**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.

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| **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** | | | | | | | | | | | | | | | | | | | | | | |
| 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 |
| Bacon Clubhouse Burger | 9.5 oz  (270 g) | 720 | 360 | 40 | 62 | 15 | 75 | 1.5 | 115 | 38 | 1470 | 61 | 51 | 17 | 4 | 14 | 14 | 39 | 8 | 25 | 30 | 25 |
| Quarter Pounder Bacon Habanero Ranch+ | 8.3 oz  (235 g) | 610 | 280 | 31 | 48 | 13 | 64 | 1.5 | 105 | 35 | 1180 | 49 | 46 | 15 | 3 | 14 | 10 | 37 | 8 | 20 | 25 | 30 |
| Quarter Pounder Bacon & Cheese+ | 8 oz  (227 g) | 600 | 260 | 29 | 45 | 13 | 63 | 1.5 | 105 | 34 | 1440 | 60 | 48 | 16 | 3 | 12 | 12 | 37 | 6 | 15 | 25 | 30 |
| Quarter Pounder Deluxe+ | 8.6 oz  (244 g) | 540 | 250 | 27 | 42 | 11 | 54 | 1.5 | 85 | 28 | 960 | 40 | 45 | 15 | 3 | 13 | 9 | 29 | 10 | 8 | 25 | 30 |
| 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 |
| BBQ Ranch Burger | 4.1 oz  (116 g) | 350 | 140 | 16 | 24 | 6 | 30 | 0.5 | 45 | 15 | 680 | 28 | 37 | 12 | 3 | 11 | 7 | 16 | 4 | 0 | 20 | 15 |
| Grilled Onion Cheddar | 4.1 oz  (115 g) | 310 | 120 | 13 | 21 | 6 | 30 | 0.5 | 40 | 14 | 660 | 27 | 33 | 11 | 2 | 8 | 7 | 15 | 2 | 0 | 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 |
| Bacon McDouble | 5.8 oz  (165 g) | 460 | 210 | 24 | 37 | 10 | 52 | 1 | 85 | 28 | 1120 | 47 | 34 | 11 | 2 | 7 | 7 | 28 | 6 | 10 | 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 |
| 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 |

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| **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** |
| **Chicken and Fish** | | | | | | | | | | | | | | | | | | | | | | |
| Chicken McNuggets® (4 piece) | 2.3 oz  (65 g) | 190 | 110 | 12 | 18 | 2 | 10 | 0 | 25 | 9 | 350 | 15 | 12 | 4 | 1 | 2 | 0 | 9 | 0 | 2 | 0 | 2 |
| Bacon Clubhouse Crispy Chicken Sandwich | 10 oz  (284 g) | 750 | 340 | 38 | 59 | 10 | 51 | 0.5 | 90 | 31 | 1720 | 72 | 65 | 22 | 4 | 15 | 16 | 36 | 8 | 25 | 30 | 15 |
| Bacon Clubhouse Grilled Chicken Sandwich | 9.5 oz  (270 g) | 590 | 230 | 25 | 39 | 8 | 42 | 0 | 110 | 37 | 1560 | 65 | 51 | 17 | 4 | 15 | 14 | 40 | 8 | 30 | 30 | 15 |
| 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 | 8.8 oz  (249 g) | 670 | 300 | 33 | 51 | 9 | 44 | 0 | 85 | 29 | 1410 | 59 | 58 | 19 | 3 | 14 | 11 | 36 | 8 | 20 | 30 | 20 |
| Premium Grilled Chicken Club Sandwich | 8.3 oz  (235 g) | 510 | 180 | 20 | 31 | 7 | 36 | 0 | 105 | 35 | 1250 | 52 | 44 | 15 | 3 | 13 | 9 | 40 | 8 | 20 | 30 | 20 |
| Premium Crispy Chicken Rannch BLT Sandwich | 7 oz  (227 g) | 590 | 240 | 27 | 41 | 6 | 30 | 0 | 70 | 24 | 1380 | 57 | 57 | 19 | 3 | 13 | 11 | 32 | 4 | 20 | 15 | 20 |
| Premium Grilled Chicken Ranch BLT Sandwich | 7.5 oz  (214 g) | 670 | 120 | 14 | 21 | 4 | 21 | 0 | 90 | 30 | 1210 | 50 | 43 | 14 | 3 | 13 | 9 | 36 | 4 | 20 | 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 |
| Buffalo Ranch McChicken | 5.1 oz  (145 g) | 350 | 130 | 15 | 23 | 3 | 14 | 0 | 35 | 11 | 980 | 41 | 40 | 13 | 2 | 7 | 5 | 14 | 2 | 2 | 15 | 15 |
| Bacon Buffalo Ranch McChicken | 5.6 oz  (159 g) | 420 | 180 | 20 | 30 | 4.5 | 24 | 0 | 50 | 16 | 1250 | 52 | 41 | 14 | 2 | 7 | 6 | 20 | 2 | 10 | 15 | 15 |
| Bacon Cheddar McChicken | 6 oz  (171 g) | 480 | 220 | 24 | 38 | 7 | 35 | 0 | 65 | 21 | 1260 | 53 | 43 | 14 | 2 | 8 | 6 | 22 | 4 | 10 | 20 | 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 |
| 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 |

