



# McDonald's USA Nutrition Facts for Popular Menu Items

We provide a nutrition analysis of our menu items to help you balance your McDonald's meal with other foods you eat. Our goal is to provide you with the information you need to make sensible decisions about balance, variety and moderation in your diet.

| Nutrition Facts                            | Serving Size    | Calories | Calories from Fat | Total Fat (g) | % Daily Value** | Saturated Fat (g) | % Daily Value** | Trans Fat (g) | Cholesterol (mg) | % Daily Value** | Sodium (mg) | % Daily Value** | Carbohydrates (g) | % Daily Value** | Dietary Fiber (g) | % Daily Value** | Sugars (g) | Protein (g) | % DAILY VALUE |           |         |      |
|--------------------------------------------|-----------------|----------|-------------------|---------------|-----------------|-------------------|-----------------|---------------|------------------|-----------------|-------------|-----------------|-------------------|-----------------|-------------------|-----------------|------------|-------------|---------------|-----------|---------|------|
|                                            |                 |          |                   |               |                 |                   |                 |               |                  |                 |             |                 |                   |                 |                   |                 |            |             | Vitamin A     | Vitamin C | Calcium | Iron |
| Sandwiches                                 |                 |          |                   |               |                 |                   |                 |               |                  |                 |             |                 |                   |                 |                   |                 |            |             |               |           |         |      |
| Hamburger                                  | 3.5 oz (100 g)  | 250      | 80                | 9             | 13              | 3.5               | 16              | 0.5           | 25               | 9               | 520         | 22              | 31                | 10              | 2                 | 6               | 6          | 12          | 0             | 2         | 10      | 15   |
| Cheeseburger                               | 4 oz (114 g)    | 300      | 110               | 12            | 19              | 6                 | 28              | 0.5           | 40               | 13              | 750         | 31              | 33                | 11              | 2                 | 7               | 6          | 15          | 6             | 2         | 20      | 15   |
| Double Cheeseburger                        | 5.8 oz (165 g)  | 440      | 210               | 23            | 35              | 11                | 54              | 1.5           | 80               | 26              | 1150        | 48              | 34                | 11              | 2                 | 8               | 7          | 25          | 10            | 2         | 25      | 20   |
| McDouble                                   | 5.3 oz (151 g)  | 390      | 170               | 19            | 29              | 8                 | 42              | 1             | 65               | 22              | 920         | 38              | 33                | 11              | 2                 | 7               | 7          | 22          | 6             | 2         | 20      | 20   |
| Quarter Pounder® with Cheese+              | 7 oz (198 g)    | 510      | 230               | 26            | 40              | 12                | 61              | 1.5           | 90               | 31              | 1190        | 50              | 40                | 13              | 3                 | 11              | 9          | 29          | 10            | 4         | 30      | 25   |
| Double Quarter Pounder® with Cheese++      | 9.8 oz (279 g)  | 740      | 380               | 42            | 65              | 19                | 95              | 2.5           | 155              | 52              | 1380        | 57              | 40                | 13              | 3                 | 11              | 9          | 48          | 10            | 4         | 30      | 35   |
| Big Mac®                                   | 7.5 oz (214 g)  | 540      | 260               | 29            | 45              | 10                | 50              | 1.5           | 75               | 25              | 1040        | 43              | 45                | 15              | 3                 | 13              | 9          | 25          | 6             | 2         | 25      | 25   |
| Big N' Tasty®                              | 7.2 oz (206 g)  | 460      | 220               | 24            | 37              | 8                 | 42              | 1.5           | 70               | 23              | 720         | 30              | 37                | 12              | 3                 | 11              | 8          | 24          | 6             | 8         | 15      | 25   |
| Big N' Tasty® with Cheese                  | 7.7 oz (220 g)  | 510      | 250               | 28            | 43              | 11                | 54              | 1.5           | 85               | 28              | 960         | 40              | 38                | 13              | 3                 | 12              | 8          | 27          | 10            | 8         | 20      | 25   |
| Angus Bacon & Cheese                       | 10.2 oz (291 g) | 790      | 350               | 39            | 60              | 17                | 87              | 2             | 145              | 49              | 2070        | 86              | 63                | 21              | 4                 | 14              | 13         | 45          | 10            | 4         | 25      | 35   |
| Angus Deluxe                               | 11.1 oz (314 g) | 750      | 350               | 39            | 60              | 16                | 82              | 2             | 135              | 45              | 1700        | 71              | 61                | 20              | 4                 | 16              | 10         | 40          | 15            | 8         | 25      | 35   |
| Angus Mushroom & Swiss                     | 10 oz (283 g)   | 770      | 360               | 40            | 61              | 17                | 85              | 2             | 135              | 46              | 1170        | 49              | 59                | 20              | 4                 | 16              | 8          | 44          | 8             | 0         | 40      | 35   |
| Filet-O-Fish®                              | 5 oz (142 g)    | 380      | 170               | 18            | 28              | 3.5               | 18              | 0             | 40               | 14              | 640         | 27              | 38                | 13              | 2                 | 7               | 5          | 15          | 2             | 0         | 15      | 10   |
| McChicken ®                                | 5 oz (143 g)    | 360      | 150               | 16            | 25              | 3                 | 15              | 0             | 35               | 11              | 830         | 34              | 40                | 13              | 2                 | 7               | 5          | 14          | 0             | 2         | 10      | 15   |
