



# 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    |

| 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 |
| 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   |



| 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 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** | 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 |
| 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   |

| 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 |
|  |                 |          |                   |               |                 |                   |                 |               |                  |                 |             |                 |                   |                 |                   |                 |            |             |               |           |         |      |
| 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** | <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 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** | <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 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)      | 10       | 0                 | 0             | 0               | 0                 | 0               | 0             | 0                | 0               | 100         | 4               | 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 12-18-2012.**

\* 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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