



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	14	68	1.5	110	37	1180	49	35	12	2	8	7	32	20	2	20	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	750	390	43	66	17	84	1.5	125	42	1390	58	51	17	3	11	13	41	20	25	20	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	29	0	80	27	790	33	47	16	2	8	5	28	10	0	10	10
Premium Buttermilk Crispy Chicken Bacon Clubhouse Sandwich	810	370	41	64	12	58	0.5	110	37	1650	69	69	23	4	17	14	41	20	25	20	15
Buffalo Ranch McChicken	360	140	16	25	3	16	0	40	13	800	33	39	13	2	9	5	15	4	2	2	15
Bacon Buffalo Ranch McChicken	430	190	21	32	4.5	24	0	55	19	1040	43	40	13	2	9	6	20	4	10	2	15
Bacon Cheddar McChicken	550	290	32	49	9	45	0	80	27	950	40	41	14	2	9	6	24	6	10	15	15
Southern Style Buttermilk Crispy Chicken Sandwich	470	180	20	31	4.5	22	0	65	22	950	39	48	16	3	12	5	25	0	4	2	15
Big Mac	540	250	28	43	10	50	1	80	26	940	39	46	15	3	12	9	25	10	2	10	25
Quarter Pounder	430	180	20	31	8	41	1	75	24	700	29	37	12	2	8	9	26	4	4	4	25
Quarter Pounder with Cheese	540	250	27	42	13	65	1.5	100	34	1110	46	42	14	2	8	10	31	20	4	20	20
Quarter Pounder Bacon & Cheese	590	260	29	44	13	63	1.5	105	35	1330	55	48	16	3	13	12	36	6	20	25	30
Double Quarter Pounder with Cheese	780	400	45	69	21	104	2.5	175	59	1300	54	43	14	2	8	10	51	20	4	20	35
Hamburger	250	70	8	12	3	16	0	30	9	480	20	31	10	1	6	6	13	2	2	2	15
Hot 'n Spicy McChicken	420	200	22	35	4	20	0	45	15	590	25	39	13	3	11	5	14	6	2	2	15
Cheeseburger	300	110	12	18	6	28	0.5	40	14	680	28	33	11	2	7	7	15	10	2	10	15

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																		Vitamin A	Vitamin C	Calcium	Iron
BBQ Ranch Burger	370	150	17	26	7	36	0.5	50	17	600	25	36	12	2	9	6	17	6	0	15	15
Grilled Onion Cheddar	330	140	15	23	7	37	1	50	16	570	24	31	10	2	7	6	17	4	2	15	15
Double Cheeseburger	440	200	22	34	11	54	1	85	28	1050	44	34	11	2	8	7	25	20	2	20	20
McDouble	390	160	18	28	8	42	1	70	23	850	35	33	11	2	7	7	22	10	2	10	20
Bacon McDouble	450	200	23	35	10	50	1	85	28	1090	45	34	11	2	7	7	28	10	10	10	20
Bacon Cheddar Hot 'n Spicy McChicken	550	290	32	50	9	45	0.5	80	27	960	40	41	14	3	12	6	24	10	10	15	15
Daily Double	480	260	29	45	10	50	1	80	27	740	31	32	11	2	7	6	23	10	4	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	170	19	30	7	36	1	50	16	660	28	26	9	1	6	2	15	6	2	8	15
Jalapeño Double	470	230	26	39	10	52	1	80	27	910	38	34	11	2	7	5	25	6	8	15	20
Quarter Pounder Deluxe	640	350	38	59	15	74	1.5	110	37	1170	49	44	15	3	10	11	31	35	10	20	20
McTeri Deluxe	610	280	31	47	10	50	1	85	28	1180	49	57	19	2	9	26	27	15	8	4	20
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	240	26	41	12	62	1	100	33	1290	54	35	12	2	8	8	30	20	10	20	20
Denali Big Mac	840	460	51	78	20	100	2.5	170	57	1080	45	47	16	3	12	9	50	10	2	15	40
Green Chili Double Cheeseburger	390	160	18	28	8	42	1	70	23	760	32	33	11	2	7	7	23	15	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	42	1	70	23	720	30	32	11	2	7	6	23	10	4	10	20
Double Grilled Onion Cheddar Burger	420	190	21	33	10	51	1	75	26	690	29	31	10	2	7	6	24	4	2	15	20
Grilled Onion Cheddar Burger Triple	550	280	31	48	15	75	1.5	120	40	1010	42	34	11	2	8	6	34	8	2	25	25
Big Mac with Butter	560	280	31	48	12	58	1	85	29	940	39	46	15	3	12	9	25	10	2	10	25
Homestyle Burger	430	180	20	30	8	38	1	70	24	650	27	37	12	2	9	7	26	6	8	4	20

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																		Vitamin A	Vitamin C	Calcium	Iron
Cheeseburger Bacon	360	150	16	25	7	36	0.5	60	19	920	38	33	11	2	7	7	20	10	10	10	15
Triple Bacon Cheeseburger	590	290	33	50	15	76	1.5	125	42	1420	59	36	12	2	8	8	38	20	10	20	25
Hamburger New York	250	70	8	12	3	16	0	30	9	470	20	31	10	1	6	6	13	2	2	2	15
Cheeseburger New York	300	110	12	18	6	28	0.5	40	14	680	28	33	11	2	7	7	15	10	2	10	15
Triple Cheeseburger New York	520	250	28	43	14	68	1.5	110	37	1170	49	35	12	2	8	7	32	20	2	20	25
Quarter Pounder Deluxe New York	630	330	37	56	14	70	1.5	110	36	1190	49	43	14	3	10	11	31	40	10	20	20
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	28	8	42	1	70	23	760	32	33	11	2	7	7	23	15	8	10	20
Double Cheeseburger New York	430	200	22	34	11	54	1	85	28	1050	44	34	11	2	8	7	25	20	2	20	20
Cheeseburger Bacon New York	360	150	16	25	7	36	0.5	60	19	920	38	33	11	2	7	7	20	10	10	10	15
Bacon Double Cheeseburger New York	500	240	26	41	12	62	1	100	33	1290	54	35	12	2	8	8	30	20	10	20	20
Triple Bacon Cheeseburger New York	590	290	33	50	15	76	1.5	125	42	1410	59	36	12	2	8	8	38	20	10	20	25
Bacon McDouble New York	450	200	23	35	10	50	1	85	28	1080	45	34	11	2	7	7	28	10	10	10	20
Quarter Pounder With Cheese New York	530	250	28	43	13	66	1.5	100	34	1100	46	39	13	2	10	10	31	20	4	20	25
Double Quarter Pounder With Cheese New York	770	410	45	69	21	105	2.5	175	59	1290	54	40	13	2	10	10	51	20	4	20	35
Signature Sriracha Burger on Artisan Roll	680	320	35	54	13	67	1.5	95	32	1040	43	57	19	3	14	13	32	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	740	340	38	58	17	87	2	135	44	1810	76	57	19	3	13	18	43	15	20	40	30
Buffalo Bacon Burger on Artisan Roll	620	290	33	50	12	62	1.5	105	35	1170	49	45	15	3	10	11	37	2	20	20	25