| McRib ®†                                   | 7.4 oz (209 g)  | 500      | 240               | 26            | 40              | 10                | 48              | 0             | 70               | 23              | 980         | 41              | 44                | 15              | 3                 | 10              | 11         | 22          | 2             | 2         | 15      | 20   |
| Premium Grilled Chicken Classic Sandwich   | 7 oz (200 g)    | 350      | 80                | 9             | 13              | 2                 | 9               | 0             | 65               | 22              | 820         | 34              | 42                | 14              | 3                 | 13              | 8          | 28          | 4             | 8         | 15      | 20   |
| Premium Crispy Chicken Classic Sandwich    | 7.5 oz (213 g)  | 510      | 200               | 22            | 33              | 3.5               | 18              | 0             | 45               | 16              | 990         | 41              | 56                | 19              | 3                 | 13              | 10         | 24          | 4             | 6         | 15      | 20   |
| Premium Grilled Chicken Club Sandwich      | 7.9 oz (223 g)  | 460      | 150               | 16            | 25              | 6                 | 28              | 0             | 90               | 30              | 1030        | 43              | 43                | 14              | 3                 | 13              | 9          | 35          | 8             | 8         | 30      | 20   |
| Premium Crispy Chicken Club Sandwich       | 8.4 oz (237 g)  | 620      | 260               | 29            | 45              | 7                 | 37              | 0             | 70               | 24              | 1200        | 50              | 57                | 19              | 3                 | 14              | 11         | 31          | 8             | 6         | 30      | 20   |
| Premium Grilled Chicken Ranch BLT Sandwich | 7.1 oz (202 g)  | 380      | 90                | 10            | 15              | 3                 | 14              | 0             | 75               | 25              | 1000        | 42              | 42                | 14              | 3                 | 13              | 9          | 31          | 4             | 8         | 15      | 20   |



|                                           |                 |          |                   |               |                 |                   |                 |               |                  |                 |             |                 |                   |                 |                   |                 |            |             |               |           |         |      |
|-------------------------------------------|-----------------|----------|-------------------|---------------|-----------------|-------------------|-----------------|---------------|------------------|-----------------|-------------|-----------------|-------------------|-----------------|-------------------|-----------------|------------|-------------|---------------|-----------|---------|------|
| Premium Crispy Chicken Ranch BLT Sandwich | 7.6 oz (215 g)  | 540      | 210               | 23            | 35              | 4.5               | 23              | 0             | 55               | 19              | 1170        | 49              | 56                | 19              | 3                 | 13              | 11         | 27          | 4             | 6         | 15      | 20   |
| Southern Style Crispy Chicken Sandwich    | 8.3 oz (155 g)  | 420      | 170               | 19            | 28              | 3                 | 15              | 0             | 45               | 14              | 930         | 39              | 43                | 14              | 2                 | 7               | 7          | 21          | 2             | 2         | 15      | 15   |
| Ranch Snack Wrap® (Crispy)                | 4.2 oz (118 g)  | 350      | 170               | 19            | 29              | 5                 | 26              | 0             | 35               | 11              | 750         | 31              | 31                | 10              | 1                 | 5               | 2          | 14          | 2             | 2         | 10      | 10   |
| Ranch Snack Wrap® (Grilled)               | 4.2 oz (118 g)  | 270      | 110               | 12            | 18              | 4                 | 21              | 0             | 45               | 15              | 700         | 29              | 25                | 8               | 1                 | 5               | 2          | 16          | 2             | 2         | 10      | 10   |
| Honey Mustard Snack Wrap® (Crispy)        | 4.1 oz (116 g)  | 330      | 140               | 15            | 24              | 4.5               | 22              | 0             | 30               | 10              | 700         | 29              | 33                | 11              | 1                 | 5               | 4          | 14          | 2             | 2         | 10      | 10   |
| Honey Mustard Snack Wrap® (Grilled)       | 4.1 oz (116 g)  | 250      | 70                | 8             | 13              | 3.5               | 18              | 0             | 45               | 14              | 650         | 27              | 27                | 9               | 1                 | 5               | 4          | 16          | 2             | 2         | 10      | 10   |
| Chipotle BBQ Snack Wrap® (Crispy)         | 4.1 oz (117 g)  | 330      | 140               | 15            | 23              | 4.5               | 22              | 0             | 30               | 10              | 720         | 30              | 34                | 11              | 1                 | 5               | 4          | 14          | 4             | 2         | 10      | 10   |
| Chipotle BBQ Snack Wrap® (Grilled)        | 4.2 oz (117 g)  | 250      | 70                | 8             | 12              | 3.5               | 18              | 0             | 40               | 14              | 670         | 28              | 27                | 9               | 1                 | 5               | 5          | 16          | 4             | 2         | 10      | 10   |
| Angus Bacon & Cheese Snack Wrap           | 5.1 oz (145 g)  | 390      | 190               | 21            | 33              | 9                 | 47              | 1             | 75               | 25              | 1080        | 45              | 28                | 9               | 1                 | 5               | 4          | 21          | 6             | 2         | 10      | 20   |
| Angus Chipotle BBQ Bacon†                 | 10.3 oz (294 g) | 800      | 350               | 39            | 60              | 18                | 88              | 2             | 145              | 49              | 2020        | 84              | 66                | 22              | 4                 | 14              | 16         | 45          | 10            | 2         | 25      | 35   |