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| **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 McWrap Southwest Chicken (Crispy) | 10.2 oz  (289 g) | 670 | 290 | 33 | 50 | 8 | 40 | 0.5 | 60 | 21 | 1450 | 61 | 67 | 22 | 4 | 14 | 11 | 27 | 15 | 15 | 20 | 20 |
| Premium McWrap Southwest Chicken (Grilled) | 9.7 oz  (275 g) | 510 | 180 | 20 | 30 | 6 | 31 | 0 | 80 | 27 | 1280 | 54 | 53 | 18 | 4 | 14 | 9 | 31 | 15 | 15 | 20 | 20 |
| Premium McWrap Chicken  & Bacon (Crispy) | 9.5 oz  (269 g) | 620 | 280 | 31 | 47 | 9 | 44 | 0.5 | 75 | 25 | 1490 | 62 | 54 | 18 | 3 | 10 | 6 | 32 | 10 | 20 | 15 | 20 |
| Premium McWrap Chicken  & Bacon (Grilled) | 9 oz  (255 g) | 460 | 160 | 18 | 27 | 7 | 35 | 0 | 95 | 31 | 1330 | 55 | 40 | 13 | 3 | 10 | 4 | 35 | 10 | 20 | 15 | 20 |
| Premium McWrap Chicken  & Ranch (Crispy) | 9.9 oz  (280 g) | 580 | 260 | 29 | 44 | 8 | 38 | 0.5 | 60 | 21 | 1290 | 54 | 55 | 18 | 3 | 11 | 7 | 26 | 10 | 10 | 15 | 20 |
| Premium McWrap Chicken  & Ranch (Grilled) | 9.4 oz  (266 g) | 420 | 140 | 16 | 24 | 6 | 29 | 0 | 80 | 27 | 1130 | 47 | 41 | 14 | 3 | 11 | 5 | 30 | 10 | 15 | 15 | 20 |
| Premium McWrap Chicken Sweet Chili (Crispy) | 8.4 oz  (239 g) | 520 | 200 | 22 | 34 | 4.5 | 22 | 0 | 45 | 15 | 1190 | 50 | 57 | 19 | 2 | 9 | 11 | 23 | 8 | 4 | 8 | 20 |
| Premium McWrap Chicken Sweet Chili (Grilled) | 8 oz  (226 g) | 360 | 80 | 9 | 14 | 2.5 | 13 | 0 | 65 | 21 | 1030 | 43 | 43 | 14 | 2 | 9 | 9 | 26 | 8 | 6 | 8 | 20 |