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																		Vitamin A	Vitamin C	Calcium	Iron
Swiss Mushroom Melt Burger on Artisan Roll	640	310	34	53	18	88	1.5	120	40	700	29	47	16	3	12	11	37	8	4	45	25
Bacon Quarter Pounder With Cheese	630	310	34	53	16	78	1.5	125	42	1470	61	40	13	2	10	10	39	20	20	20	25
Bacon Smokehouse Burger on Artisan Roll	840	410	45	69	17	84	1.5	130	43	1580	66	62	21	2	10	18	46	6	20	20	30
Double Bacon Smokehouse Burger on Artisan Roll (Fresh Beef)	1130	600	67	102	27	136	3	220	73	1920	80	64	21	3	11	18	70	10	20	35	40
Bacon Quarter Pounder With Cheese (Classic)	640	310	34	53	15	77	1.5	125	42	1470	61	44	15	2	9	11	39	20	20	20	20
Mushroom and Swiss Burger	660	320	36	55	12	62	1.5	90	29	920	38	52	17	3	10	10	33	4	2	20	25
Double Mushroom and Swiss Burger	940	510	56	86	22	111	2.5	170	57	1160	48	53	18	3	10	11	56	8	2	30	40
Bacon Big Mac	630	320	35	54	12	62	1	100	34	1300	54	47	16	3	13	9	33	10	15	10	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	29	0	80	27	790	33	47	16	2	8	5	28	10	0	10	10
Premium Buttermilk Crispy Chicken Bacon Clubhouse Sandwich	810	370	41	64	12	58	0.5	110	37	1650	69	69	23	4	17	14	41	20	25	20	15
McChicken	410	190	22	33	4	19	0	45	15	590	24	39	13	2	8	5	15	2	2	2	15
Buffalo Ranch McChicken	360	140	16	25	3	16	0	40	13	800	33	39	13	2	9	5	15	4	2	2	15
Bacon Buffalo Ranch McChicken	430	190	21	32	4.5	24	0	55	19	1040	43	40	13	2	9	6	20	4	10	2	15
Bacon Cheddar McChicken	550	290	32	49	9	45	0	80	27	950	40	41	14	2	9	6	24	6	10	15	15
Southern Style Buttermilk Crispy Chicken Sandwich	470	180	20	31	4.5	22	0	65	22	950	39	48	16	3	12	5	25	0	4	2	15
Filet-O-Fish	390	170	19	29	4	19	0	45	15	560	23	38	13	2	6	5	17	4	0	6	10
Hot 'n Spicy McChicken	420	200	22	35	4	20	0	45	15	590	25	39	13	3	11	5	14	6	2	2	15

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																		Vitamin A	Vitamin C	Calcium	Iron
Bacon Cheddar Hot 'n Spicy McChicken	550	290	32	50	9	45	0.5	80	27	960	40	41	14	3	12	6	24	10	10	15	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
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	480	250	28	43	8	40	0	95	32	1120	47	27	9	4	17	3	33	180	45	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	1240	51	8	3	3	10	3	42	180	50	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	6	10	2	9	0	95	32	1120	47	44	15	2	7	11	36	15	15	4	15
Buttermilk Crispy Chicken Sandwich	620	260	29	45	5	26	0	70	23	1030	43	63	21	3	14	11	28	15	10	6	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	510	250	28	43	7	37	0	65	22	740	31	44	15	3	12	6	20	8	8	15	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

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																		Vitamin A	Vitamin C	Calcium	Iron
Old Bay Filet-O-Fish Sandwich	390	160	18	28	3.5	18	0	45	15	540	23	40	13	2	8	5	17	8	2	8	10
Jalapeno McChicken	430	180	20	31	5	26	0	55	18	1030	43	44	15	3	11	6	18	6	10	15	15
Hot N' Spicy McChicken Deluxe	510	260	29	44	8	38	0	65	21	750	31	45	15	4	15	6	20	15	8	15	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
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
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
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

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																		Vitamin A	Vitamin C	Calcium	Iron
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
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	24	36	4	20	0	65	21	1040	43	49	16	3	12	6	25	0	4	2	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
Bacon Smokehouse Buttermilk Crispy Chicken on Artisan Roll	920	410	45	70	12	62	0.5	120	40	1980	83	81	27	4	16	18	46	6	20	20	20
Bacon Smokehouse Artisan Grilled Chicken on Artisan Roll	750	280	31	48	10	52	0.5	155	52	1940	81	62	21	2	10	18	55	6	25	20	20
Ultimate Chicken Sandwich Flash Finish	530	170	18	28	3.5	18	0	75	24	1390	58	61	20	2	8	15	31	0	0	6	20
Mushroom and Swiss with Buttermilk Crispy Chicken	740	320	36	55	8	41	0	75	26	1320	55	72	24	4	17	11	33	4	4	20	20
Mushroom and Swiss with Artisan Grilled Chicken	580	200	22	34	6	31	0	115	38	1430	60	52	17	3	10	11	42	4	10	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
Ultimate Chicken Tenders (4 piece)	420	180	20	31	3.5	18	0	115	39	1240	52	22	7	1	3	2	38	0	0	2	10
Mighty Chicken Tenders (4 piece)	420	180	20	31	3.5	18	0	115	39	1240	52	22	7	1	3	2	38	0	0	2	10
Mighty Chicken Fillet Augusta	360	140	16	25	3	14	0	95	32	1390	58	22	7	1	3	2	32	0	0	2	10
Mighty Deluxe Chicken Sandwich	680	260	29	45	5	27	0	105	35	1800	75	66	22	3	10	12	40	15	8	6	20
Breakfast																					
Fruit 'n Yogurt Parfait	210	25	3	5	1.5	8	0	10	3	75	3	40	13	1	3	28	6	2	25	15	2
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	640	290	32	49	14	71	1.5	255	85	1440	60	54	18	4	17	7	34	25	2	20	25
Steak, Egg & Cheese Biscuit	550	280	31	48	16	78	1	230	77	1470	61	40	13	3	12	3	27	15	0	20	25
Sausage McMuffin with Egg	480	270	30	47	12	61	0.5	275	91	830	35	30	10	2	7	3	21	15	2	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	32	0	165	54	780	33	26	9	1	4	2	13	15	0	15	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	19	6	30	0	245	81	760	32	30	10	2	7	3	17	15	0	15	15
Bacon, Egg & Cheese Biscuit	450	220	24	37	12	62	0	200	67	1300	54	40	13	2	10	3	18	15	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	170	18	28	8	41	0	195	66	1240	52	45	15	2	9	15	18	10	10	20	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	65	0	220	73	1290	54	45	15	2	8	15	20	15	2	20	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