| Angus Chipotle BBQ Bacon Snack Wrap†      | 5.2 oz (148 g)  | 400      | 190               | 22            | 33              | 10                | 48              | 1             | 75               | 25              | 1060        | 44              | 30                | 10              | 1                 | 6               | 6          | 21          | 6             | 2         | 10      | 20   |
| Angus Deluxe Snack Wrap                   | 6 oz (170 g)    | 410      | 220               | 25            | 38              | 10                | 49              | 1.5           | 75               | 25              | 990         | 41              | 27                | 9               | 2                 | 6               | 3          | 20          | 8             | 4         | 10      | 20   |
| Angus Mushroom & Swiss Snack Wrap         | 5.7 oz (162 g)  | 430      | 230               | 26            | 39              | 10                | 50              | 1.5           | 75               | 26              | 730         | 30              | 27                | 9               | 2                 | 8               | 2          | 22          | 4             | 0         | 15      | 20   |
| Mac Snack Wrap†                           | 4.4 oz (126 g)  | 330      | 170               | 19            | 30              | 7                 | 34              | 1             | 45               | 15              | 690         | 29              | 26                | 9               | 1                 | 5               | 3          | 15          | 2             | 0         | 8       | 15   |
| Nutrition Facts                           | Serving Size    | Calories | Calories from Fat | Total Fat (g) | % Daily Value** | Saturated Fat (g) | % Daily Value** | Trans Fat (g) | Cholesterol (mg) | % Daily Value** | Sodium (mg) | % Daily Value** | Carbohydrates (g) | % Daily Value** | Dietary Fiber (g) | % Daily Value** | Sugars (g) | Protein (g) | % DAILY VALUE |           |         |      |
|                                           |                 |          |                   |               |                 |                   |                 |               |                  |                 |             |                 |                   |                 |                   |                 |            |             | Vitamin A     | Vitamin C | Calcium | Iron |
| French Fries                              |                 |          |                   |               |                 |                   |                 |               |                  |                 |             |                 |                   |                 |                   |                 |            |             |               |           |         |      |
| Small French Fries                        | 2.5 oz (71 g)   | 230      | 100               | 11            | 18              | 1.5               | 8               | 0             | 0                | 0               | 160         | 7               | 29                | 10              | 3                 | 12              | 0          | 3           | 0             | 8         | 2       | 4    |
| Medium French Fries                       | 4.1 oz (117 g)  | 380      | 170               | 19            | 29              | 2.5               | 13              | 0             | 0                | 0               | 270         | 11              | 48                | 16              | 5                 | 20              | 0          | 4           | 0             | 15        | 2       | 6    |
| Large French Fries                        | 5.4 oz (154 g)  | 500      | 220               | 25            | 38              | 3.5               | 17              | 0             | 0                | 0               | 350         | 15              | 63                | 21              | 6                 | 26              | 0          | 6           | 0             | 20        | 2       | 8    |
| Ketchup Packet                            | 1 pkg (10 g)    | 15       | 0                 | 0             | 0               | 0                 | 0               | 0             | 0                | 0               | 110         | 5               | 3                 | 1               | 0                 | 0               | 2          | 0           | 2             | 2         | 0       | 0    |
| Salt Packet                               | 1 pkg (0.7 g)   | 0        | 0                 | 0             | 0               | 0                 | 0               | 0             | 0                | 0               | 270         | 11              | 0                 | 0               | 0                 | 0               | 0          | 0           | 0             | 0         | 0       | 0    |
| Kids Fries†                               | 1.1 oz (31 g)   | 100      | 45                | 5             | 8               | 0.5               | 3               | 0             | 0                | 0               | 70          | 3               | 13                | 4               | 1                 | 5               | 0          | 1           | 0             | 4         | 0       | 2    |



| Nutrition Facts                                                  | Serving Size    | Calories | Calories from Fat | Total Fat (g) | % Daily Value** | Saturated Fat (g) | % Daily Value** | Trans Fat (g) | Cholesterol (mg) | % Daily Value** | Sodium (mg) | % Daily Value** | Carbohydrates (g) | % Daily Value** | Dietary Fiber (g) | % Daily Value** | Sugars (g) | Protein (g) | % DAILY VALUE |           |         |      |
|------------------------------------------------------------------|-----------------|----------|-------------------|---------------|-----------------|-------------------|-----------------|---------------|------------------|-----------------|-------------|-----------------|-------------------|-----------------|-------------------|-----------------|------------|-------------|---------------|-----------|---------|------|
|                                                                  |                 |          |                   |               |                 |                   |                 |               |                  |                 |             |                 |                   |                 |                   |                 |            |             | Vitamin A     | Vitamin C | Calcium | Iron |
| Chicken McNuggets®/Chicken Selects® Premium Breast Strips/Sauces |                 |          |                   |               |                 |                   |                 |               |                  |                 |             |                 |                   |                 |                   |                 |            |             |               |           |         |      |
| Chicken McNuggets® (4 piece)                                     | 2.3 oz (65 g)   | 190      | 110               | 12            | 18              | 2                 | 10              | 0             | 25               | 9               | 360         | 15              | 12                | 4               | 1                 | 2               | 0          | 9           | 0             | 2         | 0       | 2    |
