Hash Browns	9 2 2 5 5 3 3 12 4 2 19 8 16 2 11 2 2 19 8 3 3 10 4 3 4 1 1 1 3 7 1 3 2 2 5 6 15 4 10 3 3 10 4 3 10 10 10 10 10 10 10 10 10 10 10 10 10	2 5 2 3 7 4 2 8 2 2 2 2 2 3 3 4 3 1 1	8 20 8 12 28 16 8 32 8 8 8 8 8 8 8 12 12 14 4 4 12 24 16 12 14 16 12	1 33 0 57 3 5 7 3 16 2 2 16 2 3 3 1 1 8 13 19 0 0 0 0	5 5 1 8 21 11 28 12 14 20 20 27 31 23 27 6 3 0.1 2 6 4 3	8 0 0 10 30 6 6 20 0 8 15 10 15 15 15 0 0 0 0 0 0	0 50 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	15 2 0 10 15 4 2 20 8 25 25 20 30 10 10 10 8 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	10 15 2 20 20 25 25 25 25 10 15 20 25 20 25 20 25 20 25 20 25 25 20 20 20 25 25 20 20 20 20 20 20 20 20 20 20 20 20 20
Lidiud Margarine   Fruit & Maple Oatmeal   270g   290   2.5	21	5 2 3 7 4 2 8 2 2 2 2 2 2 3 3 4 3 1 1	20 8 12 28 16 8 32 8 8 8 8 12 12 14 4 4 12 4 16	33 0 57 3 5 7 3 16 2 2 16 2 2 3 3 1 1	5 1 8 21 12 11 28 12 14 20 20 27 31 23 27 6 3	0 0 10 30 6 6 20 0 8 15 10 35 35 35 15 15	50 0 0 20 0 0 0 0 0 0 0 0 40 45 70 70 20 30	2 0 10 15 4 2 20 8 25 25 20 30 10 10 10 8 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	15 2 20 20 25 25 25 25 10 15 20 15 20 25 20 25 20 8 6
Fruit & Maple Oatmeal   270g   290   2.5   4   0.4   0   2   0   90   4   62   1	5 2 35 3 12 7 21 4 21 2 19 8 16 2 11 2 11 2 16 2 9 3 5 3 10 4 6 3 4 1 1 1 3 2 7 1 22 3 25 6 15 4	2 3 7 4 2 8 2 2 2 2 2 2 2 1 1 3 6 4	8 12 28 16 8 32 8 8 8 8 12 12 4 4 4 12 24 16	0 57 3 5 7 3 16 2 2 16 2 3 3 1 1 1 8 13 19 0	1 8 21 12 11 28 12 14 20 20 27 31 23 27 6 3 3 0.1 2 6 6 4 3	0 10 30 6 6 20 0 8 15 10 35 35 35 15 15 0 0 4	0 0 0 0 0 0 0 0 0 0 40 45 70 70 20 30	0 10 15 4 2 20 8 25 25 20 30 30 10 10 10 8 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	2 20 20 25 25 25 25 10 15 20 15 20 25 20 10 6
Hotcakes with Syrup and Butter   206g   600   16   25   6   0.2   31   45   660   28   106   Kale and Feta More-ning McWrap®   217g   400   19   29   7   0.4   37   420   840   35   37   37   390   9   14   1   0   5   0   470   20   64   28   20   20   20   20   20   20   20	35 3 12 7 21 4 21 2 19 8 16 2 11 2 11 2 16 2 9 3 5 3 10 4 6 3 4 1 1 1 3 2 7 1 22 3 25 6 15 4	3 7 4 2 8 2 2 2 2 2 2 2 2 1 1 1 3 6 4	12 28 16 8 32 8 8 8 8 12 12 14 4 4 12 24 16	57 3 5 7 3 16 2 2 16 2 3 3 1 1 1 8 13 19 0	8 21 12 11 28 12 14 20 20 27 31 23 27 6 3 0.1 2 6 4 3	10 30 6 6 20 0 8 15 10 35 35 35 15 15 0 0 4 0	0 20 0 0 0 0 0 0 0 40 45 70 70 20 30	10 15 4 2 20 8 25 25 20 30 30 10 10 10 8 2 2 4 2 2	20 20 25 25 25 25 10 15 20 15 25 20 25 20 10 6
Kale and Feta More-ning McWrap®   217g   400   19   29   7   0.4   37   420   840   35   37     Multigrain Bagel with Margarine   112g   390   9   14   1   0   5   0   470   20   64     Sausage and Hash Brown More-ning McWrap®   273g   710   42   65   14   0.5   73   450   1400   58   56     Sausage McGriddles® sandwich   139g   420   21   32   9   0.2   46   30   1110   46   47     Sausage McGriddles® sandwich   112g   370   20   31   8   0.3   42   45   830   35   32     Sausage McMuffin®   112g   370   20   31   8   0.3   42   45   830   35   32     Sausage NcBugggmcMuffin®   159g   440   25   38   10   0.3   52   220   880   37   32     Sausage Egg & Cheese   198g   540   29   45   13   0.4   67   240   1400   58   49     McGriddles® sandwich   263g   520   31   48   10   0.3   52   200   1400   58   49     McGriddles® sandwich   243g   360   17   26   7   0.2   36   120   970   40   14     Greek Salad with Crispy Chicken   243g   360   17   26   7   0.2   36   120   970   40   14     Greek Salad with Grilled Chicken   271g   280   12   18   3.5   0.2   19   80   770   32   17     Side Caesar Salad   78g   40   2   3   1   0   5   5   70   3   3     Snacks & Sides   33g   160   7   11   3.5   0.1   18   5   90   4   21     Cinnamon Melts®   114g   460   20   31   8   0.2   41   25   400   17   66     French Fries - Large   178g   560   27   42   3.5   0.3   19   0   420   18   74     French Fries - Small   75g   240   11   17   1.5   0   8   0   180   8   31     Fruit 'n Yogurt Parfait   211g   200   2   3   1   0   5   5   0   30   0   0   