



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																						
CBO Cheddar Bacon Onion Angus Third Pounder†	9.6 oz (271 g)	790	370	41	62	18	89	2	150	50	1830	76	62	21	4	16	11	45	6	2	30	35
Angus Bacon & Cheese	10.2 oz (290 g)	790	350	39	60	18	88	2	150	49	1990	83	63	21	4	15	13	45	10	4	30	35
Angus Deluxe	11.1 oz (316 g)	760	350	39	60	17	83	2	135	46	1640	68	61	20	4	16	10	40	15	8	30	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	51	1	75	25	970	40	46	15	3	13	9	25	4	2	25	25
Quarter Pounder® with Cheese+	7.1 oz (202 g)	520	240	26	41	12	61	1.5	95	31	1100	46	41	14	3	11	10	30	10	2	30	25
Double Quarter Pounder® with Cheese++	10 oz (283 g)	750	380	43	66	19	96	2.5	160	53	1280	53	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	480	20	31	10	2	6	6	12	2	2	10	15
Cheeseburger	4 oz (114 g)	300	110	12	19	6	28	0.5	40	14	680	29	33	11	2	7	7	15	6	2	20	15
Double Cheeseburger	5.8 oz (165 g)	440	210	23	35	11	54	1.5	80	27	1050	44	34	11	2	8	7	25	8	2	30	20
McDouble	5.3 oz (151 g)	390	170	19	29	8	42	1	65	22	850	35	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	24	770	32	33	11	2	9	7	23	6	6	20	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
CBO Cheddar Bacon Onion Crispy Premium Chicken Sandwich†	8 oz (227 g)	630	260	29	45	9	45	0.5	85	28	1630	68	61	20	4	16	13	32	6	2	30	20
CBO Cheddar Bacon Onion Grilled Premium Chicken Sandwich†	7.5 oz (214 g)	480	140	16	25	7	36	0	100	34	1460	61	47	16	4	16	11	36	6	4	30	20
Premium Crispy Chicken Classic Sandwich	7.5 oz (213 g)	510	200	22	33	3.5	18	0	45	16	990	41	55	18	3	13	10	24	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

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 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
McChicken®	5.1 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
Angus Bacon & Cheese Snack Wrap	5 oz (144 g)	390	190	21	33	10	48	1	75	25	1040	43	28	9	1	6	4	21	6	2	10	20
Angus Deluxe Snack Wrap	5.9 oz (169 g)	410	220	25	38	10	49	1.5	75	25	960	40	27	9	2	7	3	20	8	4	15	20
Angus Mushroom & Swiss Snack Wrap	5.7 oz (161 g)	430	230	25	39	10	50	1.5	75	25	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)	4.1 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	2	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	2	16	2	2	10	10
Ranch Snack Wrap® (Crispy)	4.2 oz (118 g)	350	170	19	29	5	26	0	35	12	750	31	32	11	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	16	700	29	25	8	1	5	2	16	2	2	10	10
Mac Snack Wrap†	4.4 oz (125 g)	330	170	19	29	7	34	1	45	15	670	28	26	9	1	5	3	14	2	0	8	15
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
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 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

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																			Vitamin A	Vitamin C	Calcium	Iron
CBO Cheddar Bacon Onion Crispy Premium Chicken Sandwich†	8 oz (227 g)	630	260	29	45	9	45	0.5	85	28	1630	68	61	20	4	16	13	32	6	2	30	20
CBO Cheddar Bacon Onion Grilled Premium Chicken Sandwich†	7.5 oz (214 g)	480	140	16	25	7	36	0	100	34	1460	61	47	16	4	16	11	36	6	4	30	20
Premium Crispy Chicken Classic Sandwich	7.5 oz (213 g)	510	200	22	33	3.5	18	0	45	16	990	41	55	18	3	13	10	24	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)	4.1 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	2	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	2	16	2	2	10	10
Ranch Snack Wrap® (Crispy)	4.2 oz (118 g)	350	170	19	29	5	26	0	35	12	750	31	32	11	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	16	700	29	25	8	1	5	2	16	2	2	10	10
McChicken ®	5.1 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 (306 g)	230	80	9	13	4	20	0	85	29	700	29	10	3	4	15	5	30	160	35	15	10

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																			Vitamin A	Vitamin C	Calcium	Iron
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
Premium Southwest Salad with Grilled Chicken	11.8 oz (335 g)	290	70	8	13	2.5	12	0	70	23	650	27	28	9	7	27	11	27	160	35	15	15
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 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 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
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 (138 g)	300	110	12	19	5	25	0	260	87	780	33	30	10	2	8	3	18	10	0	30	15
Sausage McMuffin®	4 oz (114 g)	370	200	22	34	8	42	0	45	15	820	34	29	10	2	8	2	14	6	2	25	15
Sausage McMuffin® with Egg	5.8 oz (164 g)	450	240	27	42	10	51	0	285	95	890	37	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	240	79	1130	47	38	13	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