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 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	260	70	8	13	4.5	23	0	30	11	780	33	29	10	2	7	3	16	10	0	15	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	460	250	28	43	12	60	0.5	65	22	770	32	29	10	2	7	2	22	6	2	20	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	230	25	39	11	55	0.5	225	76	1270	53	54	18	4	14	7	26	25	10	20	20
Steak, Egg & Cheese McMuffin	440	210	23	36	11	53	1	280	94	960	40	31	10	3	10	3	28	15	0	15	20
Sausage McMuffin	400	230	25	39	10	52	0.5	55	19	760	32	29	10	2	7	3	14	10	2	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

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
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	190	21	32	9	47	0.5	210	70	1030	43	53	18	4	14	7	20	25	0	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	500	250	27	42	13	66	1	215	72	1270	53	39	13	3	12	3	24	4	0	10	25
Steak Egg and Cheese McGriddles	510	230	25	39	11	57	1	225	75	1410	59	46	15	3	11	16	27	15	0	20	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	680	350	39	60	16	79	0.5	245	82	1320	55	53	18	4	14	7	27	25	2	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
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

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
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
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
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

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
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	720	380	42	65	17	83	1	475	158	1620	67	54	18	4	16	3	32	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
Chocolatine Pastry	160	80	9	14	6	28	0	25	9	160	7	19	6	1	4	6	3	4	0	2	10
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
Cinnamon Sugar Donut Sticks 1/2 Dozen (6 Piece)	280	120	13	21	4.5	23	0	15	5	260	11	34	11	1	4	9	6	2	0	2	8
McGriddles French Toast	650	330	37	57	14	71	0	385	129	1280	53	50	17	1	5	24	31	20	20	15	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)	180	110	12	18	5	26	0	40	13	500	21	7	2	3	10	3	14	180	40	15	8
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