4   41     Ginger Cookie   33g   150   6   9   2.5   0.1   18   0   490   20   73     Muffin - Apple Oatmeal   119g   410   13   20   1.5   0   8   0   300   14   66     Muffin - Fruit & Fibre   120g   380   14   22   1.5   0   8   0   470   20   56     Muffin - Fruit & Fibre   120g   380   14   22   1.5   0   8   0   470   20   56     Muffin - Golden Bran & Raisin   124g   390   15   23   1   0   5   0   30   01   44   44     Sausage Read Marth Grighes   124g   390	12 7 21 4 21 2 19 8 16 2 11 2 11 2 16 2 9 3 5 3 10 4 6 3 4 1 1 1 2 7 1 22 3 25 6 15 4	7 4 2 8 2 2 2 2 2 2 2 1 1 1 3 6 4	28 16 8 32 8 8 8 8 12 12 14 4 4 12 24 16	3 5 7 3 16 2 16 2 3 3 1 1 1 8 13 19 0	21 12 11 28 12 14 20 20 27 31 23 27 6 3 0.1 2 6 4 3	30 6 6 20 0 8 15 10 35 35 35 35 15 15 0 0 4 0	20 0 0 0 0 0 0 0 40 45 70 70 20 30 130 0 0	15 4 2 20 8 25 25 20 30 30 10 10 10 8 2 0 4 2 2	20 25 25 25 20 15 20 15 20 25 20 25 20 10 6
Multigrain Bagel with Margarine         112g         390         9         14         1         0         5         0         470         20         64           Regular Bagel with Margarine         106g         340         5         8         0.5         0         3         0         530         22         64           Sausage and Hash Brown Morening McWrap®         139g         420         21         32         9         0.2         46         30         1110         46         47           Sausage McGriddles® sandwich         139g         420         21         32         9         0.2         46         30         1110         46         47           Sausage Negg McMuffin®         159g         440         25         38         10         0.3         52         220         880         37         32           Sausage Egg & Cheese         198g         540         29         45         13         0.4         67         240         140         58         49           Caesar Salad with Grilled Chicken         263g         520         31         48         10         0.3         52         100         1140         48         28	21 4 21 2 19 8 16 2 11 2 11 2 16 2 9 3 5 3 10 4 6 3 4 1 1 1 2 7 1 22 3 25 6 15 4	4 2 8 2 2 2 2 2 2 3 3 4 3 1 1 1	16 8 32 8 8 8 8 12 12 16 12 4 4 4 12 24 16	5 7 3 16 2 16 2 3 3 1 1 1 8 13 19 0	12 11 28 12 14 20 20 27 31 23 27 6 3 0.1 2 6 4 3	6 6 20 0 8 15 10 35 35 35 35 15 15 0 0 4 0	0 0 0 0 0 0 0 40 45 70 70 20 30	30 30 10 10 10 8 2 2 2 2	25 25 25 25 10 15 20 15 25 20 25 20 10 6
Regular Bagel with Margarine   106g   340   5   8   0.5   0   3   0   530   22   64   25   234   27   27   27   27   27   27   27   2	21 2 19 8 16 2 11 2 11 2 16 2 9 3 5 3 10 4 6 3 4 1 1 1 2 7 1 22 3 25 6 15 4	2 8 2 2 2 2 2 2 3 3 4 3 1 1 1	8 32 8 8 8 8 8 8 8 12 12 16 12 4 4 12 24 16	7 3 16 2 16 2 3 3 1 1 1 8 13 19 0	11 28 12 14 20 20 27 31 23 27 6 3 0.1 2 6 6 4 3	6 20 0 8 15 10 35 35 35 35 15 15 0 0 4 0	0 0 0 0 0 0 40 45 70 70 20 30	2 20 8 25 25 20 30 30 10 10 10 8 2 0 4 2 2	25 25 10 15 20 15 25 20 25 20 10 6
Sausage and Hash Brown Morening McWrap®   Sausage McGriddles® sandwich   139g   420   21   32   9   0.2   46   30   1110   46   47   Sausage McGriddles® sandwich   112g   370   20   31   8   0.3   42   45   830   35   32   Sausage Nc Gy McMuffin®   112g   370   20   31   8   0.3   42   45   830   35   32   32   33   32   33   33   34   34	9 3 5 3 10 4 6 3 4 1 1 1 1 2 3 22 3 225 6 115 4	2 2 2 2 2 3 3 4 3 1 1 1	8 8 8 8 12 12 16 12 4 4 4 12 24 16	16 2 2 16 2 2 3 3 1 1 1 8 13 19 0	12 14 20 20 27 31 23 27 6 3 0.1 2 6 6 4 3	0 8 15 10 35 35 35 35 15 15 0 0 4 0	0 0 0 0 40 45 70 70 20 30	8 25 25 20 30 30 10 10 10 8 2 0 4 2 2	10 15 20 15 25 20 25 20 10 6
Sausage McMuffin®   112g   370   20   31   8   0.3   42   45   830   35   32	9 3 5 3 10 4 6 3 4 1 1 1 3 2 7 1 22 3 25 6 15 4	2 2 2 3 3 4 3 1 1 1 2 1 3 6 4	8 8 8 12 12 16 12 4 4 12 24 16	2 2 16 2 2 3 3 1 1 1 8 13 19 0	14 20 20 27 31 23 27 6 3 0.1 2 6 6 4 3	8 15 10 35 35 35 35 15 15 0 0 4 0 0	0 0 0 40 45 70 70 20 30 130 0 2 0	25 25 20 30 30 10 10 10 8	15 20 15 25 20 25 20 10 6 2 8 20 8 6