| Chicken McNuggets® (6 piece)                                     | 3.4 oz (97 g)   | 280      | 160               | 18            | 27              | 3                 | 15              | 0             | 40               | 13              | 540         | 22              | 18                | 6               | 1                 | 4               | 0          | 13          | 0             | 2         | 2       | 4    |
| Chicken McNuggets® (10 piece)                                    | 5.7 oz (162 g)  | 470      | 270               | 30            | 45              | 5                 | 25              | 0             | 65               | 22              | 900         | 37              | 30                | 10              | 2                 | 6               | 0          | 22          | 0             | 4         | 2       | 6    |
| Barbeque Sauce                                                   | 1 pkg (28 g)    | 50       | 0                 | 0             | 0               | 0                 | 0               | 0             | 0                | 0               | 260         | 11              | 12                | 4               | 0                 | 0               | 10         | 0           | 2             | 0         | 0       | 0    |
| Honey                                                            | 1 pkg (14 g)    | 50       | 0                 | 0             | 0               | 0                 | 0               | 0             | 0                | 0               | 0           | 0               | 12                | 4               | 0                 | 0               | 11         | 0           | 0             | 0         | 0       | 0    |
| Hot Mustard Sauce                                                | 1 pkg (28 g)    | 60       | 20                | 2.5           | 4               | 0                 | 0               | 0             | 5                | 1               | 250         | 10              | 9                 | 3               | 2                 | 8               | 6          | 1           | 0             | 0         | 0       | 2    |
| Sweet 'N Sour Sauce                                              | 1 pkg (28 g)    | 50       | 0                 | 0             | 0               | 0                 | 0               | 0             | 0                | 0               | 150         | 6               | 12                | 4               | 0                 | 0               | 10         | 0           | 2             | 0         | 0       | 0    |
| Chicken Selects® Premium Breast Strips (3 pc)                    | 4.4 oz (124 g)  | 380      | 210               | 23            | 35              | 3.5               | 16              | 0             | 55               | 18              | 750         | 31              | 21                | 7               | 1                 | 3               | 0          | 23          | 0             | 4         | 2       | 4    |
| Chicken Selects® Premium Breast Strips (5 pc)                    | 7.3 oz (206 g)  | 640      | 340               | 38            | 59              | 6                 | 28              | 0             | 90               | 31              | 1240        | 52              | 36                | 12              | 1                 | 4               | 0          | 38          | 0             | 6         | 4       | 6    |
| Spicy Buffalo Sauce                                              | 0.8 oz (22 g)   | 35       | 30                | 3             | 5               | 0                 | 0               | 0             | 0                | 0               | 540         | 23              | 1                 | 0               | 0                 | 0               | 0          | 0           | 6             | 0         | 0       | 0    |
| Creamy Ranch Sauce                                               | 0.8 oz (22 g)   | 110      | 110               | 12            | 18              | 2                 | 9               | 0             | 5                | 1               | 170         | 7               | 1                 | 0               | 0                 | 0               | 1          | 0           | 0             | 0         | 0       | 0    |
| Honey Mustard Sauce                                              | 0.8 oz (22 g)   | 60       | 35                | 4             | 6               | 0.5               | 3               | 0             | 5                | 2               | 115         | 5               | 6                 | 2               | 1                 | 4               | 5          | 0           | 0             | 0         | 0       | 0    |
| Chipotle Barbeque Sauce                                          | 1 oz (28 g)     | 50       | 0                 | 0             | 0               | 0                 | 0               | 0             | 0                | 0               | 190         | 8               | 11                | 4               | 0                 | 0               | 10         | 0           | 4             | 0         | 2       | 2    |
| Nutrition Facts                                                  | Serving Size    | Calories | Calories from Fat | Total Fat (g) | % Daily Value** | Saturated Fat (g) | % Daily Value** | Trans Fat (g) | Cholesterol (mg) | % Daily Value** | Sodium (mg) | % Daily Value** | Carbohydrates (g) | % Daily Value** | Dietary Fiber (g) | % Daily Value** | Sugars (g) | Protein (g) | % DAILY VALUE |           |         |      |
|                                                                  |                 |          |                   |               |                 |                   |                 |               |                  |                 |             |                 |                   |                 |                   |                 |            |             | Vitamin A     | Vitamin C | Calcium | Iron |
| Salads                                                           |                 |          |                   |               |                 |                   |                 |               |                  |                 |             |                 |                   |                 |                   |                 |            |             |               |           |         |      |
| Premium Southwest Salad with Grilled Chicken                     | 11.8 oz (335 g) | 290      | 70                | 8             | 13              | 2.5               | 13              | 0             | 70               | 23              | 650         | 27              | 28                | 9               | 7                 | 27              | 11         | 27          | 160           | 35        | 15      | 15   |
| Premium Southwest Salad with Crispy Chicken                      | 12.3 oz (350 g) | 450      | 190               | 21            | 33              | 4.5               | 21              | 0             | 50               | 17              | 820         | 34              | 42                | 14              | 7                 | 27              | 13         | 23          | 160           | 30        | 15      | 15   |
| Premium Southwest Salad (without chicken)                        | 8.1 oz (231 g)  | 140      | 40                | 4.5           | 7               | 2                 | 9               | 0             | 10               | 3               | 150         | 6               | 20                | 7               | 6                 | 24              | 6          | 6           | 160           | 25        | 15      | 10   |