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 Bacon Ranch Salad with Buttermilk Crispy Chicken	480	250	28	43	8	40	0	95	32	1120	47	27	9	4	17	3	33	180	45	15	10
Premium Bacon Ranch Salad with Grilled Chicken	320	120	14	21	6	30	0	135	45	1240	51	8	3	3	10	3	42	180	50	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	210	25	3	5	1.5	8	0	10	3	75	3	40	13	1	3	28	6	2	25	15	2
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	170	19	30	7	36	1	50	16	660	28	26	9	1	6	2	15	6	2	8	15
Go-GURT Strawberry Flavored Low Fat Yogurt Tube	45	0	0.5	1	0	2	0	5	1	30	1	7	2	0	0	5	2	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
Pineapple Side	60	0	0	0	0	0	0	0	0	0	0	15	5	2	6	11	1	2	90	2	2
Popcorn (Large)	500	300	33	51	3	14	0	0	0	1250	52	45	15	3	11	0	6	70	0	0	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
Minute Maid Lemonade (Extra Small)	30	0	0	0	0	0	0	0	0	15	1	9	3	0	0	8	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	40	2	42	14	0	0	42	0	0	0	0	0
Diet Coke (Small)	0	0	0	0	0	0	0	0	0	10	0	0	0	0	0	0	0	0	0	0	0
Dr Pepper (Small)	140	0	0	0	0	0	0	0	0	50	2	38	13	0	1	37	0	0	0	2	0
Diet Dr Pepper (Small)	0	0	0	0	0	0	0	0	0	25	1	0	0	0	0	0	0	0	0	0	0
Sprite (Small)	120	0	0	0	0	0	0	0	0	70	3	36	12	0	0	36	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)	25	0	0	0	0	0	0	0	0	25	1	6	2	0	0	6	0	0	0	0	0
Sweet Tea (Medium)	110	0	0	0	0	0	0	0	0	20	1	28	9	0	0	28	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
Coca-Cola (Extra Small)	110	0	0	0	0	0	0	0	0	35	1	31	10	0	0	31	0	0	0	0	
Coca-Cola (Large)	290	0	0	0	0	0	0	0	0	85	4	80	27	0	0	80	0	0	0	2	0
Coca-Cola (Medium)	220	0	0	0	0	0	0	0	0	55	2	59	20	0	0	59	0	0	0	0	0
Diet Coke (Extra Small)	0	0	0	0	0	0	0	0	0	10	0	0	0	0	0	0	0	0	0	0	0
Diet Coke (Large)	0	0	0	0	0	0	0	0	0	20	1	1	0	0	0	0	0	0	0	0	0
Diet Coke (Medium)	0	0	0	0	0	0	0	0	0	15	1	0	0	0	0	0	0	0	0	0	0
Diet Dr Pepper (Extra Small)	0	0	0	0	0	0	0	0	0	15	1	0	0	0	0	0	0	0	0	0	0
Diet Dr Pepper (Large)	0	0	0	0	0	0	0	0	0	45	2	0	0	0	0	0	0	0	0	0	0
Diet Dr Pepper (Medium)	0	0	0	0	0	0	0	0	0	30	1	0	0	0	0	0	0	0	0	0	0
Dr Pepper (Extra Small)	100	0	0	0	0	0	0	0	0	35	1	27	9	0	1	27	0	0	0	0	0
Dr Pepper (Large)	280	0	0	0	0	0	0	0	0	90	4	75	25	1	3	73	0	0	0	2	0
Dr Pepper (Medium)	200	0	0	0	0	0	0	0	0	65	3	54	18	1	2	53	0	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	0
Iced Tea (Large)	5	0	0	0	0	0	0	0	0	20	1	0	0	0	0	0	1	0	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	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	0
POWERADE Mountain Berry Blast (Extra Small)	20	0	0	0	0	0	0	0	0	20	1	5	2	0	0	5	0	0	0	0	0
POWERADE Mountain Berry Blast (Large)	45	0	0	0	0	0	0	0	0	50	2	12	4	0	0	12	0	0	0	0	0
POWERADE Mountain Berry Blast (Medium)	35	0	0	0	0	0	0	0	0	35	2	9	3	0	0	9	0	0	0	0	0
Sprite (Extra Small)	90	0	0	0	0	0	0	0	0	50	2	27	9	0	0	27	0	0	0	0	0
Sprite (Large)	230	0	0	0	0	0	0	0	0	130	5	69	23	0	0	69	0	0	0	2	0
Sprite (Medium)	170	0	0	0	0	0	0	0	0	95	4	51	17	0	0	51	0	0	0	0	0
Sweet Tea (Extra Small)	60	0	0	0	0	0	0	0	0	10	0	15	5	0	0	15	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 (Large)	160	0	0	0	0	0	0	0	0	25	1	38	13	0	0	38	1	0	0	2	0
Red Flash (Extra Small)	35	0	0	0	0	0	0	0	0	10	0	9	3	0	0	9	0	0	0	0	0
Red Flash (Small)	45	0	0	0	0	0	0	0	0	10	0	12	4	0	0	12	0	0	0	0	0
Red Flash (Medium)	70	0	0	0	0	0	0	0	0	15	1	17	6	0	0	17	0	0	0	0	0
Red Flash (Large)	90	0	0	0	0	0	0	0	0	20	1	23	8	0	0	23	0	0	0	0	0
Iced Classic Lemonade (Small)	100	0	0	0	0	0	0	0	0	10	0	25	8	1	2	21	0	0	35	2	0
Iced Classic Lemonade (Medium)	130	0	0	0	0	0	0	0	0	15	1	32	11	1	3	28	0	0	40	2	0
Iced Classic Lemonade (Large)	170	0	0	0	0	0	0	0	0	15	1	43	14	1	3	37	1	0	50	2	0
Iced Strawberry Lemonade (Small)	120	0	0	0	0	0	0	0	0	10	0	33	11	1	3	28	1	0	50	2	2
Iced Strawberry Lemonade (Medium)	160	0	0	0	0	0	0	0	0	15	1	43	14	1	4	37	1	0	60	2	2
Iced Strawberry Lemonade (Large)	220	0	0	1	0	0	0	0	0	20	1	57	19	1	5	50	1	0	70	2	2
Fanta Grape (Medium)	70	0	0	0	0	0	0	0	0	15	1	19	6	0	0	19	0	0	0	0	0
Fanta Grape (Medium) No Ice	90	0	0	0	0	0	0	0	0	20	1	23	8	0	0	23	0	0	0	0	0
Sprite Zero (Extra Small) No Ice	0	0	0	0	0	0	0	0	0	10	0	0	0	0	0	0	0	0	0	0	0
Sprite Zero (Extra Small)	0	0	0	0	0	0	0	0	0	10	0	0	0	0	0	0	0	0	0	0	0
Vitamin Water XXX Zero (Small)	0	0	0	0	0	0	0	0	0	10	0	0	0	0	0	0	0	0	0	0	0
Blue Raspberry ICEE (Small)	130	0	0	0	0	0	0	0	0	60	3	34	11	0	0	34	0	0	0	0	0
Orange Crush (Large)	310	0	0	0	0	0	0	0	0	95	4	84	28	0	0	83	0	0	0	0	0
DO NOT USE Fanta Orange (Large) No Ice	410	0	0	0	0	0	0	0	0	90	4	112	37	0	0	110	0	0	0	0	0
Dr Pepper (Medium) No Ice	70	0	0	0	0	0	0	0	0	20	1	19	6	0	1	19	0	0	0	0	0
Diet Coke (Large) No Ice	0	0	0	0	0	0	0	0	0	125	5	0	0	0	0	0	0	0	0	0	0
Orange Crush (Extra Small) No Ice	160	0	0	0	0	0	0	0	0	45	2	44	15	0	0	43	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
Orange Crush (Extra Small)	110	0	0	0	0	0	0	0	0	35	1	31	10	0	0	30	0	0	0	0	
Diet Dr Pepper (Large) No Ice	0	0	0	0	0	0	0	0	0	50	2	0	0	0	0	0	0	0	0	0	
Barq's Root Beer (Large) No Ice	120	0	0	0	0	0	0	0	0	25	1	33	11	0	0	33	0	0	0	0	
Barq's Root Beer (Large)	90	0	0	0	0	0	0	0	0	20	1	25	8	0	0	25	0	0	0	0	
Fanta Strawberry (Small) No Ice	230	0	0	0	0	0	0	0	0	70	3	60	20	0	0	59	0	0	0	0	
Fanta Strawberry (Small)	50	0	0	0	0	0	0	0	0	10	0	14	5	0	0	14	0	0	0	0	
Caffeine Free Diet Coke (Large)	0	0	0	0	0	0	0	0	0	20	1	0	0	0	0	0	0	0	0	0	
Dr Pepper (Large) No Ice	100	0	0	0	0	0	0	0	0	25	1	28	9	0	1	27	0	0	0	0	
Caffeine Free Diet Coke (Large) No Ice	0	0	0	0	0	0	0	0	0	25	1	0	0	0	0	0	0	0	0	0	
Sprite (Large) No Ice	370	0	0	0	0	0	0	0	0	170	7	97	32	0	0	95	0	0	0	0	
Minute Maid Lemonade (Small)	40	0	0	0	0	0	0	0	0	25	1	12	4	0	0	11	0	0	0	0	
Minute Maid Lemonade (Small) No Ice	60	0	0	0	0	0	0	0	0	30	1	16	5	0	0	15	0	0	0	0	
Minute Maid Light Lemonade (Small)	0	0	0	0	0	0	0	0	0	10	0	1	0	0	0	0	0	0	0	0	
Minute Maid Light Lemonade (Small) No Ice	0	0	0	0	0	0	0	0	0	15	1	1	0	0	0	0	0	0	0	0	
Minute Maid Orange Juice (Small)	150	0	0	0	0	0	0	0	0	0	0	36	12	0	0	32	2	0	130	2	
Barq's Root Beer (Small) No Ice	60	0	0	0	0	0	0	0	0	15	1	18	6	0	0	18	0	0	0	0	
Barq's Root Beer (Small)	50	0	0	0	0	0	0	0	0	10	0	13	4	0	0	13	0	0	0	0	
Fanta Grape (Large) No Ice	120	0	0	0	0	0	0	0	0	25	1	33	11	0	0	33	0	0	0	0	
Fanta Grape (Large)	100	0	0	0	0	0	0	0	0	20	1	25	8	0	0	25	0	0	0	0	
Vitamin Water XXX Zero (Extra Small)	0	0	0	0	0	0	0	0	0	10	0	0	0	0	0	0	0	0	0	0	
Fanta Grape (Small)	50	0	0	0	0	0	0	0	0	10	0	13	4	0	0	13	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) 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	110	0	0	0	0	0	0	0	0	25	1	31	10	0	0	31	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)	0	0	0	0	0	0	0	0	0	20	1	0	0	0	0	0	0	0	0	0	
Sprite Zero (Large) No Ice	0	0	0	0	0	0	0	0	0	25	1	0	0	0	0	0	0	0	0	0	
Vitamin Water XXX Zero (Medium)	0	0	0	0	0	0	0	0	0	15	1	0	0	0	0	0	0	0	0	0	
FUZE Raspberry Tea (Small) No Ice	35	0	0	0	0	0	0	0	0	15	1	9	3	0	0	9	0	0	0	0	
FUZE Raspberry Tea (Small)	25	0	0	0	0	0	0	0	0	10	0	7	2	0	0	7	0	0	0	0	
Red Flash (Extra Small) No Ice	45	0	0	0	0	0	0	0	0	10	0	12	4	0	0	12	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	15	1	43	14	0	0	43	0	0	280	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	80	0	0	0	0	0	0	0	0	20	1	21	7	0	0	21	0	0	0	0	
Diet Dr Pepper (Medium) No Ice	0	0	0	0	0	0	0	0	0	35	1	0	0	0	0	0	0	0	0	0	
Dr Pepper (Small) No Ice	50	0	0	0	0	0	0	0	0	15	1	15	5	0	1	14	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)	230	0	0	0	0	0	0	0	0	20	1	62	21	0	0	62	0	0	400	0	
Minute Maid Lemonade (Large) No Ice	110	0	0	0	0	0	0	0	0	55	2	29	10	0	0	28	0	0	0	0	
Minute Maid Lemonade (Large)	80	0	0	0	0	0	0	0	0	45	2	22	7	0	0	21	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
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)	35	0	0	0	0	0	0	0	0	10	0	10	3	0	0	10	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)	0	0	0	0	0	0	0	0	0	15	1	1	0	0	0	0	0	0	0	0	0
Minute Maid Light Lemonade (Medium) No Ice	0	0	0	0	0	0	0	0	0	20	1	1	0	0	0	0	0	0	0	0	0
POWERADE Mountain Berry Blast (Medium) No Ice	45	0	0	0	0	0	0	0	0	45	2	11	4	0	0	11	0	0	0	0	0
Fanta Grape (Extra Small)	35	0	0	0	0	0	0	0	0	10	0	10	3	0	0	10	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	110	0	0	0	0	0	0	0	0	25	1	30	10	0	0	30	0	0	0	0	0
Diet Dr Pepper (Small) No Ice	0	0	0	0	0	0	0	0	0	25	1	0	0	0	0	0	0	0	0	0	0
FUZE Raspberry Tea (Extra Small)	20	0	0	0	0	0	0	0	0	10	0	5	2	0	0	5	0	0	0	0	0
FUZE Raspberry Tea (Extra Small) No Ice	25	0	0	0	0	0	0	0	0	10	0	7	2	0	0	7	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	70	0	0	0	0	0	0	0	0	40	2	20	7	0	0	19	0	0	0	0	0
Minute Maid Lemonade (Medium)	60	0	0	0	0	0	0	0	0	30	1	17	6	0	0	16	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
Iced Tea (Gallon)	40	0	0	0	0	0	0	0	0	75	3	0	0	0	0	0	5	0	0	0	2
Minute Maid Strawberry Punch (Large) No Ice	400	0	0	0	0	0	0	0	0	125	5	108	36	0	0	104	0	0	0	0	0
Minute Maid Strawberry Punch (Large)	320	0	0	0	0	0	0	0	0	30	1	85	28	0	0	85	0	0	540	0	0
1% Low Fat Milk Jug California	130	20	2.5	4	1.5	8	0	15	4	160	7	16	5	0	0	15	11	10	4	40	0
POWERADE Mountain Berry Blast (Extra Small) No Ice	25	0	0	0	0	0	0	0	0	25	1	6	2	0	0	6	0	0	0	0	0
Mello Yello (Extra Small)	35	0	0	0	0	0	0	0	0	10	0	9	3	0	0	9	0	0	0	0	0
Mello Yello (Extra Small) No Ice	45	0	0	0	0	0	0	0	0	10	0	12	4	0	0	12	0	0	0	0	0
Fanta Fruit Punch (Large) No Ice	110	0	0	0	0	0	0	0	0	25	1	33	11	0	0	33	0	0	0	0	0
Fanta Fruit Punch (Large)	90	0	0	0	0	0	0	0	0	20	1	25	8	0	0	25	0	0	0	0	0
Mello Yello (Small)	45	0	0	0	0	0	0	0	0	10	0	12	4	0	0	12	0	0	0	0	0
Mello Yello (Small) No Ice	60	0	0	0	0	0	0	0	0	15	1	17	6	0	0	17	0	0	0	0	0
Fanta Fruit Punch (Small) No Ice	60	0	0	0	0	0	0	0	0	15	1	18	6	0	0	18	0	0	0	0	0
Fanta Fruit Punch (Small)	45	0	0	0	0	0	0	0	0	10	0	13	4	0	0	13	0	0	0	0	0
Red Flash (Small) No Ice	60	0	0	0	0	0	0	0	0	15	1	16	5	0	0	16	0	0	0	0	0
Mello Yello (Medium) No Ice	80	0	0	0	0	0	0	0	0	20	1	22	7	0	0	22	0	0	0	0	0
Mello Yello (Medium)	70	0	0	0	0	0	0	0	0	15	1	18	6	0	0	18	0	0	0	0	0
Minute Maid Fruit Punch (Extra Small) No Ice	160	0	0	0	0	0	0	0	0	50	2	43	14	0	0	42	0	0	0	0	0
Minute Maid Strawberry Punch (Extra Small)	120	0	0	0	0	0	0	0	0	10	0	31	10	0	0	31	0	0	200	0	0
Fanta Fruit Punch (Extra Small) No Ice	45	0	0	0	0	0	0	0	0	10	0	13	4	0	0	13	0	0	0	0	0
Diet Coke (Extra Small) No Ice	0	0	0	0	0	0	0	0	0	50	2	0	0	0	0	0	0	0	0	0	0
Fanta Fruit Punch (Extra Small)	35	0	0	0	0	0	0	0	0	10	0	10	3	0	0	10	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 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)	70	0	0	0	0	0	0	0	0	15	1	19	6	0	0	19	0	0	0	0	
Caffeine Free Diet Coke (Small)	0	0	0	0	0	0	0	0	0	10	0	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	15	1	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)	70	0	0	0	0	0	0	0	0	15	1	19	6	0	0	19	0	0	0	0	
Fanta Fruit Punch (Medium) No Ice	80	0	0	0	0	0	0	0	0	20	1	23	8	0	0	23	0	0	0	0	
Sprite Zero (Medium) No Ice	0	0	0	0	0	0	0	0	0	20	1	0	0	0	0	0	0	0	0	0	
Sprite Zero (Medium)	180	0	0	0	0	0	0	0	0	80	3	45	15	0	0	45	0	0	0	0	
POWERADE Mountain Berry Blast (Large) No Ice	60	0	0	0	0	0	0	0	0	65	3	16	5	0	0	16	0	0	0	0	
Sprite Zero (Small) No Ice	0	0	0	0	0	0	0	0	0	15	1	0	0	0	0	0	0	0	0	0	
Sprite Zero (Small)	0	0	0	0	0	0	0	0	0	10	0	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)	70	0	0	0	0	0	0	0	0	15	1	19	6	0	0	19	0	0	0	0	
Barq's Root Beer (Medium) No Ice	90	0	0	0	0	0	0	0	0	20	1	23	8	0	0	23	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	20	1	0	0	0	0	1	0	0	0	0	
Diet Dr Pepper (Extra Small) No Ice	0	0	0	0	0	0	0	0	0	20	1	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	
Orange Crush (Medium)	230	0	0	0	0	0	0	0	0	70	3	61	20	0	0	60	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
Coca-Cola (Extra Small) No Ice	45	0	0	0	0	0	0	0	0	10	0	12	4	0	0	12	0	0	0	0	
FUZE Raspberry Tea (Medium)	35	0	0	0	0	0	0	0	0	15	1	10	3	0	0	10	0	0	0	0	
FUZE Raspberry Tea (Medium) No Ice	45	0	0	0	0	0	0	0	0	20	1	12	4	0	0	12	0	0	0	0	
POWERADE Mountain Berry Blast (Small) No Ice	35	0	0	0	0	0	0	0	0	35	1	9	3	0	0	9	0	0	0	0	
Sprite (Extra Small) No Ice	150	0	0	0	0	0	0	0	0	70	3	39	13	0	0	38	0	0	0	0	
Coca-Cola Zero Sugar (Small) No Ice	0	0	0	0	0	0	0	0	0	55	2	0	0	0	0	0	0	0	0	0	
Red Flash (Medium) No Ice	80	0	0	0	0	0	0	0	0	20	1	21	7	0	0	21	0	0	0	0	
Minute Maid Light Lemonade (Extra Small)	0	0	0	0	0	0	0	0	0	10	0	0	0	0	0	0	0	0	0	0	
Minute Maid Light Lemonade (Extra Small) No Ice	0	0	0	0	0	0	0	0	0	10	0	1	0	0	0	0	0	0	0	0	
Dr Pepper (Extra Small) No Ice	40	0	0	0	0	0	0	0	0	10	0	11	4	0	0	11	0	0	0	0	
Coca-Cola Zero Sugar (Medium) No Ice	0	0	0	0	0	0	0	0	0	70	3	0	0	0	0	0	0	0	0	0	
Coca-Cola (Small) No Ice	60	0	0	0	0	0	0	0	0	15	1	16	5	0	0	16	0	0	0	0	
Caffeine Free Diet Coke (Extra Small)	0	0	0	0	0	0	0	0	0	10	0	0	0	0	0	0	0	0	0	0	
Caffeine Free Diet Coke (Extra Small) No Ice	0	0	0	0	0	0	0	0	0	10	0	0	0	0	0	0	0	0	0	0	
Minute Maid Light Lemonade (Large)	0	0	0	0	0	0	0	0	0	20	1	1	0	0	0	0	0	0	0	0	
Minute Maid Light Lemonade (Large) No Ice	0	0	0	0	0	0	0	0	0	25	1	1	0	0	0	0	0	0	0	0	
Caffeine Free Diet Coke (Medium)	0	0	0	0	0	0	0	0	0	15	1	0	0	0	0	0	0	0	0	0	
Caffeine Free Diet Coke (Medium) No Ice	0	0	0	0	0	0	0	0	0	20	1	0	0	0	0	0	0	0	0	0	
FUZE Raspberry Tea (Large) No Ice	60	0	0	0	0	0	0	0	0	25	1	17	6	0	0	17	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)	50	0	0	0	0	0	0	0	0	20	1	13	4	0	0	13	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	120	0	0	0	0	0	0	0	0	25	1	31	10	0	0	31	0	0	0	0	
Mello Yello (Large)	90	0	0	0	0	0	0	0	0	20	1	24	8	0	0	24	0	0	0	0	
Barq's Root Beer (Extra Small)	35	0	0	0	0	0	0	0	0	15	1	10	3	0	0	10	0	0	0	0	
Barq's Root Beer (Extra Small) No Ice	50	0	0	0	0	0	0	0	0	10	0	13	4	0	0	13	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	20	1	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)	60	0	0	0	0	0	0	0	0	20	1	15	5	0	0	15	0	0	0	0	
Vernor's Ginger Ale (Medium) No Ice	70	0	0	0	0	0	0	0	0	25	1	19	6	0	0	19	0	0	0	0	
Vernor's Ginger Ale (Extra Small) No Ice	40	0	0	0	0	0	0	0	0	15	1	11	4	0	0	11	0	0	0	0	
Vernor's Ginger Ale (Extra Small)	30	0	0	0	0	0	0	0	0	10	0	8	3	0	0	8	0	0	0	0	
Vernor's Ginger Ale (Small)	40	0	0	0	0	0	0	0	0	15	1	11	4	0	0	11	0	0	0	0	
Vernor's Ginger Ale (Small) No Ice	50	0	0	0	0	0	0	0	0	20	1	15	5	0	0	15	0	0	0	0	
Vernor's Ginger Ale (Large)	80	0	0	0	0	0	0	0	0	30	1	21	7	0	0	21	0	0	0	0	
Vernor's Ginger Ale (Large) No Ice	100	0	0	0	0	0	0	0	0	35	1	28	9	0	0	27	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	
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	

