



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	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																					
Triple Cheeseburger	520	250	28	43	13	67	1.5	110	37	1160	48	36	12	2	10	7	32	20	4	15	25
Cheddar Bacon Onion Grilled Chicken Sandwich	650	230	26	40	10	52	0.5	155	52	2130	89	50	17	4	14	14	53	6	35	35	15
Bacon Clubhouse Burger	740	370	41	64	16	78	1.5	120	41	1420	59	51	17	4	15	14	40	8	25	30	25
Premium Grilled Chicken Bacon Clubhouse Sandwich	630	230	26	40	8	42	0	145	48	1830	76	50	17	4	15	14	48	8	35	30	15
Double Filet-O-Fish	540	230	26	40	6	28	0	80	27	780	32	48	16	2	9	5	28	10	2	10	10
Premium Buttermilk Crispy Chicken Bacon Clubhouse Sandwich	790	360	40	61	10	52	0.5	105	36	1720	72	69	23	5	22	14	39	8	30	30	15
Buffalo Ranch McChicken	360	140	16	25	3	16	0	40	13	800	33	40	13	2	9	5	15	4	2	4	15
Bacon Buffalo Ranch McChicken	430	180	21	32	4.5	24	0	55	19	1040	43	40	13	2	10	6	20	4	10	4	15
Bacon Cheddar McChicken	470	210	23	36	8	38	0	70	23	1040	43	43	14	3	10	6	23	4	10	10	15
Southern Style Buttermilk Crispy Chicken Sandwich	470	180	20	31	4.5	22	0	65	22	950	40	48	16	3	12	5	25	0	4	4	15
Big Mac	540	250	28	43	10	49	1	80	26	950	40	46	15	3	13	9	25	10	2	15	25
Quarter Pounder	430	180	20	31	8	41	1	75	24	700	29	38	13	2	9	9	26	4	4	6	25
Quarter Pounder with Cheese	530	240	27	42	13	65	1.5	100	34	1090	46	41	14	3	12	10	31	20	6	15	25
Double Quarter Pounder with Cheese	770	400	45	69	21	104	2.5	175	58	1290	54	42	14	3	12	10	51	20	6	20	35
Hamburger	250	70	8	12	3	16	0	30	9	480	20	31	10	2	6	6	13	2	2	4	15
Hot 'n Spicy McChicken	360	140	16	24	3.5	19	0	40	13	610	25	41	14	3	11	5	14	6	2	4	15
Cheeseburger	300	100	12	18	5	27	0.5	40	14	680	28	33	11	2	8	7	15	10	2	10	15
BBQ Ranch Burger	350	130	15	23	6	29	0.5	45	15	670	28	37	12	3	11	7	16	4	0	15	15

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																		Vitamin A	Vitamin C	Calcium	Iron
Grilled Onion Cheddar	310	120	13	20	6	30	0.5	45	15	640	26	32	11	2	8	6	15	2	2	10	15
Double Cheeseburger	430	190	21	33	11	53	1	85	28	1040	43	35	12	2	10	7	25	20	4	15	20
McDouble	380	160	18	27	8	41	1	70	23	840	35	34	11	2	8	7	23	10	2	10	20
Bacon McDouble	450	200	22	34	10	49	1	85	28	1080	45	34	11	2	8	7	28	10	10	10	20
Bacon Cheddar Hot 'n Spicy McChicken	480	210	24	37	8	38	0	70	23	1050	44	44	15	3	13	6	22	10	10	10	15
Daily Double	430	200	22	34	10	49	1	75	24	760	32	35	12	2	9	6	23	10	8	10	20
Ranch Snack Wrap (Buttermilk Crispy)	380	180	20	31	6	28	0	45	15	830	35	34	11	2	7	2	16	2	2	10	10
Ranch Snack Wrap (Grilled)	300	120	13	21	4.5	23	0	65	21	890	37	25	8	1	4	2	21	2	4	10	10
Mac Snack Wrap	340	180	20	30	7	36	1	50	16	660	28	26	9	2	6	2	15	6	2	8	15
Jalapeño Double	440	210	24	36	9	45	1	75	25	980	41	35	12	2	8	6	23	6	8	15	20
Quarter Pounder Deluxe	590	280	32	49	14	72	1.5	105	35	1180	49	44	15	4	14	11	32	25	10	20	25
McTeri Deluxe	560	220	24	37	10	49	1	80	26	1200	50	57	19	3	11	26	27	4	8	6	25
Double Homestyle Burger	690	350	39	60	16	82	2.5	150	49	920	38	38	13	3	12	7	46	6	10	15	40
Bacon Double Cheeseburger	500	230	26	40	12	61	1	100	33	1280	53	36	12	3	10	8	30	20	15	15	20
Denali Big Mac	850	460	51	78	20	100	2.5	170	57	1090	45	47	16	3	13	9	50	10	4	15	40
Green Chili Double Cheeseburger	390	160	18	27	8	41	1	70	23	760	32	34	11	2	8	7	23	10	8	10	20
Quarter Pounder Cheddar Bacon Onion	770	380	43	66	18	91	2	135	45	1670	70	52	17	4	15	14	44	6	25	35	25
Daily Double Burger Mustard Style	380	160	18	28	8	41	1	70	23	720	30	33	11	2	10	6	23	10	8	10	20
Double Grilled Onion Cheddar Burger	390	170	19	30	9	44	1	70	24	760	32	32	11	2	8	6	23	4	2	10	20
Grilled Onion Cheddar Burger Triple	530	260	29	45	14	69	1.5	115	38	1080	45	35	12	2	9	6	32	6	2	20	25
Big Mac with Butter	560	280	31	48	12	58	1	85	29	950	40	46	15	3	13	9	25	10	2	15	25
Homestyle Burger	440	190	21	33	8	42	1	75	25	630	26	36	12	3	11	6	26	4	8	6	25
Cheeseburger Bacon	360	150	16	25	7	35	0.5	55	19	920	38	34	11	2	8	7	21	10	10	10	15

Nutrition Facts	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
Triple Bacon Cheeseburger	590	290	32	50	15	75	1.5	125	42	1400	58	37	12	3	10	8	38	20	15	15	25
Hamburger New York	250	70	8	12	3	16	0	30	9	470	20	31	10	2	6	6	13	2	2	4	15
Cheeseburger New York	300	100	12	18	5	27	0.5	40	14	670	28	33	11	2	8	7	15	10	2	10	15
Triple Cheeseburger New York	520	250	28	43	13	67	1.5	110	37	1160	48	36	12	2	10	7	32	20	4	15	25
Quarter Pounder Deluxe New York	590	280	32	49	14	72	1.5	105	35	1170	49	44	15	4	14	11	32	25	10	20	25
Quarter Pounder New York	430	180	20	31	8	41	1	75	24	700	29	38	13	2	9	9	26	4	4	4	25
Green Chili Double Cheeseburger New York	390	160	18	27	8	41	1	70	23	750	31	34	11	2	8	7	23	10	8	10	20
Double Cheeseburger New York	430	190	22	33	11	53	1	85	28	1040	43	35	12	2	9	7	25	20	4	25	20
Cheeseburger Bacon New York	360	150	16	25	7	36	0.5	55	19	920	38	34	11	2	8	7	20	10	10	20	15
Bacon Double Cheeseburger New York	500	230	26	40	12	61	1	100	33	1270	53	36	12	2	10	8	30	20	15	15	20
Triple Bacon Cheeseburger New York	590	290	32	49	15	75	1.5	125	42	1400	58	37	12	2	10	8	38	20	15	15	25
Bacon McDouble New York	450	200	22	34	10	49	1	85	28	1080	45	34	11	2	8	7	28	10	10	10	20
Quarter Pounder With Cheese New York	530	240	27	42	13	65	1.5	100	34	1090	45	41	14	3	12	10	31	20	6	15	25
Double Quarter Pounder With Cheese New York	770	400	45	69	21	104	2.5	175	58	1280	53	42	14	3	12	10	51	20	6	20	35
Signature Sriracha Burger on Artisan Roll	680	330	36	56	14	69	1.5	95	32	1040	43	56	19	3	13	13	33	25	20	35	30
Double Lone Star Stack Burger	960	480	53	82	24	120	3	200	67	2040	85	60	20	3	14	18	61	15	25	30	40
Lone Star Stack Burger	720	320	36	55	16	80	1.5	125	42	1850	77	59	20	3	14	18	41	15	25	30	30
Sweet BBQ Bacon Burger on Sesame Seed Bun	700	340	38	59	14	71	1.5	110	37	1310	55	52	17	3	12	14	38	6	15	15	30
Sweet BBQ Bacon Burger on Artisan Roll	750	350	39	59	15	77	1.5	115	38	1360	57	61	20	3	14	18	40	8	20	35	25

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																		Vitamin A	Vitamin C	Calcium	Iron
Pico Guacamole Burger on Artisan Roll	640	310	34	53	14	68	1.5	95	32	980	41	50	17	4	17	11	32	10	20	35	25
Pico Guacamole Burger on Sesame Seed Bun	580	300	33	51	12	61	1.5	95	31	920	38	41	14	4	15	7	29	8	15	15	25
Buffalo Bacon Burger on Artisan Roll	620	290	33	50	13	63	1.5	105	35	1170	49	46	15	3	11	11	37	2	20	20	25
Swiss Mushroom Melt Burger on Artisan Roll	620	290	33	50	17	86	1.5	115	39	570	24	47	16	3	12	11	36	8	4	45	20
Garlic White Cheddar Burger on Artisan Roll	620	300	33	51	13	64	1.5	95	32	790	33	48	16	3	13	11	33	10	10	35	25
Chicken and Sandwiches																					
Cheddar Bacon Onion Grilled Chicken Sandwich	650	230	26	40	10	52	0.5	155	52	2130	89	50	17	4	14	14	53	6	35	35	15
Premium Grilled Chicken Bacon Clubhouse Sandwich	630	230	26	40	8	42	0	145	48	1830	76	50	17	4	15	14	48	8	35	30	15
Double Filet-O-Fish	540	230	26	40	6	28	0	80	27	780	32	48	16	2	9	5	28	10	2	10	10
Premium Buttermilk Crispy Chicken Bacon Clubhouse Sandwich	790	360	40	61	10	52	0.5	105	36	1720	72	69	23	5	22	14	39	8	30	30	15
McChicken	350	130	15	23	3.5	18	0	40	13	600	25	40	13	2	9	5	15	2	2	4	15
Buffalo Ranch McChicken	360	140	16	25	3	16	0	40	13	800	33	40	13	2	9	5	15	4	2	4	15
Bacon Buffalo Ranch McChicken	430	180	21	32	4.5	24	0	55	19	1040	43	40	13	2	10	6	20	4	10	4	15
Bacon Cheddar McChicken	470	210	23	36	8	38	0	70	23	1040	43	43	14	3	10	6	23	4	10	10	15
Southern Style Buttermilk Crispy Chicken Sandwich	470	180	20	31	4.5	22	0	65	22	950	40	48	16	3	12	5	25	0	4	4	15
Filet-O-Fish	410	180	20	31	5	25	0	50	17	660	27	39	13	2	8	5	18	10	2	10	10
Hot 'n Spicy McChicken	360	140	16	24	3.5	19	0	40	13	610	25	41	14	3	11	5	14	6	2	4	15
Bacon Cheddar Hot 'n Spicy McChicken	480	210	24	37	8	38	0	70	23	1050	44	44	15	3	13	6	22	10	10	10	15
Chicken McNuggets (10 piece)	440	240	27	41	4.5	22	0	75	25	840	35	26	9	2	7	0	24	0	4	2	6

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																		Vitamin A	Vitamin C	Calcium	Iron
Ranch Snack Wrap (Buttermilk Crispy)	380	180	20	31	6	28	0	45	15	830	35	34	11	2	7	2	16	2	2	10	10
Chicken McNuggets (20 piece)	890	480	53	82	9	44	0	145	49	1680	70	53	18	4	14	0	49	0	8	4	10
Chicken McNuggets (6 piece)	270	140	16	25	2.5	13	0	45	15	510	21	16	5	1	4	0	15	0	2	0	4
Chicken McNuggets (40 piece)	1770	960	107	164	18	88	0.5	295	98	3370	140	105	35	7	28	1	98	0	15	6	25
Premium Bacon Ranch Salad with Buttermilk Crispy Chicken	490	250	28	43	8	40	0	95	32	1120	47	28	9	4	18	4	33	180	60	15	10
Ranch Snack Wrap (Grilled)	300	120	13	21	4.5	23	0	65	21	890	37	25	8	1	4	2	21	2	4	10	10
Premium Bacon Ranch Salad with Grilled Chicken	320	120	14	21	6	30	0	135	45	1230	51	9	3	3	11	4	42	180	60	15	10
Premium Southwest Salad with Buttermilk Crispy Chicken	520	230	25	39	6	31	0	75	25	960	40	46	15	8	31	9	28	180	40	20	15
Premium Southwest Salad with Grilled Chicken	350	100	11	18	4.5	22	0	110	37	1070	45	27	9	6	24	9	37	180	50	20	15
Chicken McNuggets (4 piece)	180	100	11	16	2	9	0	30	10	340	14	11	4	1	3	0	10	0	2	0	2
Artisan Grilled Chicken Sandwich	380	60	7	10	2	10	0	95	32	1110	46	44	15	3	11	11	37	4	20	20	15
Buttermilk Crispy Chicken Sandwich	570	200	23	35	5	25	0	60	21	1050	44	64	21	4	18	11	28	4	10	20	15
Veggie McWrap	480	170	19	29	6	32	0.5	20	7	870	36	63	21	8	33	14	15	70	35	20	25
Chicken McNuggets (50 Piece)	2210	1200	133	205	22	111	1	370	123	4210	175	132	44	9	35	1	122	0	20	8	30
Lobster Roll	290	50	5	8	1.5	8	0	65	21	630	26	35	12	2	8	3	24	4	6	15	15
McChicken Deluxe	430	170	19	30	6	30	0	55	18	830	35	47	16	3	13	7	18	6	8	10	15
Old Bay Double Filet-O-Fish Sandwich	540	230	25	39	6	28	0	80	27	760	32	49	16	3	10	5	29	10	2	10	15
Old Bay Filet-O-Fish Sandwich	420	180	20	31	5	24	0	50	17	640	27	41	14	2	9	5	18	10	2	10	10
Jalapeno McChicken	430	180	20	31	5	26	0	55	18	1030	43	44	15	3	11	6	18	6	10	15	15