Sausage N Egg McMuffin®   159g   440   25   38   10   0.3   52   220   880   37   32   33   32   33   33   34   34   34	9 3 5 3 10 4 6 3 4 1 1 1 3 2 7 1 22 3 25 6 15 4	2 2 3 3 4 3 1 1 1 2 1 3 6 4	8 8 12 12 16 12 4 4 4 12 24 16	2 16 2 2 3 3 1 1 1 8 13 19 0	20 20 27 31 23 27 6 3 0.1 2 6 6 4 3	15 10 35 35 35 35 15 15 0 0 4 0 0	0 0 40 45 70 20 30 130 0 2 0	25 20 30 30 10 10 8 2 0 4 2 2	20 15 25 20 25 20 10 6 2 8 20 8
Sausage, Egg & Cheese McGriddles® sandwich         198g         540         29         45         13         0.4         67         240         1400         58         49           Salads           Caesar Salad with Crispy Chicken         263g         520         31         48         10         0.3         52         100         1140         48         28           Caesar Salad with Grilled Chicken         243g         360         17         26         7         0.2         36         120         970         40         14           Greek Salad with Grilled Chicken         291g         440         26         40         6         0.3         32         60         930         39         31           Greek Salad with Grilled Chicken         271g         280         12         18         3.5         0.2         19         80         770         32         17           Side Caesar Salad         85g         150         8         12         3         0.1         16         25         400         17         12           Side Garden Salad         78g         40         2         3         1         0         5         70         3         3	9 3 5 3 10 4 6 3 4 1 1 1 1 3 2 7 1 22 3 25 6 15 4	3 3 4 3 1 1 2 1 3 6 4	8 12 12 16 12 4 4 4 12 24 16	16 2 2 3 3 1 1 1 8 13 19 0	27 31 23 27 6 3 0.1 2 6 6 4 3	35 35 35 35 15 15 0 0 4 0	40 45 70 70 20 30 130 0 2 0	30 30 10 10 10 8 2 0 4 2 2	15 25 20 25 20 10 6 2 8 20 8 6
McGriddles® sandwich   Salads	9 3 5 3 10 4 6 3 4 1 1 1 3 2 7 1 22 3 25 6 15 4	3 3 4 3 1 1 2 1 3 6 4	12 12 16 12 4 4 12 24 16	2 2 3 3 1 1 1 8 13 19 0	27 31 23 27 6 3 0.1 2 6 6 4 3	35 35 35 35 15 15 0 0 4 0	40 45 70 70 20 30 130 0 2 0	30 30 10 10 10 8 2 0 4 2 2	25 20 25 20 10 6 2 8 20 8
Caesar Salad with Crispy Chicken         263g         520         31         48         10         0.3         52         100         1140         48         28           Caesar Salad with Grilled Chicken         243g         360         17         26         7         0.2         36         120         970         40         14           Greek Salad with Grilled Chicken         291g         440         26         40         6         0.3         32         60         930         39         31           Greek Salad with Grilled Chicken         271g         280         12         18         3.5         0.2         19         80         770         32         17           Side Caesar Salad         85g         150         8         12         3         0.1         16         25         400         17         12           Side Carden Salad         78g         40         2         3         1         5         5         70         3         3           Salad         85g         150         8         12         3         0.1         18         5         90         17         12         3         1         5         90	5 3 10 4 6 3 4 1 1 1 3 2 7 1 22 3 25 6 15 4	3 4 3 1 1 1 2 1 3 6 4	12 16 12 4 4 8 4 12 24 16	2 3 3 1 1 1 8 13 19 0	31 23 27 6 3 0.1 2 6 6 4 3	35 35 35 15 15 0 0 4 0	45 70 70 20 30 130 0 2 0	30 10 10 10 8 2 0 4 2 2	20 25 20 10 6 2 8 20 8 6
Caesar Salad with Grilled Chicken         243g         360         17         26         7         0.2         36         120         970         40         14           Greek Salad with Crispy Chicken         291g         440         26         40         6         0.3         32         60         930         39         31           Greek Salad with Grilled Chicken         271g         280         12         18         3.5         0.2         19         80         770         32         17           Side Caesar Salad         85g         150         8         12         3         0.1         16         25         400         