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 (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)	30	0	0	0	0	0	0	0	0	10	0	8	3	0	0	8	0	0	0	0	
Diet Pepsi (Extra Small)	0	0	0	0	0	0	0	0	0	15	1	0	0	0	0	0	0	0	0	0	
Mist Twist (Extra Small)	30	0	0	0	0	0	0	0	0	10	0	8	3	0	0	8	0	0	0	0	
Diet Pepsi (Large) No Ice	0	0	0	0	0	0	0	0	0	40	2	0	0	0	0	0	0	0	0	0	
Pepsi (Medium)	60	0	0	0	0	0	0	0	0	15	1	16	5	0	0	16	0	0	0	0	
Pepsi (Medium) No Ice	80	0	0	0	0	0	0	0	0	15	1	21	7	0	0	20	0	0	0	0	
Diet Pepsi (Small) No Ice	0	0	0	0	0	0	0	0	0	20	1	0	0	0	0	0	0	0	0	0	
Diet Pepsi (Small)	0	0	0	0	0	0	0	0	0	20	1	0	0	0	0	0	0	0	0	0	
Pepsi (Large) No Ice	45	0	0	0	0	0	0	0	0	10	0	12	4	0	0	12	0	0	0	0	
Pepsi (Large)	80	0	0	0	0	0	0	0	0	20	1	22	7	0	0	22	0	0	0	0	
Diet Pepsi (Medium) No Ice	0	0	0	0	0	0	0	0	0	30	1	0	0	0	0	0	0	0	0	0	
Pepsi (Small)	40	0	0	0	0	0	0	0	0	10	0	11	4	0	0	11	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	60	0	0	0	0	0	0	0	0	10	1	16	5	0	0	16	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	15	1	0	0	0	0	0	0	0	0	0	
Mist Twist (Medium)	60	0	0	0	0	0	0	0	0	15	1	16	5	0	0	16	0	0	0	0	
Mist Twist (Medium) No Ice	80	0	0	0	0	0	0	0	0	15	1	20	7	0	0	20	0	0	0	0	
Mist Twist (Large) No Ice	110	0	0	0	0	0	0	0	0	25	1	29	10	0	0	29	0	0	0	0	
Mist Twist (Large)	80	0	0	0	0	0	0	0	0	20	1	22	7	0	0	22	0	0	0	0	
Mist Twist (Small)	40	0	0	0	0	0	0	0	0	10	1	11	4	0	0	11	0	0	0	0	
Mist Twist (Small) No Ice	60	0	0	0	0	0	0	0	0	10	1	15	5	0	0	15	0	0	0	0	
Mist Twist (Extra Small) No Ice	45	0	0	0	0	0	0	0	0	10	0	11	4	0	0	11	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	15	1	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	15	1	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	0	0	0	0	0	0	0	0	0	25	1	0	0	0	0	1	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	
Vitamin Water XXX Zero (Extra Small) No Ice	0	0	0	0	0	0	0	0	0	10	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	
Mountain Dew (Medium)	60	0	0	0	0	0	0	0	0	25	1	17	6	0	0	17	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	
Mountain Dew (Large) No Ice	120	0	0	0	0	0	0	0	0	35	1	31	10	0	0	31	0	0	0	0	
Mountain Dew (Large)	90	0	0	0	0	0	0	0	0	30	1	24	8	0	0	24	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	
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	
Mountain Dew (Small)	45	0	0	0	0	0	0	0	0	15	1	12	4	0	0	12	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	
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	
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	
Diet Pepsi (Large)	0	0	0	0	0	0	0	0	0	35	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	
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	
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	
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	
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	