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																		Vitamin A	Vitamin C	Calcium	Iron
Hot N' Spicy McChicken Deluxe	440	180	20	31	6	31	0	55	18	840	35	48	16	4	16	7	18	10	8	10	15
McChicken Scratch Biscuit	450	200	22	34	9	43	0	75	25	1080	45	49	16	3	11	3	15	4	2	2	15
McGriddles Buttermilk Crispy Chicken	540	200	22	34	6	28	0	60	19	1320	55	61	20	3	12	14	24	0	2	8	15
Southern Style Chicken McGriddles	410	140	15	24	4.5	21	0	30	10	1160	48	51	17	1	6	16	16	0	2	8	10
Southern Style Chicken Biscuit Pressure Fried	440	190	22	33	8	42	0	40	14	1140	47	46	15	2	9	4	15	0	0	6	15
Buttermilk Crispy Chicken Biscuit	570	250	28	43	10	48	0	60	20	1380	58	55	18	3	13	2	24	0	2	8	15
Southern Style Chicken Scratch Biscuit Pressure Fried	460	210	23	35	8	42	0	75	26	1160	48	49	16	2	10	4	15	2	0	2	15
Hot N Spicy McChicken Scratch Biscuit	460	210	23	35	9	43	0	75	25	1090	45	49	16	3	14	3	14	8	2	2	15
Buttermilk Crispy Tenders 2 pc	250	120	13	21	2	10	0	55	18	700	29	13	4	0	1	0	20	0	4	0	4
Buttermilk Crispy Tenders 4 pc	500	240	27	41	4	20	0	110	36	1390	58	25	8	0	2	1	39	0	6	2	6
Buttermilk Crispy Tenders 10 pc	1250	610	67	104	10	51	0	270	90	3480	145	63	21	1	4	2	98	0	15	4	15
Sweet BBQ Bacon Artisan Grilled Chicken on Sesame Seed Bun	600	200	23	35	7	35	0	135	45	1850	77	52	17	3	12	14	46	4	25	15	20
Sweet BBQ Bacon Buttermilk Crispy Chicken on Artisan Roll	830	350	39	59	11	53	0.5	105	34	1760	73	80	27	5	20	18	42	6	20	35	15
Sweet BBQ Bacon Artisan Grilled Chicken on Artisan Roll	670	220	25	38	9	44	0.5	140	47	1870	78	61	20	3	14	18	50	6	30	35	15
Sweet BBQ Bacon Buttermilk Crispy Chicken on Sesame Seed Bun	760	330	36	56	9	45	0	95	32	1740	72	71	24	5	19	14	37	4	20	15	20
Pico Guacamole Artisan Grilled Chicken on Sesame Seed Bun	470	160	18	27	5	26	0	115	39	1450	61	40	13	3	14	7	38	8	20	15	15

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																		Vitamin A	Vitamin C	Calcium	Iron
Pico Guacamole Artisan Grilled Chicken on Artisan Roll	550	180	20	31	7	35	0	120	40	1340	56	50	17	4	17	11	42	10	30	35	15
Signature Sriracha Buttermilk Crispy Chicken on Artisan Roll	760	320	36	55	9	46	0.5	85	29	1430	60	75	25	5	20	13	34	20	20	35	20
Pico Guacamole Buttermilk Crispy Chicken on Sesame Seed Bun	630	280	32	49	7	35	0	80	26	1340	56	59	20	5	20	7	29	8	15	15	20
Signature Sriracha Artisan Grilled Chicken on Artisan Roll	590	200	22	34	7	36	0	125	41	1390	58	56	19	3	13	14	43	20	25	35	20
Pico Guacamole Buttermilk Crispy Chicken on Artisan Roll	720	310	34	53	9	45	0	85	28	1380	57	69	23	6	23	11	33	10	25	35	15
Buttermilk Crispy Tenders 6 pc	750	360	40	62	6	31	0	160	54	2090	87	38	13	1	2	1	59	0	10	2	10
Buttermilk Crispy Chicken Tenders (20 piece)	2500	1210	135	207	20	102	1	540	179	6950	290	126	42	2	8	3	195	0	35	10	30
Buttermilk Crispy Chicken Tenders Pressure Fried (4 piece)	480	220	24	37	3.5	18	0	110	37	1430	59	22	7	0	2	0	42	0	4	2	8
Buttermilk Crispy Chicken Tenders Pressure Fried (10 piece)	1190	540	60	93	9	46	0	280	94	3570	149	56	19	1	4	0	105	0	10	4	20
Buttermilk Crispy Chicken Tenders Pressure Fried (2 piece)	240	110	12	19	2	9	0	55	19	710	30	11	4	0	1	0	21	0	2	0	4
Buttermilk Crispy Chicken Tenders Pressure Fried (6 piece)	710	330	36	56	5	27	0	170	56	2140	89	34	11	1	3	0	63	0	6	2	10
Buttermilk Crispy Chicken Tenders Pressure Fried (20 piece)	2380	1090	121	186	18	91	1	560	187	7130	297	112	37	2	8	1	210	0	20	10	35
Buffalo Bacon Artisan Grilled Chicken on Artisan Roll	520	160	17	27	5	27	0	125	42	1710	71	45	15	3	11	11	45	2	25	20	15
Swiss Mushroom Melt Buttermilk Crispy Chicken on Artisan Roll	700	290	32	50	12	62	0.5	105	35	1120	47	66	22	5	19	11	37	8	6	45	15
Swiss Mushroom Melt Artisan Grilled on Artisan Roll	540	170	19	29	10	52	0.5	140	47	1240	52	47	16	3	12	12	46	8	15	45	15

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																		Vitamin A	Vitamin C	Calcium	Iron
Buffalo Bacon Buttermilk Crispy Chicken on Artisan Roll	680	280	31	48	7	37	0	90	30	1600	67	64	21	4	17	11	36	2	20	20	15
Classic Chicken Sandwich	510	210	23	36	4	20	0	65	21	1040	43	50	17	3	12	6	25	0	4	4	15
Ranch Snack Wrap Buttermilk Chicken Tender	360	170	19	29	5	26	0	45	14	870	36	31	10	1	4	2	16	2	2	10	10
Garlic White Cheddar Buttermilk Crispy Chicken on Artisan Roll	700	300	34	52	9	43	0	85	29	1190	50	67	22	5	19	11	33	10	15	35	15
Garlic White Cheddar Artisan Grilled Chicken on Artisan Roll	530	180	20	30	7	33	0	125	41	1150	48	48	16	3	13	11	42	10	20	35	15
Breakfast																					
Fruit 'n Yogurt Parfait	150	20	2	3	1	5	0	5	2	75	3	30	10	1	3	22	4	2	25	10	4
Steak & Egg Burrito	350	130	15	23	6	30	0.5	115	39	950	40	38	13	2	8	3	16	15	2	15	15
Steak, Egg & Cheese Bagel	630	280	31	48	14	68	1.5	255	85	1450	61	54	18	4	17	7	32	25	4	20	25
Steak, Egg & Cheese Biscuit	530	270	30	47	15	75	1	230	77	1490	62	40	13	3	11	4	25	15	2	15	25
Sausage McMuffin with Egg	470	270	30	46	12	60	0	275	91	810	34	30	10	2	7	3	21	15	4	15	20
Hotcakes and Sausage	790	310	35	53	13	67	0	80	26	890	37	103	34	2	10	45	16	6	2	15	15
Southern Style Chicken Biscuit	440	190	21	33	8	42	0	35	11	1220	51	45	15	2	7	4	16	0	2	6	15
Sausage Burrito	300	140	16	24	6	31	0	165	54	780	32	26	9	1	5	2	12	15	2	10	15
Fruit & Maple Oatmeal	310	35	4	6	1.5	8	0	5	2	140	6	62	21	5	20	33	6	2	130	8	10
Egg McMuffin	300	110	12	18	6	29	0	245	81	730	31	30	10	2	7	3	18	15	2	15	15
Bacon, Egg & Cheese Biscuit	450	220	24	37	12	62	0	200	67	1290	54	40	13	3	10	3	18	10	10	15	20
Sausage Biscuit	460	270	30	47	13	66	0	40	13	1050	44	36	12	2	7	3	11	2	2	8	15
Sausage Biscuit with Egg	530	310	34	53	15	73	0	205	69	1140	48	38	13	2	8	3	17	4	2	10	20
Bacon, Egg & Cheese McGriddles	420	160	18	28	8	41	0	195	66	1230	51	45	15	2	10	15	18	10	10	15	15
Sausage McGriddles	430	220	24	37	9	46	0	35	12	990	41	42	14	1	6	15	11	2	2	8	10

Nutrition Facts	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, Egg & Cheese McGriddles	550	290	32	49	13	64	0	215	72	1280	53	45	15	2	9	15	20	15	2	15	15
Bacon, Egg & Cheese Bagel with Egg Whites	510	190	22	33	10	48	0.5	65	21	1240	52	53	18	3	14	7	25	6	10	20	15
Big Breakfast	750	440	49	75	18	90	0	465	155	1490	62	53	18	3	13	3	25	10	4	15	25
Big Breakfast with Hotcakes	1350	590	65	100	25	126	0.5	510	169	2100	87	155	52	6	22	48	35	15	4	25	40
Cinnamon Melts	460	170	19	30	9	43	0	15	5	370	15	66	22	3	11	32	6	4	0	6	15
Hotcakes	600	150	16	25	7	35	0	45	15	610	25	102	34	2	10	45	9	4	0	15	15
Egg White Delight	280	90	10	15	6	28	0	40	13	680	28	29	10	2	6	2	18	6	0	20	10
Hash Browns	150	80	9	14	1.5	6	0	0	0	320	13	16	5	1	6	0	1	0	2	0	2
Bacon, Egg & Cheese Scratch Biscuit	480	230	25	39	12	61	0	235	79	1310	55	43	14	3	12	4	19	15	10	10	20
Sausage Scratch Biscuit	490	280	32	49	13	66	0	75	25	1070	45	39	13	2	8	3	12	2	2	2	15
Sausage Scratch Biscuit with Egg	550	320	36	55	15	73	0	240	81	1160	48	41	14	2	10	4	18	6	2	4	20
Southern Style Chicken Scratch Biscuit	460	200	23	35	8	41	0	70	23	1240	51	48	16	2	8	5	16	2	2	2	15
Sausage McMuffin with Egg Whites	430	230	26	40	11	53	0	60	21	830	34	29	10	2	7	3	20	4	2	15	15
Bacon, Egg & Cheese McGriddles with Egg Whites	380	130	15	23	7	35	0	35	12	1230	51	44	15	2	7	15	18	2	10	15	10
Bacon, Egg & Cheese Biscuit with Egg Whites	410	190	21	32	11	56	0	40	13	1290	54	39	13	2	8	3	18	4	10	15	15
Big Breakfast with Egg Whites	670	360	40	62	15	75	0	50	16	1540	64	52	17	3	13	3	24	2	4	8	15
Big Breakfast with Hotcakes and Egg Whites	1270	520	57	88	22	112	0.5	95	31	2150	89	154	51	6	22	48	33	6	4	20	30
Fruit & Maple Oatmeal without Brown Sugar	260	40	4	6	1.5	8	0	5	2	115	5	49	16	5	22	18	6	2	130	6	10
Sausage Biscuit with Egg Whites	490	280	31	48	14	68	0	45	15	1140	47	36	12	2	7	3	17	2	2	8	15
Sausage, Egg & Cheese McGriddles with Egg Whites	510	260	29	44	12	59	0	55	18	1270	53	44	15	2	7	15	19	4	2	15	10
Bacon, Egg & Cheese Bagel	550	220	25	38	11	54	0.5	225	75	1260	52	54	18	4	16	7	26	20	15	20	20

Nutrition Facts	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
Steak, Egg & Cheese McMuffin	430	200	22	35	10	50	1	285	94	970	40	30	10	2	8	3	26	15	4	15	20
Sausage McMuffin	400	230	25	39	10	51	0	55	19	740	31	29	10	2	7	3	14	10	4	15	15
Biscuit and Sausage Gravy	440	230	26	40	10	50	0	25	8	1210	50	43	14	2	7	3	9	0	0	6	15
Chorizo Burrito	310	130	15	23	6	28	0	175	58	820	34	28	9	2	7	3	16	25	4	15	15
Chicken McGriddles	390	130	15	23	4.5	23	0	35	12	1000	42	51	17	2	9	14	14	2	2	8	10
Egg and Cheese Bagel	480	180	20	31	9	46	0.5	210	70	1020	42	53	18	4	16	7	20	20	2	20	20
Blueberry Muffin Main Street Gourmet	400	130	15	22	3	14	0	45	16	340	14	60	20	2	8	34	7	0	0	4	10
Big Breakfast 2 Bacon Hotcakes Scrambled Egg and Biscuit	1290	500	56	86	22	110	0.5	505	168	2300	96	156	52	6	23	48	39	15	20	25	40
Bacon and White Cheddar Cheese McMuffin	350	140	16	25	7	36	0	255	84	770	32	30	10	2	7	3	20	8	10	20	15
Steak and Egg Biscuit	480	240	27	41	13	63	1	215	72	1300	54	38	13	2	9	3	22	4	2	10	25
Steak Egg and Cheese McGriddles	500	220	24	37	11	54	1	225	76	1430	60	46	15	3	10	16	25	15	2	15	20
Apple Cinnamon Muffin	300	20	2.5	4	0.5	3	0	0	1	520	22	61	20	3	14	30	7	0	70	8	10
Sausage Egg and Cheese Bagel	670	350	39	59	16	78	0.5	245	82	1300	54	54	18	4	16	7	27	25	4	20	20
Chicken Sausage and Egg McMuffin	360	150	17	26	7	36	0	285	95	870	36	30	10	2	7	2	23	15	4	15	20
Big Breakfast Sausage Scrambled with Hotcakes and Muffin	1240	510	57	87	20	99	0.5	510	170	1600	66	146	49	5	21	47	35	15	4	25	40
Double Sausage McMuffin with Egg and Cheese	670	430	48	74	18	92	0.5	310	103	1100	46	30	10	2	7	3	28	15	4	15	20
Cranberry Orange Muffin	380	80	9	13	1.5	7	0	0	0	430	18	70	23	3	11	35	6	0	0	6	10
Spam Eggs and Rice	480	230	25	39	9	46	0	470	156	780	32	36	12	0	1	1	24	8	35	8	20
Bagel With Cream Cheese	310	80	8	13	4	20	0	25	9	570	24	49	16	3	11	6	10	6	2	6	15
Blueberry Biscuit	230	70	8	12	4	20	0	0	0	470	19	36	12	1	6	11	3	0	0	4	8
Biscuit Sausage Egg and Cheese	580	340	38	58	17	85	0	220	73	1340	56	39	13	3	10	3	20	15	2	15	20