17         12           Side Garden Salad         78g         40         2         3         1         0         5         5         70         3         3           Small Sides         68g         40         0         0         0         0         0         5         0         10           Chocolate Chip Cookie         33g         160         7         11         3.5         0.1         18         5         90         4         21           Cinnamon Melts®         114g         460	5 3 10 4 6 3 4 1 1 1 3 2 7 1 22 3 25 6 15 4	3 4 3 1 1 1 2 1 3 6 4	12 16 12 4 4 8 4 12 24 16	2 3 3 1 1 1 8 13 19 0	31 23 27 6 3 0.1 2 6 6 4 3	35 35 35 15 15 0 0 4 0	45 70 70 20 30 130 0 2 0	30 10 10 10 8 2 0 4 2 2	20 25 20 10 6 2 8 20 8 6
Greek Salad with Crispy Chicken         291g         440         26         40         6         0.3         32         60         930         39         31           Greek Salad with Grilled Chicken         271g         280         12         18         3.5         0.2         19         80         770         32         17           Side Caesar Salad         85g         150         8         12         3         0.1         16         25         400         17         12           Side Garden Salad         78g         40         2         3         1         0         5         5         70         3         3           Smacks & Sides           Apple Slices         68g         40         0         0         0         0         0         5         0         10           Chocolate Chip Cookie         33g         160         7         11         3.5         0.1         18         5         90         4         21           Cinnamon Melts®         114g         460         20         31         8         0.2         41         25         400         17         6         17         6         2	10 4 6 3 4 1 1 1 1 3 2 7 1 22 3 25 6 15 4	4 3 1 1 2 1 3 6 4	16 12 4 4 8 4 12 24 16	3 3 1 1 1 8 13 19 0	23 27 6 3 0.1 2 6 6 4 3	35 35 15 15 0 0 4 0	70 70 20 30 130 0 2 0	10 10 10 8 2 0 4 2 2	25 20 10 6 2 8 20 8 6
Greek Salad with Grilled Chicken         271g         280         12         18         3.5         0.2         19         80         770         32         17           Side Caesar Salad         85g         150         8         12         3         0.1         16         25         400         17         12           Side Garden Salad         78g         40         2         3         1         0         5         5         70         3         3           Snacks & Sides           Apple Slices         68g         40         0         0         0         0         0         5         0         10           Chocolate Chip Cookie         33g         160         7         11         3.5         0.1         18         5         90         4         21           Cinnamon Melts®         114g         460         20         31         8         0.2         41         25         400         17         66         17         66         2         0.2         11         0         420         18         74         21           French Fries - Large         178g         560         27         42	6 3 4 1 1 1 3 2 7 1 22 3 25 6 15 4	1 1 2 1 3 6 4	12 4 4 8 4 12 24 16	3 1 1 8 13 19 0	0.1 2 6 6 4 3	15 15 0 0 4 0 0	20 30 130 0 2 0	10 10 8 2 0 4 2 2	20 10 6 2 8 20 8 6
Side Garden Salad         78g         40         2         3         1         0         5         5         70         3         3           Snacks & Sides           Apple Slices         68g         40         0         0         0         0         0         5         0         10           Chocolate Chip Cookie         33g         160         7         11         3.5         0.1         18         5         90         4         21           Cinnamon Melts®         114g         460         20         31         8         0.2         41         25         400         17         66         2           French Fries - Large         178g         560         27         42         3.5         0.3         19         0         420         18         74           French Fries - Medium         110g         350         17         26         2         0.2         11         0         260         11         46           French Fries - Medium         110g         350         17         26         2         0.2         11         0         260         11         46           French Fries - Medium	1 1 3 2 7 1 22 3 25 6 15 4	1 2 1 3 6 4	8 4 12 24 16	8 13 19 0	3 0.1 2 6 6 4 3	15 0 0 4 0 0	30 130 0 2 0 0	2 0 4 2 2	6 2 8 20 8 6