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)	70	0	0	0	0	0	0	0	0	25	1	19	6	0	0	19	0	0	0	0	
Barq's Caffeine Free Root Beer (Small)	50	0	0	0	0	0	0	0	0	15	1	13	4	0	0	13	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)	90	0	0	0	0	0	0	0	0	35	1	25	8	0	0	25	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)	35	0	0	0	0	0	0	0	0	15	1	10	3	0	0	10	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)	0	0	0	0	0	0	0	0	0	10	1	1	0	0	0	0	0	0	0	0	
MIX by Sprite™ Tropic Berry (Large)	260	0	0	0	0	0	0	0	0	150	6	69	23	0	0	70	0	0	0	2	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	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	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	0
MIX by Sprite™ Tropic Berry (Extra Small)	100	0	0	0	0	0	0	0	0	60	3	27	9	0	0	27	0	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	0
MIX by Sprite™ Tropic Berry (Medium)	190	0	0	0	0	0	0	0	0	110	5	51	17	0	0	52	0	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	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
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	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	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	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	63	21	0	0	60	0	0	0	0	
Minute Maid Tropic Twist Slushie (Large)	320	0	0	0	0	0	0	0	0	45	2	88	29	0	0	84	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	
Minute Maid Sweet Peach Slushie (Medium)	230	0	0	0	0	0	0	0	0	20	1	62	21	0	0	60	0	0	0	0	
Minute Maid Sweet Peach Slushie (Small)	180	0	0	0	0	0	0	0	0	15	1	48	16	0	0	47	0	0	0	0	
Minute Maid Sweet Peach Slushie (Large)	320	0	0	0	0	0	0	0	0	30	1	87	29	0	0	84	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)	90	40	4.5	7	2.5	13	0	15	5	65	3	7	2	0	0	7	4	4	0	15	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