|                                                      |                   |          |                   |               |                 |                   |                 |               |                  |                 |             |                 |                   |                 |                   |                 |            |             |               |           |         |      |
|------------------------------------------------------|-------------------|----------|-------------------|---------------|-----------------|-------------------|-----------------|---------------|------------------|-----------------|-------------|-----------------|-------------------|-----------------|-------------------|-----------------|------------|-------------|---------------|-----------|---------|------|
| Premium Bacon Ranch Salad with Grilled Chicken       | 10.8 oz (305 g)   | 230      | 80                | 9             | 13              | 4                 | 20              | 0             | 85               | 29              | 700         | 29              | 10                | 3               | 4                 | 15              | 5          | 30          | 160           | 35        | 15      | 10   |
| Premium Bacon Ranch Salad with Crispy Chicken        | 11.3 oz (319 g)   | 390      | 190               | 22            | 33              | 6                 | 29              | 0             | 70               | 23              | 870         | 36              | 24                | 8               | 4                 | 15              | 7          | 26          | 160           | 35        | 15      | 10   |
| Premium Bacon Ranch Salad (without chicken)          | 7.8 oz (223 g)    | 140      | 70                | 7             | 11              | 3.5               | 18              | 0             | 25               | 9               | 300         | 12              | 10                | 3               | 3                 | 13              | 4          | 9           | 160           | 30        | 15      | 8    |
| Premium Caesar Salad with Grilled Chicken            | 10.4 oz (296 g)   | 190      | 50                | 5             | 8               | 3                 | 14              | 0             | 70               | 24              | 580         | 24              | 10                | 3               | 4                 | 15              | 5          | 27          | 160           | 35        | 20      | 10   |
| Premium Caesar Salad with Crispy Chicken             | 10.9 oz (309 g)   | 350      | 170               | 18            | 28              | 4.5               | 23              | 0             | 55               | 18              | 740         | 31              | 24                | 8               | 4                 | 15              | 7          | 23          | 160           | 35        | 20      | 10   |
| Premium Caesar Salad (without chicken)               | 7.5 oz (213 g)    | 90       | 35                | 4             | 6               | 2.5               | 12              | 0             | 10               | 4               | 180         | 7               | 9                 | 3               | 3                 | 13              | 4          | 7           | 160           | 30        | 20      | 8    |
| Side Salad                                           | 3.1 oz (87 g)     | 20       | 0                 | 0             | 0               | 0                 | 0               | 0             | 0                | 0               | 10          | 0               | 4                 | 1               | 1                 | 6               | 2          | 1           | 45            | 25        | 2       | 4    |
| Butter Garlic Croutons                               | 0.5 oz (14 g)     | 60       | 15                | 1.5           | 3               | 0                 | 0               | 0             | 0                | 0               | 140         | 6               | 10                | 3               | 1                 | 2               | 0          | 2           | 0             | 0         | 2       | 4    |
| Snack Size Fruit & Walnut Salad                      | 1 pkg (163 g)     | 210      | 70                | 8             | 13              | 1.5               | 7               | 0             | 5                | 2               | 60          | 2               | 31                | 10              | 2                 | 9               | 25         | 4           | 0             | 170       | 8       | 2    |
| Premium Asian Salad (without chicken)**              | 8.6 oz (243 g)    | 150      | 70                | 7             | 11              | 0.5               | 3               | 0             | 0                | 0               | 35          | 1               | 15                | 5               | 5                 | 21              | 9          | 8           | 160           | 45        | 10      | 15   |
| Premium Asian Salad with Crispy Chicken**            | 12.7 oz (362 g)   | 420      | 200               | 22            | 34              | 3                 | 14              | 0             | 45               | 14              | 760         | 32              | 35                | 12              | 6                 | 22              | 15         | 24          | 160           | 50        | 15      | 20   |
| Premium Asian Salad with Grilled Chicken**           | 12.3 oz (348 g)   | 270      | 80                | 9             | 14              | 1                 | 5               | 0             | 60               | 20              | 590         | 25              | 21                | 7               | 6                 | 22              | 13         | 28          | 160           | 60        | 10      | 20   |
| Nutrition Facts                                      | Serving Size      | Calories | Calories from Fat | Total Fat (g) | % Daily Value** | Saturated Fat (g) | % Daily Value** | Trans Fat (g) | Cholesterol (mg) | % Daily Value** | Sodium (mg) | % Daily Value** | Carbohydrates (g) | % Daily Value** | Dietary Fiber (g) | % Daily Value** | Sugars (g) | Protein (g) | % DAILY VALUE |           |         |      |
|                                                      |                   |          |                   |               |                 |                   |                 |               |                  |                 |             |                 |                   |                 |                   |                 |            |             | Vitamin A     | Vitamin C | Calcium | Iron |
| Salad Dressings                                      |                   |          |                   |               |                 |                   |                 |               |                  |                 |             |                 |                   |                 |                   |                 |            |             |               |           |         |      |