Nutrition Facts	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
Big Breakfast Sausage and English Muffin	640	360	40	62	13	64	0	470	156	990	41	44	15	3	12	2	26	10	4	15	25
McChicken Biscuit	430	190	21	32	9	44	0	40	13	1060	44	45	15	2	10	2	14	2	2	6	15
Biscuit Sausage Gravy Platter	890	470	52	80	20	101	0	50	16	2410	100	87	29	3	13	6	19	0	0	15	30
McGriddles Chicken Sausage	320	100	11	17	4.5	22	0	45	15	1050	44	42	14	1	6	14	13	2	2	8	10
Cinnamon Sweet Cheese Pastry	150	80	8	13	5	26	0	35	11	160	7	16	5	0	2	7	3	6	0	2	4
Raspberry Pastry	110	45	5	7	2.5	13	0	15	5	105	4	14	5	1	3	4	2	4	6	0	4
Bacon Biscuit	340	150	17	25	9	43	0	20	6	1010	42	36	12	2	7	3	10	0	10	6	15
Bagel Plain	250	15	2	3	0	1	0	0	0	480	20	48	16	3	11	5	9	0	0	4	15
Country Ham Biscuit	340	130	14	22	8	39	0	35	12	1600	66	36	12	2	7	2	15	0	0	6	15
Big Breakfast Steak Hotcakes Scrambled with Biscuit	1290	510	57	87	23	113	1.5	515	172	2190	91	155	52	6	22	47	40	15	2	25	45
Biscuit Chicken Sausage	350	150	17	26	8	42	0	50	17	1110	46	36	12	2	7	2	13	2	2	6	15
Berry Bran Muffin	410	140	15	23	1.5	8	0	0	0	480	20	62	21	7	27	28	7	0	0	6	15
Grits	140	60	6	9	3.5	17	0	15	4	75	3	19	6	2	10	0	2	2	0	0	6
Local Deluxe Breakfast	900	400	45	69	16	80	0	520	173	1340	56	82	27	1	4	2	38	10	35	8	40
Double Chocolate Muffin	450	130	15	23	3.5	17	0	0	0	600	25	74	25	4	15	42	8	0	0	6	30
Blueberry Muffin	450	150	17	26	1.5	9	0	0	1	360	15	67	22	3	13	32	7	0	0	4	10
Cinnamon Coffee Cake	160	70	7	11	2	9	0	20	7	125	5	22	7	1	2	13	2	0	0	2	2
Steak Egg and Cheese Bagel with Slivered Onions	620	270	30	46	13	65	1	255	85	1390	58	54	18	4	17	7	32	25	4	20	25
Big Breakfast Bacon Scrambled and Biscuit	690	360	40	61	15	75	0	460	153	1690	70	54	18	3	13	3	30	10	20	10	25
Country Ham and Egg Biscuit	400	160	18	28	9	46	0	205	68	1690	70	38	13	2	8	2	21	4	0	10	20
Chicken Sausage McMuffin	290	110	12	18	6	28	0	65	22	800	33	29	10	2	7	2	16	10	4	15	15
Big Breakfast Bacon Sausage Scrambled with Hotcakes and Muffin	1310	550	61	94	22	108	0.5	525	176	1840	76	147	49	5	22	48	40	15	15	25	40

Nutrition Facts	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
Biscuit Sausage and Cheese	510	300	34	52	16	78	0	55	18	1250	52	38	13	2	8	3	14	10	2	15	15
Spam Side Order	190	140	16	24	6	28	0	45	14	660	27	1	0	0	0	1	8	0	35	2	4
Portuguese Sausage Eggs and Rice	520	260	29	44	10	51	0	475	159	690	29	37	12	1	2	2	26	10	0	6	25
Fruit and Maple Oatmeal with Maple Sugar Packet	270	40	4	7	1.5	8	0	5	2	115	5	53	18	5	22	22	7	2	130	8	10
Egg and Chorizo Breakfast Bowl	460	260	29	44	9	43	0	500	167	1060	44	23	8	3	13	2	27	50	10	20	15
Hot N Spicy McChicken Biscuit	430	190	22	33	9	44	0	40	13	1070	45	46	15	3	12	2	14	6	2	8	15
Big Breakfast Steak Scrambled with Biscuit	710	370	41	64	16	80	1	475	158	1640	68	53	18	3	13	3	31	10	4	15	30
McGriddles Spam	450	190	21	33	9	47	0	205	68	1320	55	45	15	2	9	15	17	10	20	15	15
Green Chile Bacon Burrito	690	310	35	53	12	61	1	410	137	1640	68	66	22	3	14	5	29	20	40	30	25
Green Chile Sausage Burrito	820	430	48	74	17	85	1	430	143	1680	70	66	22	3	14	5	30	25	30	35	25
Scratch Biscuit and Gravy	470	240	27	41	10	51	0	55	19	1290	54	47	16	2	8	4	10	2	0	2	15
Biscuit Scratch Sausage and Cheese	540	320	35	54	15	77	0	90	29	1270	53	41	14	2	9	4	14	10	2	8	15
Lemon Poppy Seed Muffin Topper	150	60	7	10	1.5	7	0	15	6	120	5	22	7	1	4	13	2	0	0	2	4
Chocolate Coffee Cake	170	70	8	12	2.5	12	0	20	6	180	8	21	7	1	3	13	2	0	0	2	10
Blueberry Muffin Topper	160	60	7	11	2	9	0	20	7	150	6	22	7	0	2	12	2	2	0	2	4
Double Chocolate Muffin Topper	170	70	8	12	2.5	12	0	20	7	140	6	23	8	1	4	14	2	2	0	2	10
Carrot Muffin	440	150	17	26	1.5	8	0	0	0	370	15	67	22	2	9	35	6	90	0	4	8
Mini Butter Croissant	140	70	7	12	4.5	22	0	30	9	180	7	16	5	1	2	2	3	4	0	2	6
Turkey Sausage and Tomatillo Scramble Bowl	330	200	22	34	8	41	0	575	191	700	29	6	2	1	5	1	29	80	45	20	20
Salads																					
Side Salad	15	0	0	0	0	0	0	0	0	15	1	3	1	1	6	1	1	100	20	2	4
Premium Bacon Ranch Salad (without chicken)	190	110	12	18	5	26	0	40	13	500	21	9	3	3	11	3	14	180	50	15	10

Nutrition Facts	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 Southwest Salad (without chicken)	160	60	7	11	3	16	0	15	5	200	9	19	6	5	22	4	8	180	40	20	10
Premium Bacon Ranch Salad with Buttermilk Crispy Chicken	490	250	28	43	8	40	0	95	32	1120	47	28	9	4	18	4	33	180	60	15	10
Premium Bacon Ranch Salad with Grilled Chicken	320	120	14	21	6	30	0	135	45	1230	51	9	3	3	11	4	42	180	60	15	10
Premium Southwest Salad with Buttermilk Crispy Chicken	520	230	25	39	6	31	0	75	25	960	40	46	15	8	31	9	28	180	40	20	15
Premium Southwest Salad with Grilled Chicken	350	100	11	18	4.5	22	0	110	37	1070	45	27	9	6	24	9	37	180	50	20	15
Snacks & Sides																					
Broccoli Cheese Soup	190	100	11	17	3	14	0	25	9	1340	56	14	5	0	0	3	6	0	0	15	4
Chicken Noodle Soup	110	15	2	3	0.5	3	0	25	9	830	35	15	5	0	0	1	10	30	35	2	4
Fruit 'n Yogurt Parfait	150	20	2	3	1	5	0	5	2	75	3	30	10	1	3	22	4	2	25	10	4
Small French Fries	230	100	11	17	1.5	7	0	0	0	160	7	29	10	3	10	0	3	0	15	2	2
Fruit 'n Yogurt Parfait with Chobani	120	5	0.5	1	0	1	0	5	1	65	3	21	7	1	3	16	8	0	15	8	4
Apple Slices	15	0	0	0	0	0	0	0	0	0	0	4	1	0	0	3	0	0	160	2	0
Side Salad	15	0	0	0	0	0	0	0	0	15	1	3	1	1	6	1	1	100	20	2	4
Large French Fries	510	220	24	37	3.5	17	0	0	0	350	15	66	22	6	23	0	7	0	30	2	6
Kids Fries	110	50	5	8	1	4	0	0	0	80	3	15	5	1	5	0	1	0	6	0	2
Ranch Snack Wrap (Buttermilk Crispy)	380	180	20	31	6	28	0	45	15	830	35	34	11	2	7	2	16	2	2	10	10
Ranch Snack Wrap (Grilled)	300	120	13	21	4.5	23	0	65	21	890	37	25	8	1	4	2	21	2	4	10	10
Mac Snack Wrap	340	180	20	30	7	36	1	50	16	660	28	26	9	2	6	2	15	6	2	8	15
Go-GURT Strawberry Flavored Low Fat Yogurt Tube	50	5	0.5	1	0	2	0	5	1	30	1	8	3	0	0	6	3	4	0	10	0
Mozzarella Sticks (3 Piece)	190	90	10	15	4	20	0	20	6	460	19	18	6	1	5	1	8	4	0	20	4
Basket of Fries	670	290	32	49	4.5	22	0	0	0	460	19	87	29	8	31	0	9	0	40	4	8

Nutrition Facts	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
Pineapple Side	60	0	0	0	0	0	0	0	0	0	0	15	5	2	6	11	1	2	90	2	2
McCheddar Potato Bites (12 piece)	400	180	20	30	5	27	0	15	5	1070	45	47	16	3	12	3	9	4	0	15	10
Popcorn (Large)	500	300	33	51	3	14	0	0	0	1250	52	45	15	3	11	0	6	70	0	0	8
Medium French Fries	340	140	16	24	2	11	0	0	0	230	10	44	15	4	15	0	4	0	20	2	4
Portuguese Sausage Side Order	220	170	19	29	7	33	0	50	17	570	24	2	1	0	1	1	10	2	0	2	4
Saimin	240	20	2.5	4	1	4	0	20	7	610	25	45	15	2	8	2	10	2	0	2	4
Popcorn (Small)	230	140	15	24	1.5	6	0	0	0	580	24	21	7	1	5	0	3	35	0	0	4
McCheddar Potato Bites (8 piece)	270	120	13	20	3.5	18	0	10	4	710	30	31	10	2	8	2	6	2	0	10	8
Gourmet Twist Hot Pretzel with Butter Salt	450	40	4.5	7	0	0	0	0	0	960	40	85	28	3	14	3	12	0	0	15	4
Plain Gourmet Pretzel Twist	440	30	3.5	5	0	0	0	0	0	460	19	85	28	3	14	3	12	0	0	15	4
Gilroy Garlic Fries (Large)	600	280	31	48	6	29	0	0	0	620	26	70	23	7	27	1	10	15	45	15	10
Gilroy Garlic Fries (Medium)	420	210	23	35	4.5	23	0	0	0	500	21	48	16	5	19	1	8	15	35	15	10
Fruit 'N Yogurt Parfait (Large)	300	40	4.5	7	2.5	11	0	15	4	110	5	58	19	1	5	45	8	2	60	20	8
Cheese Curds	440	270	30	46	15	74	1	80	27	970	40	18	6	2	8	1	24	20	0	70	0
French Fries (Large) Compostable Packaging	470	200	22	34	3	16	0	0	0	330	14	61	20	5	22	0	6	0	25	2	6
French Fries (Medium) Compostable Packaging	380	160	18	27	2.5	12	0	0	0	260	11	49	16	4	17	0	5	0	20	2	4
French Fries (Kids) Compostable Packaging	190	80	9	14	1	6	0	0	0	130	5	25	8	2	9	0	2	0	10	0	2
Hot Caramel Sundae Compostable Packaging	340	90	10	16	5	24	0	25	9	140	6	54	18	1	2	38	7	8	0	20	0
Strawberry Sundae Compostable Packaging	270	80	9	13	3.5	18	0	20	6	75	3	43	14	1	3	38	6	15	2	15	0
Beverages																					