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
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
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)	160	45	4.5	7	3	15	0	15	6	100	4	28	9	0	0	23	1	4	0	4	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
Mocha Caramel (Medium)	380	120	14	21	8	39	0	40	14	280	12	54	18	0	1	49	11	10	2	40	2
Mocha Caramel (Large)	460	150	17	26	10	48	0	50	17	350	14	64	21	0	1	59	14	15	2	50	2
Hot Chocolate (Medium)	450	150	17	25	10	48	0	50	16	210	9	63	21	2	7	58	14	15	0	45	2
Strawberry Banana Smoothie (Large)	330	10	1	2	0.5	3	0	5	2	70	3	76	25	4	15	68	4	0	45	10	4
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
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
Hot Chocolate (Large)	540	180	20	31	12	58	0.5	60	20	280	12	73	24	1	5	68	17	20	0	60	8
Iced Mocha (Large)	490	150	17	26	10	50	0	50	17	210	9	71	24	2	9	65	13	15	0	45	2
Iced Mocha (Medium)	350	120	13	20	8	38	0	40	13	150	6	50	17	2	6	46	9	10	0	30	2
Mocha (Medium)	380	110	12	19	7	37	0	35	12	160	6	57	19	2	8	52	10	10	0	30	2
Mocha (Large)	500	160	17	27	10	51	0	50	17	220	9	72	24	2	9	66	15	15	0	50	2
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
Iced Peppermint Mocha (Medium)	350	110	13	19	7	37	0.5	40	13	150	6	49	16	1	3	42	9	10	0	30	4
Iced Peppermint Mocha (Large)	470	140	16	25	9	47	0.5	50	16	190	8	69	23	2	10	57	14	15	2	45	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
Espresso Americano Coffee (Small)	0	0	0	0	0	0	0	0	0	10	0	0	0	0	0	0	0	0	0	0	
Latte Iced (Medium)	120	60	6	10	3.5	18	0	20	6	90	4	10	3	0	0	9	6	6	0	20	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
Iced Caramel Macchiato (Medium)	250	60	6	10	3.5	19	0	20	7	330	14	40	13	0	1	36	8	6	0	25	0
Latte Iced (Large)	170	80	9	14	5	26	0	30	9	125	5	14	5	0	1	13	9	8	0	30	0
Iced Caramel Macchiato (Large)	370	90	10	15	6	28	0	30	10	490	21	58	19	0	1	53	11	10	0	40	0
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
Cold Brew Coffee (S)	10	0	0	0	0	0	0	0	0	10	0	2	1	0	0	0	1	0	0	0	0
Marble Cold Brew Coffee (S)	90	15	1.5	3	1	6	0	5	2	75	3	16	5	0	0	13	2	2	0	4	0
Desserts & Shakes																					
Baked Hot Apple Pie	240	100	11	16	6	29	0	0	0	95	4	35	12	4	15	16	2	2	90	0	6
Chocolate Chip Cookie	160	70	7	11	3.5	18	0	10	3	90	4	22	7	1	3	14	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
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