Snacks & Sides           Apple Slices         68g 40 0 0 0 0 0 0 0 5 0 10           Chocolate Chip Cookie         33g 160 7 11 3.5 0.1 18 5 90 4 21           Cinnamon Melts®         114g 460 20 31 8 0.2 41 25 400 17 66           French Fries - Large         178g 560 27 42 3.5 0.3 19 0 420 18 74           French Fries - Medium         110g 350 17 26 2 0.2 11 0 260 11 46           French Fries - Small         75g 240 11 17 1.5 0 8 0 180 8 31           Fruit 'n Yogurt Parfait         211g 200 2 3 1 0 5 10 100 4 41           Ginger Cookie         33g 150 6 9 2.5 0.1 13 5 210 9 22           Mini Fry         38g 120 6 9 0.5 0 3 0 90 4 16           Muffin - Apple Oatmeal         119g 410 13 20 1.5 0 8 0 320 13 63           Muffin - Blueberry         121g 410 15 23 1.5 0 8 0 320 13 63           Muffin - Carrot         123g 430 16 25 1.5 0 8 0 330 14 65           Muffin - Double Chocolate with OREO® Crumble         127g 450 15 23 3.5 0.1 18 0 490 20 73           Muffin - Fruit & Fibre         120g 380 14 22 1.5 0 8 0 470 20 56           Muffin - Golden Bran & Raisin         124g 390 15 23 1 0 5 0 360 15 57           Oatmeal Raisin Cookie         33g 140 5 8 2.5 0 13 5 50 01 01 04 42 44	3 2 7 1 22 3 25 6 15 4	2 1 3 6 4	8 4 12 24 16	8 13 19 0	0.1 2 6 6 4 3	0 0 4 0 0	130 0 2 0 0	2 0 4 2 2	2 8 20 8 6
Apple Slices       68g       40       0       0       0       0       0       0       5       0       10         Chocolate Chip Cookie       33g       160       7       11       3.5       0.1       18       5       90       4       21         Cinnamon Melts®       114g       460       20       31       8       0.2       41       25       400       17       66       2         French Fries - Large       178g       560       27       42       3.5       0.3       19       0       420       18       74       2         French Fries - Medium       110g       350       17       26       2       0.2       11       0       260       11       46         French Fries - Medium       110g       350       17       26       2       0.2       11       0       260       11       46         French Fries - Medium       110g       350       17       26       2       0.2       11       0       260       11       46         French Fries - Small       75g       240       11       17       1.5       0       8       0       180       8	7 1 22 3 25 6 15 4	1 3 6 4	4 12 24 16	13 19 0 0	2 6 6 4 3	0 4 0 0	0 2 0 0	0 4 2 2	8 20 8 6
Chocolate Chip Cookie         33g         160         7         11         3.5         0.1         18         5         90         4         21           Cinnamon Melts®         114g         460         20         31         8         0.2         41         25         400         17         66         2           French Fries - Large         178g         560         27         42         3.5         0.3         19         0         420         18         74           French Fries - Medium         110g         350         17         26         2         0.2         11         0         260         11         46           French Fries - Small         75g         240         11         17         1.5         0         8         0         180         8         31           Fruit 'n Yogurt Parfait         211g         200         2         3         1         0         5         10         100         4         41           Ginger Cookie         33g         150         6         9         2.5         0.1         13         5         210         9         22           Mini Fry         38g         120	7 1 22 3 25 6 15 4	1 3 6 4	4 12 24 16	13 19 0 0	2 6 6 4 3	0 4 0 0	0 2 0 0	0 4 2 2	8 20 8 6