Nutrition Facts	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
Coca-Cola Zero Sugar (Large)	0	0	0	0	0	0	0	0	0	75	3	0	0	0	0	0	0	0	0	0	0
Minute Maid Lemonade (Extra Small)	110	0	0	0	0	0	0	0	0	70	3	28	9	0	0	27	0	0	0	0	0
Chocolate Shake (Small)	530	130	15	23	9	47	0.5	60	20	260	11	87	29	1	2	74	12	20	0	40	2
Vanilla Shake (Small)	490	130	14	22	9	46	0.5	60	20	230	9	79	26	0	0	59	11	20	0	35	0
Strawberry Shake (Small)	500	130	15	23	9	47	0.5	60	20	190	8	80	27	0	0	71	12	35	2	40	0
Egg Nog Shake (Small)	450	120	13	21	8	42	0.5	55	18	160	7	74	25	0	0	63	10	20	0	35	0
Hot Chocolate (Small)	370	120	14	21	8	41	0	40	14	170	7	51	17	1	6	48	11	10	0	40	2
Coca-Cola Zero Sugar (Extra Small)	0	0	0	0	0	0	0	0	0	30	1	0	0	0	0	0	0	0	0	0	0
Coca-Cola Zero Sugar (Medium)	0	0	0	0	0	0	0	0	0	55	2	0	0	0	0	0	0	0	0	0	0
Coca-Cola Zero Sugar (Small)	0	0	0	0	0	0	0	0	0	40	2	0	0	0	0	0	0	0	0	0	0
Iced Coffee (Large)	260	80	9	13	6	28	0	35	11	90	4	45	15	0	0	42	3	6	0	8	0
Iced Coffee (Medium)	180	60	7	11	4.5	22	0	25	9	65	3	30	10	0	0	28	2	4	0	6	0
Fat Free Chocolate Milk Jug	130	0	0	0	0	0	0	5	2	135	6	23	8	0	2	22	9	10	0	30	8
Dasani Water	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1% Low Fat Milk Jug	100	20	2.5	4	1.5	8	0	10	3	125	5	12	4	0	0	12	8	10	4	30	0
Coca-Cola (Small)	150	0	0	0	0	0	0	0	0	35	1	40	13	0	0	40	0	0	0	0	0
Diet Coke (Small)	0	0	0	0	0	0	0	0	0	50	2	0	0	0	0	0	0	0	0	0	0
Dr Pepper (Small)	140	0	0	0	0	0	0	0	0	40	2	38	13	0	0	37	0	0	0	0	0
Diet Dr Pepper (Small)	0	0	0	0	0	0	0	0	0	75	3	0	0	0	0	0	0	0	0	0	0
Sprite (Small)	150	0	0	0	0	0	0	0	0	70	3	39	13	0	0	38	0	0	0	0	0
Iced Tea (Small)	0	0	0	0	0	0	0	0	0	10	1	0	0	0	0	0	0	0	0	0	0
Sweet Tea (Small)	90	0	0	0	0	0	0	0	0	15	1	21	7	0	0	21	0	0	0	0	0
POWERADE Mountain Berry Blast (Small)	90	0	0	0	0	0	0	0	0	110	5	22	7	0	0	22	0	0	0	0	0

Nutrition Facts	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
Sweet Tea (Medium)	110	0	0	0	0	0	0	0	0	20	1	28	9	0	0	28	0	0	0	0	
Coca-Cola (Extra Small)	110	0	0	0	0	0	0	0	0	25	1	30	10	0	0	30	0	0	0	0	
Coca-Cola (Large)	290	0	0	0	0	0	0	0	0	70	3	77	26	0	0	77	0	0	0	0	
Coca-Cola (Medium)	220	0	0	0	0	0	0	0	0	50	2	57	19	0	0	57	0	0	0	0	
Diet Coke (Extra Small)	0	0	0	0	0	0	0	0	0	35	1	0	0	0	0	0	0	0	0	0	
Diet Coke (Large)	0	0	0	0	0	0	0	0	0	95	4	0	0	0	0	0	0	0	0	0	
Diet Coke (Medium)	0	0	0	0	0	0	0	0	0	70	3	0	0	0	0	0	0	0	0	0	
Diet Dr Pepper (Extra Small)	0	0	0	0	0	0	0	0	0	55	2	0	0	0	0	0	0	0	0	0	
Diet Dr Pepper (Large)	0	0	0	0	0	0	0	0	0	140	6	0	0	0	0	0	0	0	0	0	
Diet Dr Pepper (Medium)	0	0	0	0	0	0	0	0	0	105	4	0	0	0	0	0	0	0	0	0	
Dr Pepper (Extra Small)	100	0	0	0	0	0	0	0	0	30	1	27	9	0	0	27	0	0	0	0	
Dr Pepper (Large)	280	0	0	0	0	0	0	0	0	80	3	75	25	0	0	73	0	0	0	0	
Dr Pepper (Medium)	200	0	0	0	0	0	0	0	0	55	2	54	18	0	0	53	0	0	0	0	
Iced Tea (Extra Small)	0	0	0	0	0	0	0	0	0	10	0	0	0	0	0	0	0	0	0	0	
Iced Tea (Large)	5	0	0	0	0	0	0	0	0	20	1	0	0	0	0	0	1	0	0	0	
Iced Tea (Medium)	0	0	0	0	0	0	0	0	0	15	1	0	0	0	0	0	1	0	0	0	
Minute Maid Orange Juice (Large)	280	0	0	0	0	0	0	0	0	5	0	65	22	0	0	58	4	0	240	4	
POWERADE Mountain Berry Blast (Extra Small)	70	0	0	0	0	0	0	0	0	85	4	16	5	0	0	16	0	0	0	0	
POWERADE Mountain Berry Blast (Large)	170	0	0	0	0	0	0	0	0	210	9	42	14	0	0	42	0	0	0	0	
POWERADE Mountain Berry Blast (Medium)	120	0	0	0	0	0	0	0	0	160	7	31	10	0	0	31	0	0	0	0	
Sprite (Extra Small)	110	0	0	0	0	0	0	0	0	50	2	29	10	0	0	29	0	0	0	0	
Sprite (Large)	280	0	0	0	0	0	0	0	0	130	5	74	25	0	0	73	0	0	0	0	
Sprite (Medium)	210	0	0	0	0	0	0	0	0	95	4	55	18	0	0	54	0	0	0	0	

Nutrition Facts	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
Fanta Grape (Small)	170	0	0	0	0	0	0	0	0	55	2	44	15	0	0	43	0	0	0	0	
Fanta Grape (Small) No Ice	230	0	0	0	0	0	0	0	0	70	3	59	20	0	0	58	0	0	0	0	
Red Flash (Large) No Ice	400	0	0	0	0	0	0	0	0	100	4	103	34	0	0	103	0	0	0	0	
Coca-Cola Zero Sugar (Extra Small) No Ice	0	0	0	0	0	0	0	0	0	40	2	0	0	0	0	0	0	0	0	0	
Sprite Zero (Large)	5	0	0	0	0	0	0	0	0	85	4	0	0	0	0	0	0	0	0	0	
Sprite Zero (Large) No Ice	10	0	0	0	0	0	0	0	0	110	5	0	0	0	0	0	0	0	0	0	
Vitamin Water XXX Zero (Medium)	0	0	0	0	0	0	0	0	0	55	2	0	0	0	0	0	0	0	0	0	
FUZE Raspberry Tea (Small) No Ice	120	0	0	0	0	0	0	0	0	65	3	31	10	0	0	30	0	0	0	0	
FUZE Raspberry Tea (Small)	90	0	0	0	0	0	0	0	0	50	2	23	8	0	0	22	0	0	0	0	
Red Flash (Extra Small) No Ice	160	0	0	0	0	0	0	0	0	40	2	41	14	0	0	41	0	0	0	0	
Diet Coke (Small) No Ice	0	0	0	0	0	0	0	0	0	65	3	0	0	0	0	0	0	0	0	0	
Minute Maid Strawberry Punch (Small) No Ice	210	0	0	0	0	0	0	0	0	70	3	57	19	0	0	56	0	0	0	0	
Minute Maid Strawberry Punch (Small)	160	0	0	0	0	0	0	0	0	50	2	43	14	0	0	42	0	0	0	0	
Coca-Cola Zero Sugar (Large) No Ice	0	0	0	0	0	0	0	0	0	100	4	0	0	0	0	0	0	0	0	0	
Coca-Cola (Medium) No Ice	270	0	0	0	0	0	0	0	0	60	3	70	23	0	0	70	0	0	0	0	
Diet Dr Pepper (Medium) No Ice	0	0	0	0	0	0	0	0	0	125	5	0	0	0	0	0	0	0	0	0	
Dr Pepper (Small) No Ice	190	0	0	0	0	0	0	0	0	60	3	52	17	0	0	51	0	0	0	0	
Minute Maid Strawberry Punch (Medium) No Ice	280	0	0	0	0	0	0	0	0	90	4	75	25	0	0	73	0	0	0	0	
Minute Maid Strawberry Punch (Medium)	220	0	0	0	0	0	0	0	0	70	3	61	20	0	0	59	0	0	0	0	
Minute Maid Lemonade (Large) No Ice	360	0	0	0	0	0	0	0	0	240	10	95	32	0	0	90	0	0	0	0	

Nutrition Facts	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
Minute Maid Lemonade (Large)	270	0	0	0	0	0	0	0	0	180	8	72	24	0	0	69	0	0	0	0	
Orange Crush (Small)	160	0	0	0	0	0	0	0	0	50	2	43	14	0	0	42	0	0	0	0	
Orange Crush (Small) No Ice	220	0	0	0	0	0	0	0	0	65	3	59	20	0	0	58	0	0	0	0	
Fanta Strawberry (Extra Small)	130	0	0	0	0	0	0	0	0	40	2	33	11	0	0	33	0	0	0	0	
Fanta Strawberry (Extra Small) No Ice	170	0	0	0	0	0	0	0	0	55	2	45	15	0	0	44	0	0	0	0	
Sprite (Medium) No Ice	260	0	0	0	0	0	0	0	0	120	5	68	23	0	0	67	0	0	0	0	
Blue Raspberry ICEE (Medium)	170	0	0	0	0	0	0	0	0	80	3	44	15	0	0	44	0	0	0	0	
Minute Maid Orange Juice (Medium)	200	0	0	0	0	0	0	0	0	0	0	45	15	0	0	41	3	0	170	4	0
Minute Maid Light Lemonade (Medium)	10	0	0	0	0	0	0	0	0	60	3	3	1	0	0	0	0	0	0	0	0
Minute Maid Light Lemonade (Medium) No Ice	10	0	0	0	0	0	0	0	0	75	3	3	1	0	0	0	0	0	0	0	0
POWERADE Mountain Berry Blast (Medium) No Ice	150	0	0	0	0	0	0	0	0	200	8	38	13	0	0	38	0	0	0	0	0
Fanta Grape (Extra Small)	130	0	0	0	0	0	0	0	0	40	2	33	11	0	0	33	0	0	0	0	0
Fanta Grape (Extra Small) No Ice	170	0	0	0	0	0	0	0	0	55	2	44	15	0	0	43	0	0	0	0	0
Coke ICEE (Medium)	170	0	0	0	0	0	0	0	0	70	3	47	16	0	0	47	0	0	0	0	0
Coca-Cola (Large) No Ice	380	0	0	0	0	0	0	0	0	90	4	100	33	0	0	100	0	0	0	0	0
Diet Dr Pepper (Small) No Ice	0	0	0	0	0	0	0	0	0	95	4	0	0	0	0	0	0	0	0	0	0
FUZE Raspberry Tea (Extra Small)	70	0	0	0	0	0	0	0	0	40	2	17	6	0	0	17	0	0	0	0	0
FUZE Raspberry Tea (Extra Small) No Ice	90	0	0	0	0	0	0	0	0	50	2	23	8	0	0	22	0	0	0	0	0
Wild Cherry ICEE (Small)	130	0	0	0	0	0	0	0	0	60	3	34	11	0	0	34	0	0	0	0	0
Minute Maid Lemonade (Medium) No Ice	250	0	0	0	0	0	0	0	0	170	7	66	22	0	0	63	0	0	0	0	0

Nutrition Facts	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
Fanta Fruit Punch (Extra Small)	120	0	0	0	0	0	0	0	0	45	2	31	10	0	0	31	0	0	0	0	
Fanta Strawberry (Medium) No Ice	300	0	0	0	0	0	0	0	0	95	4	78	26	0	0	77	0	0	0	0	
Fanta Strawberry (Medium)	240	0	0	0	0	0	0	0	0	75	3	63	21	0	0	63	0	0	0	0	
Caffeine Free Diet Coke (Small)	0	0	0	0	0	0	0	0	0	50	2	0	0	0	0	0	0	0	0	0	
Caffeine Free Diet Coke (Small) No Ice	0	0	0	0	0	0	0	0	0	65	3	0	0	0	0	0	0	0	0	0	
Coke ICEE (Small)	130	0	0	0	0	0	0	0	0	55	2	35	12	0	0	35	0	0	0	0	
Fanta Fruit Punch (Medium)	230	0	0	0	0	0	0	0	0	80	3	59	20	0	0	58	0	0	0	0	
Fanta Fruit Punch (Medium) No Ice	280	0	0	0	0	0	0	0	0	100	4	73	24	0	0	72	0	0	0	0	
Sprite Zero (Medium) No Ice	5	0	0	0	0	0	0	0	0	80	3	0	0	0	0	0	0	0	0	0	
Sprite Zero (Medium)	0	0	0	0	0	0	0	0	0	65	3	0	0	0	0	0	0	0	0	0	
POWERADE Mountain Berry Blast (Large) No Ice	220	0	0	0	0	0	0	0	0	280	12	55	18	0	0	55	0	0	0	0	
Sprite Zero (Small) No Ice	0	0	0	0	0	0	0	0	0	60	3	0	0	0	0	0	0	0	0	0	
Sprite Zero (Small)	0	0	0	0	0	0	0	0	0	45	2	0	0	0	0	0	0	0	0	0	
Fanta Strawberry (Large) No Ice	430	0	0	0	0	0	0	0	0	135	6	112	37	0	0	110	0	0	0	0	
Fanta Strawberry (Large)	90	0	0	0	0	0	0	0	0	20	1	26	9	0	0	26	0	0	0	0	
Barq's Root Beer (Medium)	240	0	0	0	0	0	0	0	0	75	3	62	21	0	0	62	0	0	0	0	
Barq's Root Beer (Medium) No Ice	290	0	0	0	0	0	0	0	0	95	4	76	25	0	0	76	0	0	0	0	
Wild Cherry ICEE (Medium)	180	0	0	0	0	0	0	0	0	80	3	45	15	0	0	45	0	0	0	0	
Vitamin Water XXX Zero (Large)	0	0	0	0	0	0	0	0	0	75	3	0	0	0	0	0	0	0	0	0	
Diet Dr Pepper (Extra Small) No Ice	0	0	0	0	0	0	0	0	0	70	3	0	0	0	0	0	0	0	0	0	
Orange Crush (Medium) No Ice	290	0	0	0	0	0	0	0	0	80	3	77	26	0	0	76	0	0	0	0	