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
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
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

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
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
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

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
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
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

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
Equal 0 Calorie Sweetener	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	1	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	
Picante Sauce Packet (Hot)	0	0	0	0	0	0	0	0	0	140	6	1	0	0	1	0	0	2	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	
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	20	2.5	4	0.5	3	0	5	1	410	17	7	2	0	1	1	1	0	0	4	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	140	100	11	18	2	9	0	15	5	370	15	8	3	1	3	3	1	0	0	4	0
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
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	39	13	2	9	5	15	4	2	2	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

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
Black Pepper Packet	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)	220	150	17	26	2.5	13	0	0	0	350	15	17	6	0	0	16	0	6	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
Signature Sauce	100	90	9	15	1.5	7	0	10	3	180	8	3	1	0	1	2	0	2	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	210	25	3	5	1.5	8	0	10	3	75	3	40	13	1	3	28	6	2	25	15	2
Sausage McMuffin with Egg	480	270	30	47	12	61	0.5	275	91	830	35	30	10	2	7	3	21	15	2	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	32	0	165	54	780	33	26	9	1	4	2	13	15	0	15	15
Egg McMuffin	300	110	12	19	6	30	0	245	81	760	32	30	10	2	7	3	17	15	0	15	15
Bacon, Egg & Cheese Biscuit	450	220	24	37	12	62	0	200	67	1300	54	40	13	2	10	3	18	15	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	170	18	28	8	41	0	195	66	1240	52	45	15	2	9	15	18	10	10	20	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	65	0	220	73	1290	54	45	15	2	8	15	20	15	2	20	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	52	0.5	55	19	760	32	29	10	2	7	3	14	10	2	15	15
ADB Biscuit																					
Fruit 'n Yogurt Parfait	210	25	3	5	1.5	8	0	10	3	75	3	40	13	1	3	28	6	2	25	15	2
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	32	0	165	54	780	33	26	9	1	4	2	13	15	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
Bacon, Egg & Cheese Biscuit	450	220	24	37	12	62	0	200	67	1300	54	40	13	2	10	3	18	15	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	170	18	28	8	41	0	195	66	1240	52	45	15	2	9	15	18	10	10	20	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	65	0	220	73	1290	54	45	15	2	8	15	20	15	2	20	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	210	25	3	5	1.5	8	0	10	3	75	3	40	13	1	3	28	6	2	25	15	2
Sausage McMuffin with Egg	480	270	30	47	12	61	0.5	275	91	830	35	30	10	2	7	3	21	15	2	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	32	0	165	54	780	33	26	9	1	4	2	13	15	0	15	15
Egg McMuffin	300	110	12	19	6	30	0	245	81	760	32	30	10	2	7	3	17	15	0	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	52	0.5	55	19	760	32	29	10	2	7	3	14	10	2	15	15
Happy Meal - Protein																					
Hamburger	250	70	8	12	3	16	0	30	9	480	20	31	10	1	6	6	13	2	2	2	15
Cheeseburger	300	110	12	18	6	28	0.5	40	14	680	28	33	11	2	7	7	15	10	2	10	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
Happy Meal - Side																					
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
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	45	0	0.5	1	0	2	0	5	1	30	1	7	2	0	0	5	2	4	0	10	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
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
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
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
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
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	45	0	0.5	1	0	2	0	5	1	30	1	7	2	0	0	5	2	4	0	10	0
McPick 2 0816																					
Triple Cheeseburger	520	250	28	43	14	68	1.5	110	37	1180	49	35	12	2	8	7	32	20	2	20	25
Filet-O-Fish	390	170	19	29	4	19	0	45	15	560	23	38	13	2	6	5	17	4	0	6	10
Quarter Pounder with Cheese	540	250	27	42	13	65	1.5	100	34	1110	46	42	14	2	8	10	31	20	4	20	20
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																					
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
Apple Slices	15	0	0	0	0	0	0	0	0	0	0	4	1	0	0	3	0	0	160	2	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
Hamburger	250	70	8	12	3	16	0	30	9	480	20	31	10	1	6	6	13	2	2	2	15
Cheeseburger	300	110	12	18	6	28	0.5	40	14	680	28	33	11	2	7	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
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
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	45	0	0.5	1	0	2	0	5	1	30	1	7	2	0	0	5	2	4	0	10	0
Signature Crafted																					
Signature Sriracha Burger on Artisan Roll	680	320	35	54	13	67	1.5	95	32	1040	43	57	19	3	14	13	32	25	20	35	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 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
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 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

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 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	12	62	1.5	105	35	1170	49	45	15	3	10	11	37	2	20	20	25
Swiss Mushroom Melt Burger on Artisan Roll	640	310	34	53	18	88	1.5	120	40	700	29	47	16	3	12	11	37	8	4	45	25
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
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 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
McPick 2 2017																					
Filet-O-Fish	390	170	19	29	4	19	0	45	15	560	23	38	13	2	6	5	17	4	0	6	10
Big Mac	540	250	28	43	10	50	1	80	26	940	39	46	15	3	12	9	25	10	2	10	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
Classic Chicken Sandwich	510	210	24	36	4	20	0	65	21	1040	43	49	16	3	12	6	25	0	4	2	15
McPick 2 2017 Row 2																					
Filet-O-Fish	390	170	19	29	4	19	0	45	15	560	23	38	13	2	6	5	17	4	0	6	10
Big Mac	540	250	28	43	10	50	1	80	26	940	39	46	15	3	12	9	25	10	2	10	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
Classic Chicken Sandwich	510	210	24	36	4	20	0	65	21	1040	43	49	16	3	12	6	25	0	4	2	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
McCafé® Bakery																					
Baked Hot Apple Pie	240	100	11	16	6	29	0	0	0	95	4	35	12	4	15	16	2	2	90	0	6
Chocolate Chip Cookie	160	70	7	11	3.5	18	0	10	3	90	4	22	7	1	3	14	2	4	0	2	8
Cinnamon Sugar Donut Sticks 1/2 Dozen (6 Piece)	280	120	13	21	4.5	23	0	15	5	260	11	34	11	1	4	9	6	2	0	2	8

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 04-17-2019.

* 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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