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| **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** |

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| **Breakfast** | | | | | | | | | | | | | | | | | | | | | | |
| 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 |
| Egg McMuffin® | 4.8 oz  (135 g) | 290 | 110 | 12 | 19 | 5 | 24 | 0 | 260 | 87 | 740 | 31 | 31 | 10 | 4 | 17 | 3 | 17 | 10 | 0 | 25 | 15 |
| Egg White Delight | 4.7 oz  (134 g) | 250 | 60 | 7 | 11 | 3 | 15 | 0 | 25 | 8 | 770 | 32 | 30 | 10 | 4 | 17 | 3 | 18 | 4 | 0 | 25 | 8 |
| Sausage McMuffin® | 3.9 oz  (110 g) | 360 | 200 | 22 | 34 | 8 | 42 | 0 | 45 | 15 | 780 | 32 | 29 | 10 | 4 | 17 | 2 | 14 | 6 | 0 | 20 | 10 |
| Sausage McMuffin® with Egg | 5.6 oz  (160 g) | 440 | 240 | 27 | 42 | 10 | 51 | 0 | 285 | 95 | 850 | 35 | 30 | 10 | 4 | 17 | 2 | 21 | 10 | 0 | 30 | 15 |
| Steak & Egg McMuffin | 6.5 oz  (184 g) | 420 | 200 | 23 | 35 | 9 | 46 | 1 | 300 | 100 | 950 | 40 | 31 | 10 | 4 | 18 | 3 | 26 | 10 | 2 | 30 | 20 |
| Bacon, Egg & Cheese Biscuit (Regular Size Biscuit) | 5.3 oz  (150 g) | 460 | 230 | 26 | 40 | 13 | 65 | 0 | 250 | 83 | 1300 | 54 | 38 | 13 | 2 | 7 | 3 | 19 | 10 | 8 | 15 | 15 |
| Sausage Biscuit (Regular Size Biscuit) | 4.1 oz  (117 g) | 430 | 240 | 27 | 42 | 12 | 62 | 0 | 30 | 10 | 1080 | 45 | 34 | 11 | 2 | 6 | 2 | 11 | 0 | 0 | 6 | 15 |
| Sausage Biscuit with Egg (Regular Size Biscuit) | 5.7 oz  (163 g) | 510 | 290 | 33 | 50 | 14 | 71 | 0 | 250 | 83 | 1170 | 49 | 36 | 12 | 2 | 6 | 2 | 18 | 6 | 0 | 10 | 20 |
| Steak & Egg Biscuit (Regular Biscuit) | 7.1 oz  (201 g) | 540 | 290 | 32 | 49 | 16 | 78 | 1 | 280 | 93 | 1470 | 61 | 38 | 13 | 2 | 8 | 3 | 25 | 10 | 2 | 20 | 25 |
| Bacon, Egg & Cheese McGriddles | 6.1 oz  (174 g) | 460 | 190 | 21 | 32 | 9 | 44 | 0 | 250 | 84 | 1250 | 52 | 48 | 16 | 2 | 9 | 15 | 19 | 10 | 10 | 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 |
| Bacon, Egg & Cheese Bagel† | 7 oz  (199 g) | 630 | 290 | 32 | 49 | 11 | 56 | 0.5 | 275 | 92 | 1490 | 62 | 57 | 19 | 3 | 11 | 7 | 30 | 20 | 15 | 20 | 20 |
| Steak, Egg & Cheese Bagel† | 8.6 oz  (243 g) | 680 | 320 | 35 | 55 | 13 | 64 | 1.5 | 300 | 99 | 1520 | 63 | 57 | 19 | 3 | 12 | 7 | 33 | 20 | 4 | 25 | 25 |
| 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 |