Nutrition Facts	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
FUZE Raspberry Tea (Large) No Ice	220	0	0	0	0	0	0	0	0	125	5	57	19	0	0	55	0	0	0	0	
FUZE Raspberry Tea (Large)	170	0	0	0	0	0	0	0	0	95	4	44	15	0	0	43	0	0	0	0	
Sprite (Small) No Ice	200	0	0	0	0	0	0	0	0	90	4	51	17	0	0	51	0	0	0	0	
Mello Yello (Large) No Ice	410	0	0	0	0	0	0	0	0	125	5	109	36	0	0	109	0	0	0	0	
Mello Yello (Large)	310	0	0	0	0	0	0	0	0	95	4	83	28	0	0	83	0	0	0	0	
Barq's Root Beer (Extra Small)	130	0	0	0	0	0	0	0	0	40	2	33	11	0	0	33	0	0	0	0	
Barq's Root Beer (Extra Small) No Ice	170	0	0	0	0	0	0	0	0	55	2	44	15	0	0	44	0	0	0	0	
Minute Maid Orange Juice (Value)	110	0	0	0	0	0	0	0	0	0	0	27	9	0	0	24	2	0	100	2	
Diet Coke (Medium) No Ice	0	0	0	0	0	0	0	0	0	85	4	0	0	0	0	0	0	0	0	0	
Coke ICEE (Large)	240	0	0	0	0	0	0	0	0	100	4	67	22	0	0	67	0	0	0	0	
Wild Cherry ICEE (Large)	250	0	0	0	0	0	0	0	0	115	5	64	21	0	0	64	0	0	0	0	
Blue Raspberry ICEE (Large)	240	0	0	0	0	0	0	0	0	115	5	63	21	0	0	63	0	0	0	0	
Vernor's Ginger Ale (Medium)	200	0	0	0	0	0	0	0	0	65	3	55	18	0	0	54	0	0	0	0	
Vernor's Ginger Ale (Medium) No Ice	250	0	0	0	0	0	0	0	0	85	4	68	23	0	0	67	0	0	0	0	
Vernor's Ginger Ale (Extra Small) No Ice	140	0	0	0	0	0	0	0	0	45	2	39	13	0	0	38	0	0	0	0	
Vernor's Ginger Ale (Extra Small)	100	0	0	0	0	0	0	0	0	35	1	27	9	0	0	27	0	0	0	0	
Vernor's Ginger Ale (Small)	140	0	0	0	0	0	0	0	0	45	2	38	13	0	0	37	0	0	0	0	
Vernor's Ginger Ale (Small) No Ice	190	0	0	0	0	0	0	0	0	65	3	52	17	0	0	51	0	0	0	0	
Vernor's Ginger Ale (Large)	280	0	0	0	0	0	0	0	0	90	4	75	25	0	0	74	0	0	0	0	
Vernor's Ginger Ale (Large) No Ice	360	0	0	0	0	0	0	0	0	120	5	97	32	0	0	96	0	0	0	0	
Frozen Fanta Blue Raspberry (Medium)	130	0	0	0	0	0	0	0	0	60	3	34	11	0	0	34	0	0	0	0	

Nutrition Facts	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
Frozen Fanta Blue Raspberry (Small)	90	0	0	0	0	0	0	0	0	45	2	25	8	0	0	25	0	0	0	0	
Frozen Fanta Blue Raspberry (Large)	170	0	0	0	0	0	0	0	0	85	4	46	15	0	0	46	0	0	0	0	
Hot Tea (Large)	5	0	0	0	0	0	0	0	0	15	1	2	1	0	0	0	0	0	0	0	
Hot Tea (Small)	0	0	0	0	0	0	0	0	0	10	0	1	0	0	0	0	0	0	0	0	
Southern Style Sweet Tea (Extra Small)	80	0	0	0	0	0	0	0	0	10	0	20	7	0	0	20	0	0	0	0	
Sweet Tea (Extra Small) No Ice	110	0	0	0	0	0	0	0	0	10	0	28	9	0	0	28	0	0	0	0	
Southern Style Sweet Tea (Small)	110	0	0	0	0	0	0	0	0	15	1	27	9	0	0	27	0	0	0	0	
Southern Style Sweet Tea (Large)	200	0	0	0	0	0	0	0	0	30	1	50	17	0	0	50	1	0	0	2	
Southern Style Sweet Tea (Medium)	150	0	0	0	0	0	0	0	0	20	1	36	12	0	0	36	0	0	0	0	
Sweet Tea (Small) No Ice	170	0	0	0	0	0	0	0	0	15	1	42	14	0	0	42	1	0	0	0	
Sweet Tea (Medium) No Ice	200	0	0	0	0	0	0	0	0	20	1	49	16	0	0	49	1	0	0	0	
Southern Style Sweet Tea (Gallon)	2110	0	0	0	0	0	0	0	0	140	6	521	174	0	0	521	4	0	0	0	
Cherry Coca-Cola (Medium)	230	0	0	0	0	0	0	0	0	60	3	59	20	0	0	59	0	0	0	0	
Cherry Coca-Cola (Extra Small) No Ice	160	0	0	0	0	0	0	0	0	40	2	42	14	0	0	42	0	0	0	0	
Cherry Coca-Cola (Extra Small)	120	0	0	0	0	0	0	0	0	30	1	31	10	0	0	31	0	0	0	0	
Cherry Coca-Cola (Medium) No Ice	280	0	0	0	0	0	0	0	0	70	3	73	24	0	0	73	0	0	0	0	
Cherry Coke (Small) No Ice	210	0	0	0	0	0	0	0	0	55	2	56	19	0	0	56	0	0	0	0	
Cherry Coca-Cola (Small)	160	0	0	0	0	0	0	0	0	40	2	42	14	0	0	42	0	0	0	0	
Cherry Coca-Cola (Large) No Ice	400	0	0	0	0	0	0	0	0	105	4	105	35	0	0	105	0	0	0	0	
Cherry Coca-Cola (Large)	310	0	0	0	0	0	0	0	0	80	3	80	27	0	0	80	0	0	0	0	
Mr. Pibb Xtra (Large)	290	0	0	0	0	0	0	0	0	45	2	79	26	0	0	79	0	0	0	0	
Mr. Pibb Xtra (Large) No Ice	350	0	0	0	0	0	0	0	0	50	2	94	31	0	0	94	0	0	0	0	

Nutrition Facts	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
Mr. Pibb Xtra (Extra Small) No Ice	140	0	0	0	0	0	0	0	0	20	1	38	13	0	0	38	0	0	0	0	
Mr. Pibb Xtra (Extra Small)	120	0	0	0	0	0	0	0	0	20	1	32	11	0	0	32	0	0	0	0	
Mr. Pibb Xtra (Small)	170	0	0	0	0	0	0	0	0	25	1	45	15	0	0	45	0	0	0	0	
Mr. Pibb Xtra (Small) No Ice	210	0	0	0	0	0	0	0	0	30	1	57	19	0	0	57	0	0	0	0	
Mr. Pibb Xtra (Medium)	210	0	0	0	0	0	0	0	0	35	1	58	19	0	0	58	0	0	0	0	
Mr. Pibb Xtra (Medium) No Ice	250	0	0	0	0	0	0	0	0	35	2	67	22	0	0	67	0	0	0	0	
Frozen Fanta Wild Cherry (Small)	90	0	0	0	0	0	0	0	0	45	2	24	8	0	0	24	0	0	0	0	
Frozen Fanta Wild Cherry (Medium)	130	0	0	0	0	0	0	0	0	60	3	34	11	0	0	34	0	0	0	0	
Frozen Fanta Wild Cherry (Large)	170	0	0	0	0	0	0	0	0	80	3	45	15	0	0	45	0	0	0	0	
Pepsi (Extra Small)	110	0	0	0	0	0	0	0	0	25	1	29	10	0	0	29	0	0	0	0	
Diet Pepsi (Extra Small)	0	0	0	0	0	0	0	0	0	40	2	0	0	0	0	0	0	0	0	0	
Mist Twist (Extra Small)	110	0	0	0	0	0	0	0	0	25	1	28	9	0	0	28	0	0	0	0	
Diet Pepsi (Large) No Ice	0	0	0	0	0	0	0	0	0	140	6	0	0	0	0	0	0	0	0	0	
Pepsi (Medium)	220	0	0	0	0	0	0	0	0	45	2	59	20	0	0	58	0	0	0	0	
Pepsi (Medium) No Ice	270	0	0	0	0	0	0	0	0	55	2	73	24	0	0	72	0	0	0	0	
Diet Pepsi (Small) No Ice	0	0	0	0	0	0	0	0	0	75	3	0	0	0	0	0	0	0	0	0	
Diet Pepsi (Small)	0	0	0	0	0	0	0	0	0	55	2	0	0	0	0	0	0	0	0	0	
Pepsi (Large) No Ice	380	0	0	0	0	0	0	0	0	80	3	104	35	0	0	103	0	0	0	0	
Pepsi (Large)	290	0	0	0	0	0	0	0	0	60	3	79	26	0	0	79	0	0	0	0	
Diet Pepsi (Medium) No Ice	0	0	0	0	0	0	0	0	0	100	4	0	0	0	0	0	0	0	0	0	
Pepsi (Small)	150	0	0	0	0	0	0	0	0	30	1	40	13	0	0	40	0	0	0	0	
Diet Pepsi (Medium)	0	0	0	0	0	0	0	0	0	80	3	0	0	0	0	0	0	0	0	0	
Pepsi (Small) No Ice	200	0	0	0	0	0	0	0	0	45	2	55	18	0	0	55	0	0	0	0	

Nutrition Facts	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
Pepsi (Extra Small) No Ice	150	0	0	0	0	0	0	0	0	30	1	41	14	0	0	41	0	0	0	0	
Diet Pepsi (Extra Small) No Ice	0	0	0	0	0	0	0	0	0	55	2	0	0	0	0	0	0	0	0	0	
Mist Twist (Medium)	220	0	0	0	0	0	0	0	0	45	2	57	19	0	0	57	0	0	0	0	
Mist Twist (Medium) No Ice	270	0	0	0	0	0	0	0	0	60	3	71	24	0	0	71	0	0	0	0	
Mist Twist (Large) No Ice	380	0	0	0	0	0	0	0	0	80	3	101	34	0	0	101	0	0	0	0	
Mist Twist (Large)	290	0	0	0	0	0	0	0	0	65	3	78	26	0	0	78	0	0	0	0	
Mist Twist (Small)	150	0	0	0	0	0	0	0	0	30	1	39	13	0	0	39	0	0	0	0	
Mist Twist (Small) No Ice	200	0	0	0	0	0	0	0	0	45	2	54	18	0	0	54	0	0	0	0	
Mist Twist (Extra Small) No Ice	150	0	0	0	0	0	0	0	0	35	1	41	14	0	0	41	0	0	0	0	
Tropicana Pink Lemonade (Large) No Ice	110	0	0	0	0	0	0	0	0	110	5	28	9	0	0	28	0	0	0	0	
Tropicana Pink Lemonade (Medium) No Ice	270	0	0	0	0	0	0	0	0	270	11	70	23	0	0	70	0	0	0	0	
Tropicana Pink Lemonade (Medium)	220	0	0	0	0	0	0	0	0	220	9	56	19	0	0	56	0	0	0	0	
Tropicana Pink Lemonade (Large)	300	0	0	0	0	0	0	0	0	300	13	77	26	0	0	77	0	0	0	0	
Tropicana Pink Lemonade (Small)	150	0	0	0	0	0	0	0	0	150	6	39	13	0	0	39	0	0	0	0	
Tropicana Pink Lemonade (Small) No Ice	60	0	0	0	0	0	0	0	0	60	2	15	5	0	0	15	0	0	0	0	
Vitamin Water XXX Zero (Medium) No Ice	0	0	0	0	0	0	0	0	0	70	3	0	0	0	0	0	0	0	0	0	
Southern Style Sweet Tea (Extra Small) No Ice	150	0	0	0	0	0	0	0	0	10	0	37	12	0	0	37	0	0	0	0	
Vitamin Water XXX Zero (Small) No Ice	0	0	0	0	0	0	0	0	0	55	2	0	0	0	0	0	0	0	0	0	
Southern Style Sweet Tea (Small) No Ice	230	0	0	0	0	0	0	0	0	15	1	56	19	0	0	56	1	0	0	0	
Southern Style Sweet Tea (Medium) No Ice	270	0	0	0	0	0	0	0	0	20	1	66	22	0	0	66	1	0	0	0	

