | 6.3 oz (179 g) | 330 | 80 | 9 | 14 | 7 | 34 | 0 | 25 | 8 | 170 | 7 | 53 | 18 | 1 | 3 | 48 | 8 | 8 | 0 | 25 | 8 |
| Hot Caramel Sundae | 6.4 oz (182 g) | 340 | 70 | 8 | 12 | 5 | 24 | 0 | 30 | 10 | 150 | 6 | 60 | 20 | 0 | 0 | 43 | 7 | 10 | 0 | 25 | 0 |
| Strawberry Sundae | 6.3 oz (178 g) | 280 | 60 | 6 | 10 | 4 | 20 | 0 | 25 | 8 | 85 | 4 | 49 | 16 | 0 | 0 | 45 | 6 | 8 | 4 | 20 | 0 |
| McFlurry® with Rolo® (12 fl oz cup)†** | 11.8 oz (335 g) | 700 | 210 | 23 | 36 | 14 | 72 | 1 | 55 | 19 | 250 | 10 | 111 | 37 | 1 | 3 | 88 | 14 | 15 | 0 | 50 | 2 |
| McFlurry® with M&M'S® Candies (12 fl oz cup) | 10.9 oz (310 g) | 650 | 210 | 23 | 35 | 14 | 72 | 0.5 | 50 | 17 | 180 | 7 | 96 | 32 | 1 | 6 | 89 | 13 | 15 | 0 | 45 | 8 |
| McFlurry® with OREO® Cookies (12 fl oz cup) | 10.1 oz (285 g) | 510 | 150 | 17 | 26 | 9 | 44 | 0.5 | 45 | 14 | 280 | 12 | 80 | 27 | 1 | 4 | 64 | 12 | 15 | 0 | 40 | 8 |
| McFlurry® with Reese's Peanut Butter Cup® (12 fl oz cup)† | 10.7 oz (303 g) | 610 | 220 | 24 | 37 | 11 | 57 | 0.5 | 45 | 15 | 300 | 13 | 86 | 29 | 2 | 7 | 77 | 15 | 15 | 0 | 40 | 6 |
| S'mores Pie† | 3 oz (84 g) | 290 | 110 | 12 | 19 | 7 | 36 | 0 | 0 | 0 | 210 | 9 | 41 | 14 | 2 | 7 | 19 | 3 | 4 | 0 | 2 | 8 |
| Baked Hot Apple Pie | 2.7 oz (77 g) | 250 | 110 | 13 | 19 | 7 | 35 | 0 | 0 | 0 | 170 | 7 | 32 | 11 | 4 | 15 | 13 | 2 | 4 | 25 | 2 | 6 |
| Chocolate McCafé Shake (12 fl oz cup) | 12 fl oz | 570 | 160 | 17 | 27 | 11 | 55 | 1 | 50 | 16 | 240 | 10 | 91 | 30 | 1 | 3 | 76 | 12 | 20 | 0 | 40 | 10 |
| Strawberry McCafé Shake (12 fl oz cup) | 12 fl oz | 560 | 160 | 18 | 27 | 11 | 55 | 1 | 50 | 17 | 170 | 7 | 89 | 30 | 0 | 0 | 79 | 11 | 20 | 0 | 40 | 0 |
| Vanilla McCafé Shake (12 fl oz cup) | 12 fl oz | 530 | 150 | 17 | 26 | 11 | 53 | 1 | 50 | 16 | 160 | 7 | 84 | 28 | 0 | 0 | 63 | 10 | 15 | 0 | 40 | 0 |