Cinnamon Melts®         114g         460         20         31         8         0.2         41         25         400         17         66           French Fries - Large         178g         560         27         42         3.5         0.3         19         0         420         18         74           French Fries - Medium         110g         350         17         26         2         0.2         11         0         260         11         46           French Fries - Small         75g         240         11         17         1.5         0         8         0         180         8         31           Fruit 'n Yogurt Parfait         211g         200         2         3         1         0         5         10         100         4         41           Ginger Cookie         33g         150         6         9         2.5         0.1         13         5         210         9         22           Mini Fry         38g         120         6         9         0.5         0         3         0         90         4         16           Muffin - Apple Oatmeal         119g         410         15	22 3 25 6 15 4	3 6 4	12 24 16	19 0 0	6 6 4 3	4 0 0	2 0 0	4 2 2	20 8 6
French Fries - Large         178g         560         27         42         3.5         0.3         19         0         420         18         74           French Fries - Medium         110g         350         17         26         2         0.2         11         0         260         11         46           French Fries - Small         75g         240         11         17         1.5         0         8         0         180         8         31           Fruit 'n Yogurt Parfait         211g         200         2         3         1         0         5         10         100         4         41           Ginger Cookie         33g         150         6         9         2.5         0.1         13         5         210         9         22           Mini Fry         38g         120         6         9         0.5         0         3         0         90         4         16           Muffin - Apple Oatmeal         119g         410         13         20         1.5         0         8         0         430         18         67           Muffin - Blueberry         121g         410         15	25 6 15 4	6 4	24 16	0	6 4 3	0	0	2	8 6
French Fries - Medium         110g         350         17         26         2         0.2         11         0         260         11         46           French Fries - Small         75g         240         11         17         1.5         0         8         0         180         8         31           Fruit 'n Yogurt Parfait         211g         200         2         3         1         0         5         10         100         4         41           Ginger Cookie         33g         150         6         9         2.5         0.1         13         5         210         9         22           Mini Fry         38g         120         6         9         0.5         0         3         0         90         4         16           Muffin - Apple Oatmeal         119g         410         13         20         1.5         0         8         0         430         18         67         2           Muffin - Apple Oatmeal         119g         410         15         23         1.5         0         8         0         320         18         67         3           Muffin - Carrot         123g <td< td=""><td>15 4</td><td>4</td><td></td><td>0</td><td>4</td><td>0</td><td></td><td>2</td><td>6</td></td<>	15 4	4		0	4	0		2	6