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| **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** |
| 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 |
| **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 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 | |
| **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 | |
| Chipotle BBQ Snack Wrap (Crispy) | | 4.4 oz  (124 g) | | 330 | | 130 | | 15 | | 22 | | 4.5 | | 22 | | 0 | | 30 | | 11 | | 750 | | 31 | | 34 | | 11 | | 1 | | 5 | | 6 | | 14 | | 4 | | 0 | | 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) | | 4.3 oz  (123 g) | | 330 | | 130 | | 15 | | 23 | | 4.5 | | 22 | | 0 | | 35 | | 11 | | 730 | | 30 | | 34 | | 11 | | 1 | | 5 | | 3 | | 14 | | 2 | | 0 | | 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) | | 4.4 oz  (125 g) | | 350 | | 170 | | 18 | | 28 | | 5 | | 26 | | 0 | | 40 | | 13 | | 790 | | 33 | | 32 | | 11 | | 1 | | 5 | | 3 | | 15 | | 2 | | 0 | | 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 | |
| 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 | |

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| **Desserts/Shakes** | | | | | | | | | | | | | | | | | | | | | | |
| Vanilla Reduced Fat Ice Cream Cone | 3.7 oz  (105 g) | 170 | 40 | 4.5 | 7 | 3 | 14 | 0 | 15 | 6 | 70 | 3 | 27 | 9 | 0 | 0 | 20 | 5 | 6 | 0 | 15 | 2 |
| Kiddie Cone | 1 oz  (29 g) | 45 | 10 | 1.5 | 2 | 1 | 4 | 0 | 5 | 2 | 20 | 1 | 7 | 2 | 0 | 0 | 6 | 1 | 2 | 0 | 4 | 0 |
| Hot Fudge Sundae | 6.3 oz  (179 g) | 330 | 80 | 9 | 14 | 7 | 34 | 0 | 25 | 8 | 170 | 7 | 53 | 18 | 1 | 3 | 48 | 8 | 8 | 0 | 25 | 8 |
| Hot Caramel Sundae | 6.4 oz  (182 g) | 340 | 70 | 8 | 12 | 5 | 24 | 0 | 30 | 10 | 150 | 6 | 60 | 20 | 0 | 0 | 43 | 7 | 10 | 0 | 25 | 0 |
| Strawberry Sundae | 6.3 oz  (178 g) | 280 | 60 | 6 | 10 | 4 | 20 | 0 | 25 | 8 | 85 | 4 | 49 | 16 | 0 | 0 | 45 | 6 | 8 | 4 | 20 | 0 |
| McFlurry® with 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 |

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| **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 McCafé Shake (12 fl oz cup) | 12 fl oz | 530 | 140 | 15 | 24 | 10 | 49 | 1 | 60 | 20 | 160 | 7 | 86 | 29 | 0 | 0 | 63 | 11 | 20 | 0 | 40 | 0 |
| Chocolate McCafé Shake (12 fl oz cup) | 12 fl oz | 560 | 150 | 16 | 25 | 10 | 51 | 1 | 60 | 20 | 240 | 10 | 91 | 30 | 1 | 5 | 77 | 12 | 20 | 0 | 40 | 8 |
| Strawberry McCafé Shake (12 fl oz cup) | 12 fl oz | 550 | 150 | 16 | 25 | 10 | 52 | 1 | 60 | 21 | 160 | 7 | 90 | 30 | 0 | 0 | 79 | 12 | 20 | 0 | 40 | 0 |
| 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 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 |
| 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 |