| Nutrition Facts | Serving Size | Calories | Calories from Fat | Total Fat (g) | % Daily Value** | Saturated Fat (g) | % Daily Value** | <i>Trans</i> 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 Chip Cookie | 1 cookie (33 g) | 160 | 70 | 8 | 12 | 3.5 | 19 | 0 | 10 | 3 | 90 | 4 | 21 | 7 | 1 | 3 | 15 | 2 | 2 | 0 | 2 | 8 |
| Oatmeal Raisin Cookie | 1 cookie (33 g) | 150 | 50 | 6 | 9 | 2.5 | 13 | 0 | 10 | 3 | 135 | 6 | 22 | 7 | 1 | 3 | 13 | 2 | 2 | 0 | 2 | 6 |
| Sugar Cookie | 1 cookie (33 g) | 160 | 60 | 7 | 11 | 3 | 15 | 0 | 5 | 2 | 120 | 5 | 21 | 7 | 0 | 0 | 11 | 2 | 2 | 0 | 0 | 4 |
| Fruit 'n Yogurt Parfait | 5.2 oz (149 g) | 150 | 20 | 2 | 3 | 1 | 5 | 0 | 5 | 2 | 70 | 3 | 30 | 10 | 1 | 3 | 23 | 4 | 2 | 15 | 10 | 4 |
| Chocolate McCafé Shake (16 fl oz cup) | 16 fl oz | 710 | 190 | 21 | 32 | 13 | 66 | 1 | 60 | 21 | 310 | 13 | 115 | 38 | 1 | 4 | 97 | 15 | 20 | 0 | 50 | 10 |
| Chocolate McCafé Shake (22 fl oz cup) | 22 fl oz | 870 | 220 | 25 | 38 | 16 | 78 | 1 | 75 | 25 | 380 | 16 | 142 | 47 | 1 | 6 | 120 | 19 | 25 | 0 | 60 | 15 |
| McFlurry® with M&M'S® Candies (16 fl oz cup) | 16.2 oz (460 g) | 930 | 290 | 33 | 50 | 20 | 102 | 1 | 75 | 25 | 260 | 11 | 139 | 46 | 2 | 7 | 128 | 20 | 25 | 0 | 70 | 10 |
| McFlurry® with OREO® Cookies (16 fl oz cup) | 13.4 oz (381 g) | 690 | 200 | 23 | 35 | 12 | 58 | 1 | 55 | 19 | 380 | 16 | 106 | 35 | 1 | 5 | 85 | 15 | 20 | 0 | 50 | 10 |
| Snack Size McFlurry® with M&M'S® Candies | 7.3 oz (207 g) | 430 | 140 | 15 | 24 | 10 | 48 | 0 | 35 | 11 | 120 | 5 | 64 | 21 | 1 | 4 | 59 | 9 | 10 | 0 | 30 | 4 |
| Snack Size McFlurry® with OREO® Cookies | 6.7 oz (190 g) | 340 | 100 | 11 | 17 | 6 | 29 | 0 | 30 | 9 | 190 | 8 | 53 | 18 | 1 | 2 | 43 | 8 | 10 | 0 | 25 | 6 |
| Snack Size McFlurry® with Rolo®†** | 8.4 oz (238 g) | 510 | 140 | 16 | 25 | 10 | 50 | 0.5 | 40 | 13 | 190 | 8 | 84 | 28 | 1 | 2 | 63 | 10 | 10 | 0 | 35 | 2 |
| Strawberry McCafé Shake (16 fl oz cup) | 16 fl oz | 700 | 190 | 21 | 32 | 13 | 67 | 1 | 65 | 22 | 220 | 9 | 112 | 37 | 0 | 0 | 100 | 15 | 25 | 0 | 50 | 0 |
| Strawberry McCafé Shake (22 fl oz cup) | 22 fl oz | 850 | 220 | 25 | 38 | 16 | 79 | 1 | 80 | 26 | 270 | 11 | 138 | 46 | 0 | 0 | 123 | 18 | 30 | 0 | 70 | 0 |
| Vanilla McCafé Shake (16 fl oz cup) | 16 fl oz | 670 | 180 | 20 | 31 | 13 | 64 | 1 | 60 | 21 | 210 | 9 | 107 | 36 | 0 | 0 | 81 | 14 | 20 | 0 | 50 | 0 |
| Vanilla McCafé Shake (22 fl oz cup) | 22 fl oz | 820 | 220 | 24 | 37 | 15 | 77 | 1 | 75 | 26 | 260 | 11 | 133 | 44 | 0 | 0 | 102 | 17 | 30 | 0 | 60 | 0 |
| McFlurry® with Reese's Peanut Butter Cup® (16 fl oz cup)† | 14.2 oz (403 g) | 810 | 290 | 32 | 50 | 15 | 76 | 1 | 60 | 20 | 400 | 17 | 114 | 38 | 2 | 9 | 103 | 21 | 20 | 0 | 60 | 6 |
| Snack Size McFlurry® with Reese's Peanut Butter Cup® † | 7.1 oz (202 g) | 410 | 150 | 16 | 25 | 8 | 38 | 0 | 30 | 10 | 200 | 8 | 57 | 19 | 1 | 5 | 51 | 10 | 10 | 0 | 30 | 4 |
| Condiments | | | | | | | | | | | | | | | | | | | | | | |
| Newman's Own® Creamy Southwest Dressing | 1.5 fl oz (44 ml) | 100 | 50 | 6 | 9 | 1 | 5 | 0 | 20 | 7 | 340 | 14 | 11 | 4 | 0 | 0 | 3 | 1 | 0 | 0 | 2 | 2 |