Nutrition Facts	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
Vitamin Water XXX Zero (Large) No Ice	5	0	0	0	0	0	0	0	0	100	4	1	0	0	0	0	0	0	0	0	0
Sweet Tea (Large) No Ice	560	0	0	0	0	0	0	0	0	35	1	141	47	0	0	141	0	0	0	0	0
Vitamin Water XXX Zero (Extra Small) No Ice	0	0	0	0	0	0	0	0	0	40	2	0	0	0	0	0	0	0	0	0	0
Minute Maid Lemonade (Extra Small) No Ice	40	0	0	0	0	0	0	0	0	25	1	12	4	0	0	11	0	0	0	0	0
Mountain Dew (Medium)	230	0	0	0	0	0	0	0	0	75	3	61	20	0	0	61	0	0	0	0	0
Mountain Dew (Medium) No Ice	80	0	0	0	0	0	0	0	0	25	1	22	7	0	0	22	0	0	0	0	0
Mountain Dew (Large) No Ice	410	0	0	0	0	0	0	0	0	125	5	110	37	0	0	109	0	0	0	0	0
Mountain Dew (Large)	310	0	0	0	0	0	0	0	0	100	4	84	28	0	0	84	0	0	0	0	0
Mountain Dew (Extra Small)	110	0	0	0	0	0	0	0	0	40	2	31	10	0	0	31	0	0	0	0	0
Mountain Dew (Extra Small) No Ice	160	0	0	0	0	0	0	0	0	50	2	44	15	0	0	44	0	0	0	0	0
Mountain Dew (Small)	160	0	0	0	0	0	0	0	0	50	2	42	14	0	0	42	0	0	0	0	0
Mountain Dew (Small) No Ice	220	0	0	0	0	0	0	0	0	70	3	59	20	0	0	58	0	0	0	0	0
Hawaiian Punch Fruit Juicy Red (Medium)	240	0	0	0	0	0	0	0	0	75	3	64	21	0	0	63	0	0	0	0	0
Hawaiian Punch Fruit Juicy Red (Medium) No Ice	300	0	0	0	0	0	0	0	0	95	4	79	26	0	0	78	0	0	0	0	0
Diet Pepsi (Large)	0	0	0	0	0	0	0	0	0	110	5	1	0	0	0	0	0	0	0	0	0
Tropicana Pink Lemonade (Extra Small) No Ice	150	0	0	0	0	0	0	0	0	160	6	40	13	0	0	40	0	0	0	0	0
Tropicana Pink Lemonade (Extra Small)	30	0	0	0	0	0	0	0	0	30	1	8	3	0	0	8	0	0	0	0	0
Hawaiian Punch Fruit Juicy Red (Large)	320	0	0	0	0	0	0	0	0	105	4	86	29	0	0	85	0	0	0	0	0
Hawaiian Punch Fruit Juicy Red (Large) No Ice	420	0	0	0	0	0	0	0	0	135	6	113	38	0	0	111	0	0	0	0	0
Hawaiian Punch Fruit Juicy Red (Extra Small)	120	0	0	0	0	0	0	0	0	40	2	32	11	0	0	31	0	0	0	0	0

Nutrition Facts	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
Hawaiian Punch Fruit Juicy Red (Extra Small) No Ice	170	0	0	0	0	0	0	0	0	55	2	45	15	0	0	44	0	0	0	0	
Hawaiian Punch Fruit Juicy Red (Small)	160	0	0	0	0	0	0	0	0	50	2	44	15	0	0	43	0	0	0	0	
Hawaiian Punch Fruit Juicy Red (Small) No Ice	230	0	0	0	0	0	0	0	0	70	3	60	20	0	0	59	0	0	0	0	
Barq's Caffeine Free Root Beer (Medium) No Ice	290	0	0	0	0	0	0	0	0	120	5	76	25	0	0	76	0	0	0	0	
Barq's Caffeine Free Root Beer (Medium)	240	0	0	0	0	0	0	0	0	95	4	62	21	0	0	61	0	0	0	0	
Barq's Caffeine Free Root Beer (Small)	170	0	0	0	0	0	0	0	0	70	3	44	15	0	0	43	0	0	0	0	
Barq's Caffeine Free Root Beer (Small) No Ice	220	0	0	0	0	0	0	0	0	90	4	58	19	0	0	58	0	0	0	0	
Barq's Caffeine Free Root Beer (Large)	320	0	0	0	0	0	0	0	0	130	5	83	28	0	0	83	0	0	0	0	
Barq's Caffeine Free Root Beer (Large) No Ice	420	0	0	0	0	0	0	0	0	170	7	109	36	0	0	108	0	0	0	0	
Barq's Caffeine Free Root Beer (Extra Small)	120	0	0	0	0	0	0	0	0	50	2	33	11	0	0	33	0	0	0	0	
Barq's Caffeine Free Root Beer (Extra Small) No Ice	170	0	0	0	0	0	0	0	0	70	3	44	15	0	0	43	0	0	0	0	
DO NOT USE Fanta Orange (Small) No Ice	220	0	0	0	0	0	0	0	0	55	2	58	19	0	0	57	0	0	0	0	
DO NOT USE Fanta Orange (Extra Small) No Ice	170	0	0	0	0	0	0	0	0	40	2	44	15	0	0	43	0	0	0	0	
Minute Maid Orangeade Slushie (Medium)	230	0	0	0	0	0	0	0	0	30	1	60	20	0	0	59	0	0	0	0	
Minute Maid Cherry Limeade Slushie (Medium)	250	0	0	0	0	0	0	0	0	20	1	67	22	0	0	64	0	0	0	0	
Minute Maid Fruit Punch Slushie (Large)	300	0	0	0	0	0	0	0	0	35	1	79	26	0	0	77	0	0	0	0	
Minute Maid Fruit Punch Slushie (Medium)	220	0	0	0	0	0	0	0	0	25	1	57	19	0	0	55	0	0	0	0	

Nutrition Facts	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
Minute Maid Fruit Punch Slushie (Small)	170	0	0	0	0	0	0	0	0	20	1	44	15	0	0	43	0	0	0	0	
Minute Maid Orangeade Slushie (Large)	320	0	0	0	0	0	0	0	0	40	2	84	28	0	0	82	0	0	0	0	
Minute Maid Orangeade Slushie (Small)	180	0	0	0	0	0	0	0	0	20	1	47	16	0	0	46	0	0	0	0	
Minute Maid Cherry Limeade Slushie (Large)	340	0	0	0	0	0	0	0	0	30	1	94	31	0	0	90	0	0	0	0	
Minute Maid Cherry Limeade Slushie (Small)	190	0	0	0	0	0	0	0	0	15	1	52	17	0	0	50	0	0	0	0	
Hot Tea (Medium)	5	0	0	0	0	0	0	0	0	15	1	2	1	0	0	0	0	0	0	0	
MIX by Sprite™ Tropic Berry (Large)	70	0	0	0	0	0	0	0	0	40	2	20	7	0	0	20	0	0	0	0	
MIX by Sprite™ Tropic Berry (Large) No Ice	100	0	0	0	0	0	0	0	0	50	2	26	9	0	0	26	0	0	0	0	
MIX by Sprite™ Tropic Berry (Small)	40	0	0	0	0	0	0	0	0	20	1	10	3	0	0	10	0	0	0	0	
MIX by Sprite™ Tropic Berry (Small) No Ice	50	0	0	0	0	0	0	0	0	25	1	14	5	0	0	14	0	0	0	0	
MIX by Sprite™ Tropic Berry (Extra Small)	30	0	0	0	0	0	0	0	0	15	1	8	3	0	0	8	0	0	0	0	
MIX by Sprite™ Tropic Berry (Extra Small) No Ice	40	0	0	0	0	0	0	0	0	20	1	10	3	0	0	10	0	0	0	0	
MIX by Sprite™ Tropic Berry (Medium)	60	0	0	0	0	0	0	0	0	30	1	14	5	0	0	15	0	0	0	0	
MIX by Sprite™ Tropic Berry (Medium) No Ice	70	0	0	0	0	0	0	0	0	35	1	18	6	0	0	18	0	0	0	0	
Honest Kids Appley Ever After (Box 6 fl oz Drink Box)	35	0	0	0	0	0	0	0	0	10	0	9	3	0	0	8	0	0	100	0	
Minute Maid Blue Raspberry Slushie (Large)	340	0	0	0	0	0	0	0	0	25	1	91	30	0	0	88	0	0	0	0	
Minute Maid Blue Raspberry Slushie (Small)	190	0	0	0	0	0	0	0	0	15	1	51	17	0	0	49	0	0	0	0	
Minute Maid Blue Raspberry Slushie (Medium)	240	0	0	0	0	0	0	0	0	15	1	65	22	0	0	63	0	0	0	0	

Nutrition Facts	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
Minute Maid Tropic Twist Slushie (Medium)	230	0	0	0	0	0	0	0	0	30	1	62	21	0	0	59	0	0	0	0	
Minute Maid Tropic Twist Slushie (Large)	330	0	0	0	0	0	0	0	0	45	2	87	29	0	0	83	0	0	0	0	
Minute Maid Tropic Twist Slushie (Small)	180	0	0	0	0	0	0	0	0	25	1	49	16	0	0	47	0	0	0	0	
Orange Crush (Large) No Ice	120	0	0	0	0	0	0	0	0	35	1	31	10	0	0	31	0	0	0	0	
McCafé																					
Mocha (Small)	340	110	12	18	7	35	0	35	12	140	6	49	16	2	6	45	9	10	0	30	2
Coffee (Small)	0	0	0	0	0	0	0	0	0	20	1	1	0	0	0	0	2	0	0	0	0
Iced Latte (Small)	120	60	6	10	3.5	18	0	20	6	85	4	10	3	0	1	9	6	6	0	20	0
Chocolate Shake (Small)	530	130	15	23	9	47	0.5	60	20	260	11	87	29	1	2	74	12	20	0	40	2
Vanilla Shake (Small)	490	130	14	22	9	46	0.5	60	20	230	9	79	26	0	0	59	11	20	0	35	0
Strawberry Shake (Small)	500	130	15	23	9	47	0.5	60	20	190	8	80	27	0	0	71	12	35	2	40	0
Iced Coffee (Small)	140	45	5	8	3.5	17	0	20	7	50	2	24	8	0	0	22	2	4	0	4	0
Mocha Caramel (Small)	310	100	11	17	7	33	0	35	12	230	9	44	15	0	1	40	9	10	2	30	0
Frappe Mocha (Small)	420	150	17	26	11	55	0.5	60	20	120	5	60	20	1	3	54	7	15	0	20	2
Frappe Caramel (Small)	420	160	18	27	11	56	1	65	21	125	5	60	20	0	0	55	7	15	0	25	2
Strawberry Banana Smoothie (Small)	190	5	0.5	1	0	2	0	5	1	40	2	44	15	2	9	39	2	0	25	6	2
Mango Pineapple Smoothie (Small)	200	5	0.5	1	0	2	0	5	1	35	1	45	15	1	4	42	2	30	20	6	2
Hot Chocolate (Small)	370	120	14	21	8	41	0	40	14	170	7	51	17	1	6	48	11	10	0	40	2
Caramel Cappuccino (Small)	210	45	5	8	3	15	0	15	6	300	13	35	12	0	0	32	6	6	0	25	0
Vanilla Cappuccino (Small)	190	45	5	8	3	15	0	15	5	70	3	30	10	0	0	29	6	6	0	20	0
Iced Caramel Latte (Small)	180	45	5	8	3	15	0	15	5	250	10	28	9	0	0	26	6	6	0	20	0
Iced French Vanilla Latte (Small)	190	60	6	10	3.5	18	0	20	6	85	4	28	9	0	1	26	7	6	0	20	0

Nutrition Facts	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
Latte (Small)	140	70	8	12	4.5	22	0	25	8	100	4	12	4	0	0	11	7	8	0	25	0
Iced Mocha (Small)	290	100	11	17	7	34	0	35	12	120	5	40	13	1	5	36	7	10	0	25	2
Iced Caramel Mocha (Small)	280	100	11	17	6	32	0	35	12	180	8	37	12	0	0	32	7	10	0	25	0
Cappuccino (Small)	120	50	6	9	3.5	17	0	20	6	80	3	9	3	0	0	9	6	6	0	20	0
Iced Coffee Caramel (Small)	140	45	5	8	3.5	17	0	20	7	220	9	23	8	0	0	20	3	4	0	8	0
Iced Coffee French Vanilla (Small)	120	45	5	8	3.5	17	0	20	7	50	2	19	6	0	0	17	2	4	0	4	0
Latte (Medium)	190	90	10	16	6	29	0	30	10	135	6	15	5	0	0	15	10	10	0	35	0
Latte Caramel (Small)	250	70	7	11	4	21	0	25	8	330	14	38	13	0	0	35	8	8	0	30	0
Latte French Vanilla (Small)	230	70	7	11	4	21	0	20	7	100	4	33	11	0	0	32	8	8	0	25	0
Turtle Iced Coffee (Small)	190	50	6	9	4	19	0	20	7	160	7	32	11	0	0	27	2	4	0	6	0
Espresso Americano Coffee (Small)	0	0	0	0	0	0	0	0	0	10	0	0	0	0	0	0	0	0	0	0	0
Caramel Macchiato (Small)	260	60	7	11	4	21	0	25	8	340	14	41	14	0	1	37	8	8	0	30	0
Turtle Macchiato (Small)	310	70	8	12	4.5	24	0	20	7	240	10	50	17	0	1	45	8	6	0	25	2
Iced Turtle Macchiato (Small)	250	60	6	10	4	19	0	15	6	190	8	40	13	0	1	36	6	6	0	20	2
Iced Caramel Macchiato (Small)	210	50	6	9	3.5	16	0	20	6	260	11	32	11	0	0	29	6	6	0	25	0
Desserts & Shakes																					
Baked Hot Apple Pie	230	90	10	16	6	28	0	0	0	170	7	33	11	2	8	12	2	2	25	2	6
Chocolate Chip Cookie	170	70	7	11	3.5	18	0	10	3	90	4	23	8	1	3	15	2	4	0	2	8
Oatmeal Raisin Cookie	140	50	5	8	2.5	12	0	10	3	125	5	22	7	1	3	12	2	4	0	2	4
Chocolate Shake (Medium)	630	160	17	27	11	55	1	70	23	310	13	104	35	1	3	89	14	25	0	45	2
Chocolate Shake (Large)	840	200	22	34	14	71	1	90	30	420	17	142	47	1	4	122	19	35	0	60	4
Vanilla Cone	200	45	5	8	3.5	16	0	20	7	80	3	32	11	0	0	24	5	8	0	15	2
Kiddie Cone	45	10	1	2	0.5	4	0	5	2	20	1	8	3	0	0	6	1	2	0	4	0