| Newman's Own® Creamy Southwest Dressing              | 1.5 fl oz (44 ml) | 100      | 50                | 6             | 9               | 1                 | 5               | 0             | 20               | 7               | 340         | 14              | 11                | 4               | 0                 | 0               | 3          | 1           | 0             | 0         | 2       | 2    |
| Newman's Own® Creamy Caesar Dressing                 | 2 fl oz (59 ml)   | 190      | 170               | 18            | 28              | 3.5               | 17              | 0             | 20               | 7               | 500         | 21              | 4                 | 1               | 0                 | 0               | 2          | 2           | 0             | 0         | 6       | 0    |
| Newman's Own® Low Fat Balsamic Vinaigrette           | 1.5 fl oz (44 ml) | 35       | 25                | 2.5           | 4               | 0                 | 0               | 0             | 0                | 0               | 420         | 18              | 3                 | 1               | 0                 | 0               | 3          | 0           | 0             | 0         | 0       | 0    |
| Newman's Own® Low Fat Family Recipe Italian Dressing | 1.5 fl oz (44 ml) | 50       | 20                | 2.5           | 4               | 0.5               | 3               | 0             | 0                | 0               | 390         | 16              | 7                 | 2               | 0                 | 0               | 2          | 1           | 0             | 0         | 2       | 0    |
| Newman's Own® Ranch Dressing                         | 2 fl oz (59 ml)   | 170      | 130               | 15            | 23              | 2.5               | 12              | 0             | 20               | 6               | 530         | 22              | 9                 | 3               | 0                 | 0               | 4          | 1           | 0             | 0         | 4       | 0    |
| Newman's Own® Low Fat Sesame Ginger Dressing**       | 1.5 fl oz (44 ml) | 90       | 25                | 2.5           | 4               | 0                 | 0               | 0             | 0                | 0               | 410         | 17              | 15                | 5               | 1                 | 3               | 9          | 1           | 0             | 4         | 0       | 0    |



| Nutrition Facts                                       | Serving Size   | Calories | Calories from Fat | Total Fat (g) | % Daily Value** | Saturated Fat (g) | % Daily Value** | Trans Fat (g) | Cholesterol (mg) | % Daily Value** | Sodium (mg) | % Daily Value** | Carbohydrates (g) | % Daily Value** | Dietary Fiber (g) | % Daily Value** | Sugars (g) | Protein (g) | % DAILY VALUE |           |         |      |
|-------------------------------------------------------|----------------|----------|-------------------|---------------|-----------------|-------------------|-----------------|---------------|------------------|-----------------|-------------|-----------------|-------------------|-----------------|-------------------|-----------------|------------|-------------|---------------|-----------|---------|------|
|                                                       |                |          |                   |               |                 |                   |                 |               |                  |                 |             |                 |                   |                 |                   |                 |            |             | Vitamin A     | Vitamin C | Calcium | Iron |
|                                                       |                |          |                   |               |                 |                   |                 |               |                  |                 |             |                 |                   |                 |                   |                 |            |             |               |           |         |      |
| Breakfast                                             |                |          |                   |               |                 |                   |                 |               |                  |                 |             |                 |                   |                 |                   |                 |            |             |               |           |         |      |
| Egg McMuffin®                                         | 7.1 oz (137 g) | 300      | 110               | 12            | 19              | 5                 | 24              | 0             | 260              | 87              | 820         | 34              | 30                | 10              | 2                 | 8               | 3          | 18          | 10            | 0         | 30      | 20   |
| Sausage McMuffin®                                     | 6.2 oz (111 g) | 370      | 200               | 22            | 34              | 8                 | 42              | 0             | 45               | 15              | 850         | 35              | 29                | 10              | 2                 | 8               | 2          | 14          | 6             | 2         | 25      | 15   |
| Sausage McMuffin® with Egg                            | 8 oz (162 g)   | 450      | 250               | 27            | 42              | 10                | 51              | 0             | 285              | 95              | 920         | 38              | 30                | 10              | 2                 | 8               | 2          | 21          | 10            | 2         | 30      | 20   |
| English Muffin                                        | 4.3 oz (56 g)  | 160      | 30                | 3             | 5               | 0.5               | 3               | 0             | 0                | 0               | 280         | 12              | 27                | 9               | 2                 | 7               | 2          | 5           | 2             | 0         | 15      | 10   |
| Bacon, Egg & Cheese Biscuit (Regular Size Biscuit)    | 4.9 oz (140 g) | 420      | 210               | 23            | 35              | 12                | 59              | 0             | 235              | 79              | 1160        | 48              | 37                | 12              | 2                 | 7               | 3          | 15          | 10            | 0         | 15      | 15   |
| Bacon, Egg & Cheese Biscuit (Large Size Biscuit)      | 5.4 oz (154 g) | 480      | 240               | 27            | 42              | 12                | 62              | 0             | 235              | 79              | 1270        | 53              | 43                | 14              | 3                 | 12              | 4          | 15          | 15            | 0         | 15      | 20   |
| Sausage Biscuit with Egg (Regular Size Biscuit)       | 5.7 oz (163 g) | 510      | 290               | 33            | 50              | 14                | 71              | 0             | 250              | 83              | 1170        | 49              | 36                | 12              | 2                 | 6               | 2          | 18          | 6             | 0         | 10      | 20   |