| Nutrition Facts | Serving Size | Calories | Calories from Fat | Total Fat (g) | % Daily Value** | Saturated Fat (g) | % Daily Value** | <i>Trans</i> Fat (g) | Cholesterol (mg) | % Daily Value** | Sodium (mg) | % Daily Value** | Carbohydrates (g) | % Daily Value** | Dietary Fiber (g) | % Daily Value** | Sugars (g) | Protein (g) | % DAILY VALUE | | | |
|--|-------------------|----------|-------------------|---------------|-----------------|-------------------|-----------------|----------------------|------------------|-----------------|-------------|-----------------|-------------------|-----------------|-------------------|-----------------|------------|-------------|---------------|-----------|---------|------|
| | | | | | | | | | | | | | | | | | | | Vitamin A | Vitamin C | Calcium | Iron |
| Newman's Own® Creamy Caesar Dressing | 2 fl oz (59 ml) | 190 | 170 | 18 | 28 | 3.5 | 17 | 0 | 20 | 7 | 500 | 21 | 4 | 1 | 0 | 0 | 2 | 2 | 0 | 0 | 6 | 0 |
| Newman's Own® Low Fat Balsamic Vinaigrette | 1.5 fl oz (44 ml) | 35 | 25 | 2.5 | 4 | 0 | 0 | 0 | 0 | 0 | 420 | 18 | 3 | 1 | 0 | 0 | 3 | 0 | 0 | 0 | 0 | 0 |
| Ketchup Packet | 1 pkg (10 g) | 15 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 110 | 5 | 3 | 1 | 0 | 0 | 2 | 0 | 2 | 2 | 0 | 0 |
| Newman's Own® Low Fat Family Recipe Italian Dressing | 1.5 fl oz (44 ml) | 50 | 20 | 2.5 | 4 | 0.5 | 3 | 0 | 0 | 0 | 390 | 16 | 7 | 2 | 0 | 0 | 2 | 1 | 0 | 0 | 2 | 0 |
| Salt Packet | 1 pkg (0.7 g) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 270 | 11 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Tangy Barbeque Sauce | 1 pkg (28 g) | 50 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 260 | 11 | 12 | 4 | 0 | 0 | 10 | 0 | 2 | 0 | 0 | 0 |
| Honey | 1 pkg (14 g) | 50 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 12 | 4 | 0 | 0 | 11 | 0 | 0 | 0 | 0 | 0 |
| Newman's Own® Ranch Dressing | 2 fl oz (59 ml) | 170 | 130 | 15 | 23 | 2.5 | 12 | 0 | 20 | 6 | 530 | 22 | 9 | 3 | 0 | 0 | 4 | 1 | 0 | 0 | 4 | 0 |
| Hot Mustard Sauce | 1 pkg (28 g) | 60 | 20 | 2.5 | 4 | 0 | 0 | 0 | 5 | 1 | 250 | 10 | 9 | 3 | 2 | 8 | 6 | 1 | 0 | 0 | 0 | 2 |
| Sweet 'N Sour Sauce | 1 pkg (28 g) | 50 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 150 | 6 | 12 | 4 | 0 | 0 | 10 | 0 | 2 | 0 | 0 | 0 |
| Peanuts (for Sundaes) | 0.3 oz (7 g) | 45 | 30 | 3.5 | 5 | 0.5 | 3 | 0 | 0 | 0 | 0 | 0 | 2 | 1 | 1 | 2 | 0 | 2 | 0 | 0 | 0 | 0 |
| Spicy Buffalo Sauce | 0.8 oz (22 g) | 35 | 30 | 3 | 5 | 0 | 0 | 0 | 0 | 0 | 540 | 23 | 1 | 0 | 0 | 0 | 0 | 0 | 6 | 0 | 0 | 0 |