Nutrition Facts	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 Fudge Sundae	380	130	14	21	8	41	0	25	9	180	7	53	18	3	10	47	10	10	0	25	4
Hot Caramel Sundae	380	100	12	18	6	28	0	30	10	160	7	61	20	1	2	44	9	10	0	25	0
Strawberry Sundae	320	90	10	15	4.5	23	0	25	8	95	4	50	17	1	3	45	8	20	2	20	0
McFlurry with M&M'S Chocolate Candies	630	200	22	34	14	69	0.5	50	16	200	8	96	32	2	6	86	13	20	0	45	4
McFlurry with Oreo Cookies	510	150	17	26	9	43	0.5	45	15	280	11	80	27	1	3	64	12	20	0	35	6
Chocolate Shake (Small)	530	130	15	23	9	47	0.5	60	20	260	11	87	29	1	2	74	12	20	0	40	2
Vanilla Shake (Small)	490	130	14	22	9	46	0.5	60	20	230	9	79	26	0	0	59	11	20	0	35	0
Strawberry Shake (Small)	500	130	15	23	9	47	0.5	60	20	190	8	80	27	0	0	71	12	35	2	40	0
Egg Nog Shake (Small)	450	120	13	21	8	42	0.5	55	18	160	7	74	25	0	0	63	10	20	0	35	0
Strawberry & Crème Pie	290	140	15	24	9	43	0	10	4	160	7	34	11	2	7	13	3	40	4	2	6
Sugar Cookie	150	60	7	10	3	15	0	10	3	115	5	21	7	0	2	11	2	6	0	0	4
Shamrock Shake (Small)	460	120	13	21	8	42	0.5	55	18	150	6	74	25	0	0	63	10	20	0	35	0
McFlurry with M&M'S Chocolate Candies (Snack Size)	420	130	15	22	9	46	0	35	11	130	5	64	21	1	4	58	9	15	0	30	2
McFlurry with Oreo Cookies (Snack Size)	340	100	11	17	6	28	0	30	10	180	8	53	18	0	2	42	8	10	0	25	4
Strawberry Shake (Medium)	590	160	18	27	11	56	1	70	24	230	10	95	32	0	0	84	14	40	2	50	0
Strawberry Shake (Large)	800	200	23	35	14	72	1	95	31	310	13	130	43	0	0	115	19	60	4	70	0
Vanilla Shake (Medium)	590	150	17	26	11	54	1	70	23	270	11	96	32	0	0	72	13	25	0	45	0
Vanilla Shake (Large)	800	200	22	34	14	70	1	90	30	370	16	131	44	0	0	99	18	35	2	60	0
Egg Nog Shake (Medium)	560	140	16	25	10	51	1	65	22	200	8	91	30	0	0	78	12	25	0	40	0
Egg Nog Shake (Large)	800	200	22	34	14	71	1	90	31	290	12	132	44	0	0	114	19	35	0	60	0
Shamrock Shake (Medium)	560	140	16	25	10	51	1	65	22	190	8	91	30	0	0	78	12	25	0	40	0
Shamrock Shake (Large)	800	200	22	34	14	70	1	90	30	290	12	131	44	0	0	113	19	35	0	60	0

Nutrition Facts	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
McFlurry with Reese's Peanut Butter Cup	610	220	24	37	11	56	0.5	45	16	320	13	86	29	2	7	76	16	20	0	40	6
Sweet Potato and Creme Pie	290	150	16	25	9	47	0	10	4	170	7	32	11	1	3	13	3	50	2	4	6
Pumpkin and Creme Pie	280	150	16	25	9	47	0	10	4	170	7	31	10	1	4	13	3	20	2	2	8
McFlurry with Twix	640	160	17	27	10	50	0.5	45	16	460	19	107	36	1	2	89	13	20	0	45	2
McFlurry with Twix (Snack Size)	460	100	12	18	7	33	0	30	11	380	16	80	27	0	2	67	9	10	0	30	2
Twist Cone	160	35	4	6	2.5	13	0	15	5	55	2	26	9	1	2	19	4	6	0	10	6
Mint Chocolate Chip Ice Cream (1 scoop)	330	180	19	30	12	61	0	40	14	90	4	34	11	1	4	21	5	10	2	15	2
Fried Coconut (Haupia) Pie	270	150	17	26	6	30	0	0	0	220	9	29	10	1	5	7	2	0	0	2	4
Chocolate Ice Cream (1 scoop)	260	130	15	23	9	46	0	40	13	80	3	30	10	1	5	19	5	10	4	15	4
Chocolate Cone (Large)	330	80	9	14	6	28	0	35	11	105	4	53	18	2	8	43	9	10	0	25	15
Peaches and Creme Pie	300	150	16	25	9	45	0	15	5	150	6	36	12	1	5	14	3	6	20	2	10
Plain Sundae	210	50	6	9	4	19	0	25	8	85	4	32	11	0	0	28	6	10	0	20	0
Waffle Cone Sundae With Fudge Topping	430	110	12	18	8	42	0	30	10	210	9	73	24	3	11	51	9	10	0	25	8
Udderly Chocolate Ice Cream (1 scoop)	320	150	17	26	11	55	0	40	14	115	5	37	12	1	5	26	5	10	4	20	6
Orange Sherbet (1 scoop)	190	25	3	4	2	9	0	5	2	35	1	42	14	0	1	23	2	2	4	6	0
Vanilla Bean Ice Cream (1 scoop)	290	150	17	26	11	54	0	45	15	100	4	30	10	0	2	17	5	10	2	15	0
Fried Taro Pie	240	100	11	16	3	16	0	0	0	120	5	34	11	2	9	11	2	0	0	0	6
Marionberry Pie Ice Cream (1 scoop)	300	150	17	25	10	51	0	55	18	75	3	33	11	0	1	30	5	10	4	20	2
Chocolate Cone	180	40	4.5	7	3	14	0	15	6	55	2	29	10	1	4	22	5	6	0	15	8
Caramel Butter Pecan Ice Cream (1 scoop)	330	180	20	31	10	50	0	40	14	125	5	34	11	1	4	23	5	10	4	20	2
Guava and Creme Pie	290	140	15	23	9	43	0	10	4	140	6	35	12	2	7	14	3	6	15	2	6
Vanilla Cone (Large)	300	70	8	13	5	26	0	35	11	125	5	48	16	0	0	39	8	15	0	25	2

Nutrition Facts	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
Twist Cone (Large)	300	70	8	13	5	26	0	30	11	110	5	48	16	1	4	39	8	10	0	25	8
Oregon Strawberry Ice Cream (1 scoop no cone)	280	140	16	24	10	49	0	40	14	90	4	37	12	1	2	18	5	10	8	15	0
Turtle Brownie Sundae	620	210	23	36	12	60	0.5	50	16	300	13	93	31	3	13	70	10	10	0	30	15
Chocolate Peanut Butter Ice Cream (1 scoop)	340	190	21	32	11	54	0	40	13	140	6	35	12	2	8	18	6	10	2	15	4
McFlurry with Kit Kat (Regular)	680	230	25	39	17	85	0.5	50	17	260	11	101	34	2	7	87	15	20	0	45	8
Strawberry Shortcake Sundae	390	100	12	18	6	32	0	50	17	180	7	65	22	1	2	54	7	20	4	20	2
Birthday Cake Dipped Cone	270	110	12	19	9	47	0	15	6	90	4	35	12	0	0	27	5	8	0	15	2
Coffee Almond Fudge Ice Cream (1 scoop)	160	160	18	27	10	49	0	40	14	105	4	32	11	1	4	22	5	10	4	20	2
Cookie Dough Ice Cream (1 scoop)	330	150	17	26	11	55	0	40	14	125	5	40	13	1	2	29	5	10	4	15	4
Caramel Sundae Waffle Cone	420	70	8	13	5	25	0	30	10	190	8	78	26	1	3	50	8	10	0	25	4
Hot Fudge Sundae Compostable Packaging	330	110	13	19	7	37	0	20	7	160	7	46	15	3	10	40	8	8	0	20	4
Cinnamon Coffee Cake Muffin	450	170	19	29	4.5	23	0	40	14	380	16	67	22	2	7	39	4	0	0	8	4
Tuxedo Coffee Cake	170	80	8	13	2.5	12	0	30	9	135	6	21	7	1	3	12	2	2	0	2	10
Fried Guava Pie	210	60	7	10	3	16	0	0	0	140	6	35	12	1	6	16	2	2	50	0	4
Mixed Berry and Lemon Creme Pie	290	140	16	24	9	45	0	15	5	170	7	35	12	2	6	13	3	8	0	2	8
Chocolate Dipped Twist Ice Cream Cone	310	100	11	17	9	47	0	20	7	80	3	41	14	1	5	32	6	8	0	15	10
Chocolate Dipped Chocolate Ice Cream Cone	310	100	11	18	9	47	0	20	7	75	3	42	14	2	7	33	6	6	0	15	15
Baked Cherry and Creme Pie	290	140	15	23	9	43	0	10	4	160	7	35	12	1	4	14	3	8	2	4	6
Oreo McFlurry Sandwich	670	230	26	40	13	65	0	50	16	370	15	99	33	2	8	71	12	20	0	25	20
M&M McFlurry Sandwich	750	260	29	45	16	82	0	55	18	320	13	110	37	3	11	87	13	25	0	30	20

Nutrition Facts	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 Caramel Sundae Compostable Packaging	340	90	10	16	5	24	0	25	9	140	6	54	18	1	2	38	7	8	0	20	0
Strawberry Sundae Compostable Packaging	270	80	9	13	3.5	18	0	20	6	75	3	43	14	1	3	38	6	15	2	15	0
Condiments																					
Grape Jam	40	0	0	0	0	0	0	0	0	0	0	9	3	0	0	7	0	0	0	0	0
Strawberry Preserves	35	0	0	0	0	0	0	0	0	0	0	9	3	0	0	9	0	0	0	0	0
Sugar Packet	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	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	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	1	0	0	0	0	0
Picante Sauce Packet (Hot)	0	0	0	0	0	0	0	0	0	140	6	1	0	0	1	0	0	2	0	0	0
Picante Sauce Packet (Mild)	0	0	0	0	0	0	0	0	0	130	6	1	0	0	1	0	0	2	0	0	0
Hot Mustard Sauce	60	20	2.5	3	0	2	0	5	1	230	9	8	3	1	5	6	1	0	0	0	2
Habanero Ranch Sauce	80	60	7	10	1	5	0	10	3	160	7	5	2	0	1	1	1	0	2	2	0
Ketchup Packet	10	0	0	0	0	0	0	0	0	90	4	2	1	0	1	2	0	2	2	0	0
Spicy Buffalo Sauce	30	25	3	4	0	2	0	0	0	510	21	1	0	0	1	0	0	4	0	0	0
Newman's Own Low Fat Balsamic Vinaigrette	35	15	2	3	0	1	0	0	0	400	17	4	1	0	0	3	0	0	0	0	0
Newman's Own Creamy Southwest Dressing	110	70	7	11	1.5	6	0	15	6	300	12	12	4	1	5	3	1	2	0	2	2
Newman's Own Low Fat Family Recipe Italian Dressing	50	15	1.5	3	0	2	0	0	1	380	16	8	3	1	2	2	0	0	0	2	2
Salt Packet	0	0	0	0	0	0	0	0	0	290	12	0	0	0	0	0	0	0	0	0	0
Honey	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	190	140	16	24	2.5	13	0	20	7	500	21	11	4	1	4	4	1	0	0	4	2
Sweet 'N Sour Sauce	50	0	0	0	0	0	0	0	0	160	7	11	4	0	0	10	1	2	0	0	0
Hotcake Syrup	190	0	0	0	0	0	0	0	0	0	0	46	15	0	0	33	0	0	0	0	0

Nutrition Facts	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
Peanuts Packet (for Sundaes)	45	35	4	6	0.5	3	0	0	0	0	0	1	0	0	2	0	2	0	0	0	0
Tangy Barbeque Sauce	45	0	0	0	0	0	0	0	0	250	11	11	4	0	1	9	0	2	0	0	0
Buffalo Ranch McChicken	360	140	16	25	3	16	0	40	13	800	33	40	13	2	9	5	15	4	2	4	15
Whipped Butter (1 pat)	40	40	4.5	7	2.5	13	0	15	5	35	1	0	0	0	0	0	0	2	0	0	0
Mayonnaise Packet	90	90	10	15	1.5	8	0	0	1	65	3	0	0	0	0	0	0	0	0	0	0
Low Fat Crunchy Granola Packet	30	0	0	1	0	0	0	0	0	40	2	6	2	0	2	2	1	0	0	0	0
Black Pepper Packet	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Newman's Own Creamy French Dressing (Package)	300	210	23	35	3.5	18	0	0	0	450	19	22	7	1	2	22	0	8	0	0	0
Big Mac Sauce	70	70	7	11	1	6	0	5	2	75	3	1	0	0	1	1	0	0	0	0	0
Mustard Packet	0	0	0	0	0	0	0	0	0	65	3	0	0	0	1	0	0	0	0	0	0
White Buttermints	15	0	0	0	0	0	0	0	0	0	0	3	1	0	0	3	0	0	0	0	0
All Day Breakfast																					
Fruit 'n Yogurt Parfait	150	20	2	3	1	5	0	5	2	75	3	30	10	1	3	22	4	2	25	10	4
Sausage McMuffin with Egg	470	270	30	46	12	60	0	275	91	810	34	30	10	2	7	3	21	15	4	15	20
Hotcakes and Sausage	790	310	35	53	13	67	0	80	26	890	37	103	34	2	10	45	16	6	2	15	15
Sausage Burrito	300	140	16	24	6	31	0	165	54	780	32	26	9	1	5	2	12	15	2	10	15
Egg McMuffin	300	110	12	18	6	29	0	245	81	730	31	30	10	2	7	3	18	15	2	15	15
Bacon, Egg & Cheese Biscuit	450	220	24	37	12	62	0	200	67	1290	54	40	13	3	10	3	18	10	10	15	20
Sausage Biscuit	460	270	30	47	13	66	0	40	13	1050	44	36	12	2	7	3	11	2	2	8	15
Sausage Biscuit with Egg	530	310	34	53	15	73	0	205	69	1140	48	38	13	2	8	3	17	4	2	10	20
Bacon, Egg & Cheese McGriddles	420	160	18	28	8	41	0	195	66	1230	51	45	15	2	10	15	18	10	10	15	15
Sausage McGriddles	430	220	24	37	9	46	0	35	12	990	41	42	14	1	6	15	11	2	2	8	10
Sausage, Egg & Cheese McGriddles	550	290	32	49	13	64	0	215	72	1280	53	45	15	2	9	15	20	15	2	15	15
Hotcakes	600	150	16	25	7	35	0	45	15	610	25	102	34	2	10	45	9	4	0	15	15