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| **Beverages** | | | | | | | | | | | | | | | | | | | | | | |
| 1% Low Fat Milk Jug | 1 cart  (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 | 1 cart  (236 ml) | 130 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 2 | 135 | 6 | 23 | 8 | 1 | 2 | 22 | 9 | 10 | 0 | 30 | 8 |
| Minute Maid 100% Apple Juice Box | 6 fl oz  (177 ml) | 80 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 15 | 1 | 21 | 7 | 0 | 0 | 19 | 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 | 140 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 39 | 13 | 0 | 0 | 39 | 0 | 0 | 0 | 0 | 0 |
| Diet Coke | 16 fl oz | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 10 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Dr. Pepper Small | 16 fl oz | 140 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 45 | 2 | 37 | 12 | 0 | 0 | 35 | 0 | 0 | 0 | 0 | 0 |
| Diet Dr. Pepper Small | 16 fl oz | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 70 | 3 | 0 | 0 | 0 | 0 | 0 | 2 | 0 | 0 | 0 | 0 |
| Sprite Small | 16 fl oz | 140 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 30 | 1 | 37 | 12 | 0 | 0 | 37 | 0 | 0 | 0 | 0 | 0 |
| Hi-C Orange Small | 16 fl oz | 160 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 43 | 14 | 0 | 0 | 42 | 0 | 0 | 210 | 0 | 0 |
| Powerade Mountation Blast Small | 16 fl oz | 80 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 75 | 3 | 21 | 7 | 0 | 0 | 21 | 0 | 0 | 2 | 0 | 0 |
| Ice Tea Small | 16 fl oz | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 10 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Sweet Tea Small | 16 fl oz | 150 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 10 | 0 | 36 | 12 | 0 | 0 | 36 | 1 | 0 | 0 | 0 | 0 |
| Coffee Small | 12 fl oz | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Frappe Mocha Small | 12 fl oz | 450 | 160 | 18 | 28 | 12 | 59 | 1 | 65 | 21 | 125 | 5 | 65 | 22 | 1 | 3 | 57 | 7 | 15 | 0 | 20 | 4 |
| Frappe Caramel Small | 12 fl oz | 450 | 170 | 19 | 29 | 12 | 60 | 1 | 65 | 22 | 125 | 5 | 64 | 21 | 0 | 0 | 57 | 7 | 15 | 0 | 25 | 2 |
| Frappe Chocolate Chip (Small)†§ | 12 fl oz cup | 530 | 200 | 23 | 35 | 14 | 72 | 1 | 65 | 22 | 135 | 6 | 76 | 25 | 1 | 5 | 67 | 8 | 15 | 0 | 25 | 4 |
| Blueberry Pomegranate Smoothie (Small)§ | 12 fl oz cup | 220 | 5 | 0.5 | 1 | 0 | 0 | 0 | 5 | 1 | 40 | 2 | 50 | 17 | 3 | 12 | 44 | 2 | 0 | 2 | 6 | 2 |
| Strawberry Banana Smoothie (Small)§ | 12 fl oz cup | 210 | 5 | 0.5 | 1 | 0 | 0 | 0 | 5 | 1 | 50 | 2 | 47 | 16 | 3 | 10 | 44 | 3 | 0 | 30 | 8 | 2 |
| Mango Pineapple Smoothie (Small)§ | 12 fl oz cup | 220 | 10 | 1 | 2 | 0.5 | 3 | 0 | 5 | 1 | 45 | 2 | 49 | 16 | 2 | 9 | 47 | 3 | 35 | 30 | 8 | 2 |
| Vanilla McCafé Shake (12 fl oz cup) | 12 fl oz | 530 | 140 | 15 | 24 | 10 | 49 | 1 | 60 | 20 | 160 | 7 | 86 | 29 | 0 | 0 | 63 | 11 | 20 | 0 | 40 | 0 |
| Chocolate McCafé Shake (12 fl oz cup) | 12 fl oz | 560 | 150 | 16 | 25 | 10 | 51 | 1 | 60 | 20 | 240 | 10 | 91 | 30 | 1 | 5 | 77 | 12 | 20 | 0 | 40 | 8 |
| Strawberry McCafé Shake (12 fl oz cup) | 12 fl oz | 550 | 150 | 16 | 25 | 10 | 52 | 1 | 60 | 21 | 160 | 7 | 90 | 30 | 0 | 0 | 79 | 12 | 20 | 0 | 40 | 0 |