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
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 (164 g)	410	160	18	28	8	38	0	240	80	1080	45	48	16	2	9	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 (201 g)	550	280	31	48	12	61	0	265	89	1320	55	48	16	2	9	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
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)	570	250	27	42	9	47	0.5	260	87	1230	51	56	19	3	11	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	150	16	25	7	33	0	115	38	790	33	26	9	1	5	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	250	27	42	12	62	0	240	79	1240	52	43	14	3	12	4	15	15	0	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

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																			Vitamin A	Vitamin C	Calcium	Iron
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)	7.9 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 (306 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
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 (230 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	12	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 oz (144 g)	390	190	21	33	10	48	1	75	25	1040	43	28	9	1	6	4	21	6	2	10	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
Angus Deluxe Snack Wrap	5.9 oz (169 g)	410	220	25	38	10	49	1.5	75	25	960	40	27	9	2	7	3	20	8	4	15	20
Angus Mushroom & Swiss Snack Wrap	5.7 oz (161 g)	430	230	25	39	10	50	1.5	75	25	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)	4.1 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	2	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	2	16	2	2	10	10
Ranch Snack Wrap® (Crispy)	4.2 oz (118 g)	350	170	19	29	5	26	0	35	12	750	31	32	11	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	16	700	29	25	8	1	5	2	16	2	2	10	10
Mac Snack Wrap†	4.4 oz (125 g)	330	170	19	29	7	34	1	45	15	670	28	26	9	1	5	3	14	2	0	8	15
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

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 (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
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

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 (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
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

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
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
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

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
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
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

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 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
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

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 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
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

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 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
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

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 (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	130	6	62	21	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	77	26	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	25	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
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
Egg Nog McCafe Shake (12 fl oz cup) Small†	11.4 oz (329 g)	540	150	17	26	11	54	1	50	16	180	7	86	29	0	0	74	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
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	680	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	1	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	40	2	82	27	0	0	82	1	0	0	4	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
Egg Nog McCafe Shake (16 fl oz cup) Medium†	14.6 oz (418 g)	680	190	21	32	13	65	1	65	21	220	9	109	36	0	0	93	14	25	0	50	0
Egg Nog McCafe Shake (22 fl oz cup) Large†	18 oz (516 g)	830	220	24	38	15	77	1	80	26	280	11	135	45	0	0	116	18	30	0	60	0
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	30	1	84	28	0	0	84	2	4	320	4	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 (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
Mango Pineapple Smoothie (Medium)§	16 fl oz cup	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
McCafé Peppermint Hot Chocolate with Nonfat Milk (Large)†	20 fl oz cup	350	40	4.5	7	2.5	13	0	10	3	280	12	59	20	0	0	54	17	20	4	45	4
McCafé Peppermint Hot Chocolate with Nonfat Milk (Medium)†	N/A	270	40	4	6	2.5	13	0	5	2	210	9	47	16	0	0	43	12	15	2	30	2
McCafé Peppermint Hot Chocolate with Nonfat Milk (Small)†	12 fl oz cup	220	35	4	6	2.5	12	0	5	2	160	7	37	12	0	0	34	9	10	2	25	2
McCafé Peppermint Mocha with Nonfat Milk (Large)†	17.5 oz (495 g)	300	40	4.5	7	2.5	14	0	5	2	240	10	52	17	0	0	48	12	15	4	35	4
McCafé Peppermint Mocha with Nonfat Milk (Medium)†	16 fl oz cup	250	40	4.5	7	2.5	13	0	5	2	190	8	44	15	0	0	40	10	10	2	25	4
McCafé Peppermint Mocha with Nonfat Milk (Small)†	12 fl oz cup	220	35	4	6	2.5	13	0	5	2	160	7	36	12	0	0	33	8	10	2	20	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

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
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
Holiday Mint McFlurry® (12 fl oz cup)	10.3 oz (293 g)	570	190	21	32	15	77	0.5	45	15	170	7	84	28	0	0	76	12	15	0	40	0
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
Egg Nog McCafe Shake (12 fl oz cup) Small†	11.4 oz (329 g)	540	150	17	26	11	54	1	50	16	180	7	86	29	0	0	74	11	20	0	40	0
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

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
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
Egg Nog McCafe Shake (16 fl oz cup) Medium†	14.6 oz (418 g)	680	190	21	32	13	65	1	65	21	220	9	109	36	0	0	93	14	25	0	50	0
Egg Nog McCafe Shake (22 fl oz cup) Large†	18 oz (516 g)	830	220	24	38	15	77	1	80	26	280	11	135	45	0	0	116	18	30	0	60	0
McCafé Peppermint Hot Chocolate with Nonfat Milk (Medium)†	N/A	270	40	4	6	2.5	13	0	5	2	210	9	47	16	0	0	43	12	15	2	30	2
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 Holiday Mint McFlurry®†	6.9 oz (196 g)	380	130	14	21	10	52	0	30	10	110	5	56	19	0	0	51	8	10	0	30	0
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
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

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
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
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

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 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 12-04-2012.

* 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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