Fruit 'n Yogurt Parfait         211g         200         2         3         1         0         5         10         100         4         41           Ginger Cookie         33g         150         6         9         2.5         0.1         13         5         210         9         22           Mini Fry         38g         120         6         9         0.5         0         3         0         90         4         16           Muffin - Apple Oatmeal         119g         410         13         20         1.5         0         8         0         430         18         67         18           Muffin - Blueberry         121g         410         15         23         1.5         0         8         0         320         13         63         3           Muffin - Carrot         123g         430         16         25         1.5         0         8         0         330         14         65         330         14         65         330         14         65         330         14         66         330         14         66         330         14         66         330         14         66	10 3	3	12	0		0	0		4
Ginger Cookie 33g 150 6 9 2.5 0.1 13 5 210 9 22  Mini Fry 38g 120 6 9 0.5 0 3 0 90 4 16  Muffin - Apple Oatmeal 119g 410 13 20 1.5 0 8 0 430 18 67  Muffin - Blueberry 121g 410 15 23 1.5 0 8 0 320 13 63  Muffin - Carrot 123g 430 16 25 1.5 0 8 0 330 14 65  Muffin - Cranberry Orange 121g 360 8 12 1 0 5 0 330 14 66  Muffin - Double Chocolate with OREO® Crumble  Muffin - Fruit & Fibre 120g 380 14 22 1.5 0 8 0 470 20 56  Muffin - Golden Bran & Raisin 124g 390 15 23 1 0 5 0 360 15 57  Oatmeal Raisin Cookie 33g 140 5 8 2.5 0 13 5 130 5 22  Poutine 225g 510 30 46 12 1 65 60 1010 42 44							-	2	
Mini Fry       38g       120       6       9       0.5       0       3       0       90       4       16         Muffin - Apple Oatmeal       119g       410       13       20       1.5       0       8       0       430       18       67       3         Muffin - Blueberry       121g       410       15       23       1.5       0       8       0       320       13       63       3         Muffin - Carrot       123g       430       16       25       1.5       0       8       0       330       14       65       3         Muffin - Cranberry Orange       121g       360       8       12       1       0       5       0       330       14       66       3         Muffin - Double Chocolate with OREO® Crumble       127g       450       15       23       3.5       0.1       18       0       490       20       73       3         Muffin - Fruit & Fibre       120g       380       14       22       1.5       0       8       0       470       20       56         Muffin - Golden Bran & Raisin       124g       390       15       23       1 <td< td=""><td>14 3</td><td></td><td>12</td><td>28</td><td>6</td><td>2</td><td>50</td><td>15</td><td>6</td></td<>	14 3		12	28	6	2	50	15	6
Muffin - Apple Oatmeal       119g       410       13       20       1.5       0       8       0       430       18       67         Muffin - Blueberry       121g       410       15       23       1.5       0       8       0       320       13       63         Muffin - Carrot       123g       430       16       25       1.5       0       8       0       330       14       65         Muffin - Cranberry Orange       121g       360       8       12       1       0       5       0       330       14       66         Muffin - Double Chocolate with OREO® Crumble       127g       450       15       23       3.5       0.1       18       0       490       20       73         Muffin - Fruit & Fibre       120g       380       14       22       1.5       0       8       0       470       20       56         Muffin - Golden Bran & Raisin       124g       390       15       23       1       0       5       0       360       15       57         Oatmeal Raisin Cookie       33g       140       5       8       2.5       0       13       5       130 <t< td=""><td>7 0 5 1</td><td>-</td><td>0</td><td>13</td><td>2 1</td><td>2</td><td>0</td><td>2</td><td>6 2</td></t<>	7 0 5 1	-	0	13	2 1	2	0	2	6 2