| Creamy Ranch Sauce | 0.8 oz (22 g) | 110 | 110 | 12 | 18 | 2 | 9 | 0 | 5 | 1 | 170 | 7 | 1 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 0 |
| Butter Garlic Croutons | 0.5 oz (14 g) | 60 | 15 | 1.5 | 3 | 0 | 0 | 0 | 0 | 0 | 140 | 6 | 10 | 3 | 1 | 2 | 0 | 2 | 0 | 0 | 2 | 4 |
| Honey Mustard Sauce | 0.8 oz (22 g) | 60 | 35 | 4 | 6 | 0.5 | 3 | 0 | 5 | 2 | 115 | 5 | 6 | 2 | 1 | 4 | 5 | 0 | 0 | 0 | 0 | 0 |
| Chipotle Barbeque Sauce | 1 oz (28 g) | 50 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 190 | 8 | 11 | 4 | 0 | 0 | 10 | 0 | 4 | 0 | 2 | 2 |
| Hotcake Syrup | 1 pkg (60 g) | 180 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 20 | 1 | 45 | 15 | 0 | 0 | 32 | 0 | 0 | 0 | 0 | 0 |
| Whipped Margarine (1 pat) | 1 pkg (6 g) | 40 | 40 | 4.5 | 7 | 1.5 | 8 | 0 | 0 | 0 | 55 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 4 | 0 | 0 | 0 |
| Grape Jam | 0.5 oz (14 g) | 35 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 9 | 3 | 0 | 0 | 9 | 0 | 0 | 2 | 0 | 0 |
| Coffee Cream | 0.4 fl oz (11 ml) | 20 | 20 | 2 | 3 | 1.5 | 6 | 0 | 10 | 3 | 15 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 0 | 2 | 0 |
| Strawberry Preserves | 0.5 oz (14 g) | 35 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 9 | 3 | 0 | 0 | 9 | 0 | 0 | 4 | 0 | 0 |
| Sugar Packet | 1 pkg (4.0 g) | 15 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 4 | 1 | 0 | 0 | 4 | 0 | 0 | 0 | 0 | 0 |
| EQUAL® 0 Calorie Sweetener | 1 pkg (1.0 g) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 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 |
| SPLENDA® No Calorie Sweetener | 1 pkg (1.0 g) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 0 |
| Hot Habanero Sauce† | 22 oz (0.8 g) | 80 | 60 | 7 | 11 | 1 | 6 | 0 | 10 | 3 | 180 | 8 | 5 | 2 | 1 | 3 | 2 | 1 | 0 | 0 | 2 | 2 |
| Newman's Own® Low Fat Sesame Ginger Dressing** | 1.5 fl oz (44 ml) | 90 | 25 | 2.5 | 4 | 0 | 0 | 0 | 0 | 0 | 410 | 17 | 15 | 5 | 1 | 3 | 9 | 1 | 0 | 4 | 0 | 0 |
| Sweet Chili Sauce† | 1 oz (28 g) | 50 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 150 | 6 | 12 | 4 | 0 | 0 | 11 | 0 | 0 | 0 | 0 | 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 10-02-2012.

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

† Available at participating McDonald's

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

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

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

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

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

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

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