Nutrition Facts	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
Hash Browns	150	80	9	14	1.5	6	0	0	0	320	13	16	5	1	6	0	1	0	2	0	2
Sausage McMuffin	400	230	25	39	10	51	0	55	19	740	31	29	10	2	7	3	14	10	4	15	15
ADB Biscuit																					
Fruit 'n Yogurt Parfait	150	20	2	3	1	5	0	5	2	75	3	30	10	1	3	22	4	2	25	10	4
Hotcakes and Sausage	790	310	35	53	13	67	0	80	26	890	37	103	34	2	10	45	16	6	2	15	15
Sausage Burrito	300	140	16	24	6	31	0	165	54	780	32	26	9	1	5	2	12	15	2	10	15
Bacon, Egg & Cheese Biscuit	450	220	24	37	12	62	0	200	67	1290	54	40	13	3	10	3	18	10	10	15	20
Sausage Biscuit	460	270	30	47	13	66	0	40	13	1050	44	36	12	2	7	3	11	2	2	8	15
Sausage Biscuit with Egg	530	310	34	53	15	73	0	205	69	1140	48	38	13	2	8	3	17	4	2	10	20
Bacon, Egg & Cheese McGriddles	420	160	18	28	8	41	0	195	66	1230	51	45	15	2	10	15	18	10	10	15	15
Sausage McGriddles	430	220	24	37	9	46	0	35	12	990	41	42	14	1	6	15	11	2	2	8	10
Sausage, Egg & Cheese McGriddles	550	290	32	49	13	64	0	215	72	1280	53	45	15	2	9	15	20	15	2	15	15
Hotcakes	600	150	16	25	7	35	0	45	15	610	25	102	34	2	10	45	9	4	0	15	15
Hash Browns	150	80	9	14	1.5	6	0	0	0	320	13	16	5	1	6	0	1	0	2	0	2
ADB Muffin																					
Fruit 'n Yogurt Parfait	150	20	2	3	1	5	0	5	2	75	3	30	10	1	3	22	4	2	25	10	4
Sausage McMuffin with Egg	470	270	30	46	12	60	0	275	91	810	34	30	10	2	7	3	21	15	4	15	20
Hotcakes and Sausage	790	310	35	53	13	67	0	80	26	890	37	103	34	2	10	45	16	6	2	15	15
Sausage Burrito	300	140	16	24	6	31	0	165	54	780	32	26	9	1	5	2	12	15	2	10	15
Egg McMuffin	300	110	12	18	6	29	0	245	81	730	31	30	10	2	7	3	18	15	2	15	15
Hotcakes	600	150	16	25	7	35	0	45	15	610	25	102	34	2	10	45	9	4	0	15	15
Hash Browns	150	80	9	14	1.5	6	0	0	0	320	13	16	5	1	6	0	1	0	2	0	2
Sausage McMuffin	400	230	25	39	10	51	0	55	19	740	31	29	10	2	7	3	14	10	4	15	15
Happy Meal - Protein																					
Hamburger	250	70	8	12	3	16	0	30	9	480	20	31	10	2	6	6	13	2	2	4	15

Nutrition Facts	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 McNuggets (4 piece)	180	100	11	16	2	9	0	30	10	340	14	11	4	1	3	0	10	0	2	0	2
Happy Meal - Side																					
Apple Slices	15	0	0	0	0	0	0	0	0	0	0	4	1	0	0	3	0	0	160	2	0
Go-GURT Strawberry Flavored Low Fat Yogurt Tube	50	5	0.5	1	0	2	0	5	1	30	1	8	3	0	0	6	3	4	0	10	0
Happy Meal - Drinks																					
Fat Free Chocolate Milk Jug	130	0	0	0	0	0	0	5	2	135	6	23	8	0	2	22	9	10	0	30	8
1% Low Fat Milk Jug	100	20	2.5	4	1.5	8	0	10	3	125	5	12	4	0	0	12	8	10	4	30	0
Honest Kids Appley Ever After (Box 6 fl oz Drink Box)	35	0	0	0	0	0	0	0	0	10	0	9	3	0	0	8	0	0	100	0	0
Mighty Kids Meal - Protein																					
Chicken McNuggets (6 piece)	270	140	16	25	2.5	13	0	45	15	510	21	16	5	1	4	0	15	0	2	0	4
Mighty Kids Meal - Sides																					
Fat Free Chocolate Milk Jug	130	0	0	0	0	0	0	5	2	135	6	23	8	0	2	22	9	10	0	30	8
1% Low Fat Milk Jug	100	20	2.5	4	1.5	8	0	10	3	125	5	12	4	0	0	12	8	10	4	30	0
Mighty Kids Meal - Sides																					
Apple Slices	15	0	0	0	0	0	0	0	0	0	0	4	1	0	0	3	0	0	160	2	0
Go-GURT Strawberry Flavored Low Fat Yogurt Tube	50	5	0.5	1	0	2	0	5	1	30	1	8	3	0	0	6	3	4	0	10	0
McPick 2 0816																					
Triple Cheeseburger	520	250	28	43	13	67	1.5	110	37	1160	48	36	12	2	10	7	32	20	4	15	25
Filet-O-Fish	410	180	20	31	5	25	0	50	17	660	27	39	13	2	8	5	18	10	2	10	10
Quarter Pounder with Cheese	530	240	27	42	13	65	1.5	100	34	1090	46	41	14	3	12	10	31	20	6	15	25
Chicken McNuggets (10 piece)	440	240	27	41	4.5	22	0	75	25	840	35	26	9	2	7	0	24	0	4	2	6
Happy Meal																					

Nutrition Facts	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
Apple Slices	15	0	0	0	0	0	0	0	0	0	0	4	1	0	0	3	0	0	160	2	0
Hamburger	250	70	8	12	3	16	0	30	9	480	20	31	10	2	6	6	13	2	2	4	15
Cheeseburger	300	100	12	18	5	27	0.5	40	14	680	28	33	11	2	8	7	15	10	2	10	15
Fat Free Chocolate Milk Jug	130	0	0	0	0	0	0	5	2	135	6	23	8	0	2	22	9	10	0	30	8
1% Low Fat Milk Jug	100	20	2.5	4	1.5	8	0	10	3	125	5	12	4	0	0	12	8	10	4	30	0
Chicken McNuggets (4 piece)	180	100	11	16	2	9	0	30	10	340	14	11	4	1	3	0	10	0	2	0	2
Go-GURT Strawberry Flavored Low Fat Yogurt Tube	50	5	0.5	1	0	2	0	5	1	30	1	8	3	0	0	6	3	4	0	10	0
Signature Crafted																					
Signature Sriracha Burger on Artisan Roll	680	330	36	56	14	69	1.5	95	32	1040	43	56	19	3	13	13	33	25	20	35	30
Sweet BBQ Bacon Burger on Sesame Seed Bun	700	340	38	59	14	71	1.5	110	37	1310	55	52	17	3	12	14	38	6	15	15	30
Sweet BBQ Bacon Artisan Grilled Chicken on Sesame Seed Bun	600	200	23	35	7	35	0	135	45	1850	77	52	17	3	12	14	46	4	25	15	20
Sweet BBQ Bacon Buttermilk Crispy Chicken on Artisan Roll	830	350	39	59	11	53	0.5	105	34	1760	73	80	27	5	20	18	42	6	20	35	15
Sweet BBQ Bacon Burger on Artisan Roll	750	350	39	59	15	77	1.5	115	38	1360	57	61	20	3	14	18	40	8	20	35	25
Sweet BBQ Bacon Artisan Grilled Chicken on Artisan Roll	670	220	25	38	9	44	0.5	140	47	1870	78	61	20	3	14	18	50	6	30	35	15
Pico Guacamole Burger on Artisan Roll	640	310	34	53	14	68	1.5	95	32	980	41	50	17	4	17	11	32	10	20	35	25
Pico Guacamole Burger on Sesame Seed Bun	580	300	33	51	12	61	1.5	95	31	920	38	41	14	4	15	7	29	8	15	15	25
Sweet BBQ Bacon Buttermilk Crispy Chicken on Sesame Seed Bun	760	330	36	56	9	45	0	95	32	1740	72	71	24	5	19	14	37	4	20	15	20

Nutrition Facts	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
Pico Guacamole Artisan Grilled Chicken on Sesame Seed Bun	470	160	18	27	5	26	0	115	39	1450	61	40	13	3	14	7	38	8	20	15	15
Pico Guacamole Artisan Grilled Chicken on Artisan Roll	550	180	20	31	7	35	0	120	40	1340	56	50	17	4	17	11	42	10	30	35	15
Signature Sriracha Buttermilk Crispy Chicken on Artisan Roll	760	320	36	55	9	46	0.5	85	29	1430	60	75	25	5	20	13	34	20	20	35	20
Pico Guacamole Buttermilk Crispy Chicken on Sesame Seed Bun	630	280	32	49	7	35	0	80	26	1340	56	59	20	5	20	7	29	8	15	15	20
Signature Sriracha Artisan Grilled Chicken on Artisan Roll	590	200	22	34	7	36	0	125	41	1390	58	56	19	3	13	14	43	20	25	35	20
Pico Guacamole Buttermilk Crispy Chicken on Artisan Roll	720	310	34	53	9	45	0	85	28	1380	57	69	23	6	23	11	33	10	25	35	15
Sweet BBQ Bacon Buttermilk Crispy Chicken on Texas Toast	800	330	36	56	9	45	0	95	32	1850	77	80	27	5	19	17	39	4	25	25	20
Pico Guacamole Artisan Grilled Chicken on Texas Toast	510	160	17	27	5	26	0	115	39	1570	66	49	16	4	14	10	40	8	25	25	20
Sweet BBQ Bacon Burger on Texas Toast	740	340	38	58	14	71	1.5	110	37	1430	60	61	20	3	13	16	40	4	20	25	30
Sweet BBQ Bacon Artisan Grilled Chicken on Texas Toast	640	200	22	34	7	35	0	135	45	1970	82	61	20	3	13	17	48	4	30	25	20
Pico Guacamole Buttermilk Crispy Chicken on Texas Toast	680	280	31	48	7	36	0	80	26	1460	61	68	23	5	21	10	31	8	20	25	20
Buffalo Bacon Burger on Artisan Roll	620	290	33	50	13	63	1.5	105	35	1170	49	46	15	3	11	11	37	2	20	20	25
Swiss Mushroom Melt Burger on Artisan Roll	620	290	33	50	17	86	1.5	115	39	570	24	47	16	3	12	11	36	8	4	45	20
Buffalo Bacon Artisan Grilled Chicken on Artisan Roll	520	160	17	27	5	27	0	125	42	1710	71	45	15	3	11	11	45	2	25	20	15

Nutrition Facts	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
Swiss Mushroom Melt Buttermilk Crispy Chicken on Artisan Roll	700	290	32	50	12	62	0.5	105	35	1120	47	66	22	5	19	11	37	8	6	45	15
Swiss Mushroom Melt Artisan Grilled on Artisan Roll	540	170	19	29	10	52	0.5	140	47	1240	52	47	16	3	12	12	46	8	15	45	15
Buffalo Bacon Buttermilk Crispy Chicken on Artisan Roll	680	280	31	48	7	37	0	90	30	1600	67	64	21	4	17	11	36	2	20	20	15
Garlic White Cheddar Double Burger on Artisan Roll	910	500	55	85	24	120	3	185	62	1130	47	50	17	3	13	11	54	15	10	50	35
Garlic White Cheddar Artisan Grilled Chicken on Texas Toast	530	170	19	30	6	31	0	125	41	1170	49	47	16	3	11	10	42	10	20	30	20
Garlic White Cheddar Buttermilk Crispy Chicken on Texas Toast	690	300	33	51	8	41	0	85	29	1220	51	66	22	4	17	10	33	10	15	30	20
Garlic White Cheddar Burger on Texas Toast	610	300	33	51	13	64	1.5	95	32	820	34	47	16	3	11	10	31	10	10	30	25
Garlic White Cheddar Buttermilk Crispy Chicken on Artisan Roll	700	300	34	52	9	43	0	85	29	1190	50	67	22	5	19	11	33	10	15	35	15
Garlic White Cheddar Burger on Artisan Roll	620	300	33	51	13	64	1.5	95	32	790	33	48	16	3	13	11	33	10	10	35	25
Garlic White Cheddar Artisan Grilled Chicken on Artisan Roll	530	180	20	30	7	33	0	125	41	1150	48	48	16	3	13	11	42	10	20	35	15
McPick 2 2017																					
Sausage, Egg & Cheese McGriddles	550	290	32	49	13	64	0	215	72	1280	53	45	15	2	9	15	20	15	2	15	15
Filet-O-Fish	410	180	20	31	5	25	0	50	17	660	27	39	13	2	8	5	18	10	2	10	10
Big Mac	540	250	28	43	10	49	1	80	26	950	40	46	15	3	13	9	25	10	2	15	25
Chicken McNuggets (10 piece)	440	240	27	41	4.5	22	0	75	25	840	35	26	9	2	7	0	24	0	4	2	6
McPick 2 2017 Row 2																					
Sausage, Egg & Cheese McGriddles	550	290	32	49	13	64	0	215	72	1280	53	45	15	2	9	15	20	15	2	15	15
Filet-O-Fish	410	180	20	31	5	25	0	50	17	660	27	39	13	2	8	5	18	10	2	10	10

Nutrition Facts	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
Big Mac	540	250	28	43	10	49	1	80	26	950	40	46	15	3	13	9	25	10	2	15	25
Chicken McNuggets (10 piece)	440	240	27	41	4.5	22	0	75	25	840	35	26	9	2	7	0	24	0	4	2	6

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 04-19-2018.

* 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)

§ 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.

++++ Based on weight before cooking 4.25 oz (120.5g)

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 (including ice for beverages). 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. McDonalds USA does not certify or claim any of its US menu items as Halal, Kosher or meeting any other religious requirements. We do not promote any of our US menu items as vegetarian, vegan or gluten-free. This information is correct as of May 2014, unless stated otherwise.

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