Muffin - Blueberry       121g       410       15       23       1.5       0       8       0       320       13       63       3         Muffin - Carrot       123g       430       16       25       1.5       0       8       0       330       14       65       3         Muffin - Cranberry Orange       121g       360       8       12       1       0       5       0       330       14       66       330       14       66       330       14       66       330       14       66       330       14       66       330       14       66       330       14       66       330       14       66       330       14       66       330       14       66       330       14       66       330       14       66       330       14       66       330       14       66       330       14       66       330       14       66       330       14       66       330       14       66       330       14       60       330       14       60       330       14       60       330       14       60       330       15       57       30       30	22 3		12	35	7	0	0	4	15
Muffin - Cranberry Orange       121g       360       8       12       1       0       5       0       330       14       66       14       66       15       23       3.5       0.1       18       0       490       20       73       21       20       74       20       74       74       20       74       74       74       74       74       74       74       74       74       74       74	21 2		8	33	6	0	0	2	15
Muffin - Double Chocolate with OREO® Crumble       127g       450       15       23       3.5       0.1       18       0       490       20       73       73         Muffin - Fruit & Fibre       120g       380       14       22       1.5       0       8       0       470       20       56         Muffin - Golden Bran & Raisin       124g       390       15       23       1       0       5       0       360       15       57         Oatmeal Raisin Cookie       33g       140       5       8       2.5       0       13       5       130       5       22         Poutine       225g       510       30       46       12       1       65       60       1010       42       44	22 3	3	12	35	6	110	4	2	15
OREO® Crumble         Muffin - Fruit & Fibre       120g       380       14       22       1.5       0       8       0       470       20       56         Muffin - Golden Bran & Raisin       124g       390       15       23       1       0       5       0       360       15       57         Oatmeal Raisin Cookie       33g       140       5       8       2.5       0       13       5       130       5       22         Poutine       225g       510       30       46       12       1       65       60       1010       42       44	22 2		8	35	6	0	6	4	45
Muffin - Golden Bran & Raisin       124g       390       15       23       1       0       5       0       360       15       57         Oatmeal Raisin Cookie       33g       140       5       8       2.5       0       13       5       130       5       22         Poutine       225g       510       30       46       12       1       65       60       1010       42       44	24 3		12	43	6	0	0	2	20
Oatmeal Raisin Cookie         33g         140         5         8         2.5         0         13         5         130         5         22           Poutine         225g         510         30         46         12         1         65         60         1010         42         44	19 6 19 8		24 32	28 30	6 7	2	2	4 6	15 20
Poutine 225g 510 30 46 12 1 65 60 1010 42 44	7 1		32 4	11	2	0	0	2	6
	15 3	-	12	1	17	10	2	40	6
Beverages									
1% Partly Skimmed Chocolate Milk 250ml 170 2.5 4 1.5 0 8 10 180 8 26 - 250 ml	9 0	0	0	26	9	10	0	30	2
•	10 0		0	30	0	0	0	0	0
ļ '	29 0 20 0		0	87 59	0	0	0	0	0
·	20 0 14 0		0	41	0	0	0	0	0
Coca-Cola® - Child 250ml 110 0 0 0 0 0 4 0 28	9 0		0	28	0	0	0	0	0
	27 0		0	82	0	0	0	0	0
	19 0	-	0	56	0	0	0	0	0
Coca-Cola® - Small         345ml         150         0         0         0         0         0         5         0         39           Diet Coke® - Child         250ml         1         0<	13 0		0	39 0	0	0	0	0	0
Diet Coke® - Child 250ml 1 0 0 0 0 0 10 0 0 0 0 0 0 0 0 0 0 0 0	0 0	-	0	0	0	0	0	0	0
Diet Coke® - Medium 495ml 1 0 0 0 0 0 20 1 0	0 0		0	0	0	0	0	0	0
Diet Coke® - Small 345ml 1 0 0 0 0 0 15 1 0	0 0		0	0	0	0	0	0	0
Awareness® - Child	10 0	0	0	30	0	0	0	0	0
Awareness® - Large´		0	0	88	0	0	0	0	0
Fruitopia® Strawberry Passion 495ml 240 0 0 0 0 0 20 1 61 2 Awareness® - Medium	30 0		0	59	0	0	0	0	0