| Sausage Biscuit with Egg (Large Size Biscuit)         | 6.2 oz (177 g) | 570      | 330               | 37            | 57              | 15                | 74              | 0             | 250              | 83              | 1280        | 53              | 42                | 14              | 3                 | 11              | 3          | 18          | 10            | 0         | 10      | 20   |
| Sausage Biscuit (Regular Size Biscuit)                | 4.1 oz (117 g) | 430      | 240               | 27            | 42              | 12                | 62              | 0             | 30               | 10              | 1080        | 45              | 34                | 11              | 2                 | 6               | 2          | 11          | 0             | 0         | 6       | 15   |
| Sausage Biscuit (Large Size Biscuit)                  | 4.6 oz (131 g) | 480      | 280               | 31            | 48              | 13                | 65              | 0             | 30               | 10              | 1190        | 50              | 39                | 13              | 3                 | 11              | 3          | 11          | 4             | 0         | 8       | 15   |
| Southern Style Chicken Biscuit (Regular Size Biscuit) | 5 oz (143 g)   | 410      | 180               | 20            | 31              | 8                 | 41              | 0             | 30               | 10              | 1180        | 49              | 41                | 14              | 2                 | 6               | 3          | 17          | 0             | 2         | 6       | 15   |
| Southern Style Chicken Biscuit (Large Size Biscuit)   | 5.5 oz (157 g) | 470      | 220               | 24            | 37              | 9                 | 45              | 0             | 30               | 10              | 1290        | 54              | 46                | 15              | 3                 | 11              | 4          | 17          | 4             | 2         | 8       | 15   |
| Steak, Egg & Cheese Bagel†                            | 9.9 oz (253 g) | 710      | 340               | 37            | 57              | 13                | 67              | 1.5           | 320              | 107             | 1700        | 71              | 56                | 19              | 3                 | 11              | 7          | 38          | 20            | 4         | 20      | 30   |
| Bacon, Egg & Cheese McGriddles®                       | 6.3 oz (164 g) | 420      | 160               | 18            | 28              | 8                 | 38              | 0             | 240              | 80              | 1110        | 46              | 48                | 16              | 2                 | 8               | 15         | 15          | 10            | 0         | 20      | 15   |
| Sausage, Egg & Cheese McGriddles®                     | 7.6 oz (201 g) | 560      | 290               | 32            | 49              | 12                | 61              | 0             | 265              | 88              | 1360        | 56              | 48                | 16              | 2                 | 8               | 15         | 20          | 10            | 0         | 20      | 15   |
| Sausage McGriddles®                                   | 5 oz (141 g)   | 420      | 200               | 22            | 34              | 8                 | 40              | 0             | 35               | 11              | 1030        | 43              | 44                | 15              | 2                 | 8               | 15         | 11          | 0             | 0         | 8       | 10   |
| Big Breakfast® (Regular Size Biscuit)                 | 9.5 oz (269 g) | 740      | 430               | 48            | 73              | 17                | 87              | 0             | 555              | 185             | 1560        | 65              | 51                | 17              | 3                 | 12              | 3          | 28          | 15            | 2         | 15      | 25   |
| Big Breakfast® (Large Size Biscuit)                   | 10 oz (283 g)  | 800      | 470               | 52            | 80              | 18                | 90              | 0             | 555              | 185             | 1680        | 70              | 56                | 19              | 4                 | 17              | 3          | 28          | 15            | 2         | 15      | 30   |



|                                                    |                 |          |                   |               |                 |                   |                 |               |                  |                 |             |                 |                   |                 |                   |                 |            |             |               |           |         |      |
|----------------------------------------------------|-----------------|----------|-------------------|---------------|-----------------|-------------------|-----------------|---------------|------------------|-----------------|-------------|-----------------|-------------------|-----------------|-------------------|-----------------|------------|-------------|---------------|-----------|---------|------|
| Big Breakfast with Hotcakes (Regular Size Biscuit) | 14.8 oz (420 g) | 1090     | 510               | 56            | 87              | 19                | 96              | 0             | 575              | 192             | 2150        | 90              | 111               | 37              | 6                 | 23              | 17         | 36          | 15            | 2         | 25      | 40   |
| Big Breakfast with Hotcakes (Large Size Biscuit)   | 15.3 oz (434 g) | 1150     | 540               | 60            | 93              | 20                | 100             | 0             | 575              | 192             | 2260        | 94              | 116               | 39              | 7                 | 28              | 17         | 36          | 15            | 2         | 30      | 40   |
| Sausage Burrito                                    | 3.9 oz (111 g)  | 300      | 140               | 16            | 25              | 7                 | 33              | 0             | 115              | 38              | 830         | 35              | 26                | 9               | 1                 | 4               | 2          | 12          | 10            | 2         | 15      | 15   |
| McSkillet™ Burrito with Sausage                    | 8.4 oz (238 g)  | 610      | 320               | 36            | 56              | 14                | 69              | 0.5           | 410              | 137             | 1390        | 58              | 44                | 15              | 3                 | 11              | 4          | 27          | 20            | 10        | 20      | 25   |
| Hotcakes                                           | 5.3 oz (151 g)  | 350      | 80                | 9             | 13              | 2                 | 9               | 0             | 20               | 7               | 590         | 24              | 60                | 20              | 3                 | 10              | 14         | 8           | 0             | 0         | 15      | 15   |
| Hotcakes and Sausage                               | 6.8 oz (192 g)  | 520      | 210               | 24            | 37              | 7                 | 36              | 0             | 50               | 17              | 930         | 39              | 61                | 20              | 3                 | 10              | 14         | 15          | 0             | 0         | 15      | 15   |
| Hotcake Syrup                                      | 1 pkg (60 g)    | 180      | 0                 | 0             | 0               | 0                 | 0               | 0             | 0                | 0               | 20          | 1               | 45                | 15              | 0                 | 0               | 32         | 0           | 0             | 0         | 0       | 0    |
| Whipped Margarine (1 pat)                          | 6 g             | 40       | 40                | 4.5           | 7               | 1.5               | 8               | 0             | 0                | 0               | 55          | 2               | 0                 | 0               | 0                 | 0               | 0          | 0           | 4             | 0         | 0       | 0    |
| Hash Brown                                         | 2 oz (56 g)     | 150      | 80                | 9             | 14              | 1.5               | 6               | 0             | 0                | 0               | 310         | 13              | 15                | 5               | 2                 | 6               | 0          | 1           | 0             | 2         | 0       | 2    |
| Grape Jam                                          | 0.5 oz (14 g)   | 35       | 0                 | 0             | 0               | 0                 | 0               | 0             | 0                | 0               | 0           | 0               | 9                 | 3               | 0                 | 0               | 9          | 0           | 0             | 2         | 0       | 0    |
| Strawberry Preserves                               | 0.5 oz (14 g)   | 35       | 0                 | 0             | 0               | 0                 | 0               | 0             | 0                | 0               | 0           | 0               | 9                 | 3               | 0                 | 0               | 9          | 0           | 0             | 4         | 0       | 0    |
| Bacon, Egg & Cheese Bagel†                         | 6.5 oz (185 g)  | 560      | 240               | 27            | 42              | 9                 | 46              | 0.5           | 260              | 86              | 1300        | 54              | 56                | 19              | 3                 | 10              | 7          | 24          | 20            | 2         | 20      | 20   |
| Fruit & Maple Oatmeal†                             | 9.2 oz (253 g)  | 290      | 40                | 4.5           | 7               | 2                 | 10              | 0             | 10               | 3               | 160         | 7               | 57                | 19              | 5                 | 20              | 32         | 5           | 2             | 130       | 10      | 10   |
| Fruit & Maple Oatmeal without Brown Sugar†         | 9.2 oz (251 g)  | 260      | 40                | 4.5           | 7               | 2                 | 10              | 0             | 10               | 3               | 115         | 5               | 48                | 16              | 5                 | 20              | 18         | 5           | 2             | 130       | 6       | 10   |
| Nutrition Facts                                    | Serving Size    | Calories | Calories from Fat | Total Fat (g) | % Daily Value** | Saturated Fat (g) | % Daily Value** | Trans Fat (g) | Cholesterol (mg) | % Daily Value** | Sodium (mg) | % Daily Value** | Carbohydrates (g) | % Daily Value** | Dietary Fiber (g) | % Daily Value** | Sugars (g) | Protein (g) | % DAILY VALUE |           |         |      |
|                                                    |                 |          |                   |               |                 |                   |                 |               |                  |                 |             |                 |                   |                 |                   |                 |            |             | Vitamin A     | Vitamin C | Calcium | Iron |
| Desserts/Shakes                                    |                 |          |                   |               |                 |                   |                 |               |                  |                 |             |                 |                   |                 |                   |                 |            |             |               |           |         |      |
| Fruit 'n Yogurt Parfait                            | 5.3 oz (149 g)  | 160      | 20                | 2             | 3               | 1                 | 5               | 0             | 5                | 2               | 85          | 4               | 31                | 10              | 1                 | 3               | 21         | 4           | 0             | 15        | 15      | 4    |
| Low Fat Caramel Dip                                | 0.8 oz (21 g)   | 70       | 5                 | 0.5           | 1               | 0                 | 0               | 0             | 5                | 1               | 35          | 2               | 15                | 5               | 0                 | 0               | 9          | 0           | 0             | 0         | 2       | 0    |
| Vanilla Reduced Fat Ice Cream Cone                 | 3.2 oz (90 g)   | 150      | 35                | 3.5           | 6               | 2                 | 11              | 0             | 15               | 5               | 60          | 2               | 24                | 8               | 0                 | 0               | 18         | 4           | 6             | 0         | 10      | 2    |
| Kiddie Cone                                        | 1 oz (29 g)     | 45       | 10                | 1             | 2               | 0.5               | 4               | 0             | 5                | 2               | 20          | 1               | 8                 | 3               | 0                 | 0               | 6          | 1           | 2             | 0         | 4       | 0    |
| Strawberry Sundae                                  | 6.3 oz (178 g)  | 280      | 60                | 6             | 10              | 4                 | 20              | 0             | 25               | 8               | 95          | 4               | 49                | 16              | 1                 | 6               | 45         | 6           | 10            | 4         | 20      | 0    |
| Hot Caramel Sundae                                 | 6.4 oz (182 g)  | 340      | 70                | 8             | 12              | 5                 | 25              | 0             | 30               | 10              | 160         | 7               | 60                | 20              | 1                 | 6               | 44         | 7           | 10            | 0         | 25      | 0    |
| Hot Fudge Sundae                                   | 6.3 oz (179 g)  | 330      | 90                | 10            | 15              | 7                 | 35              | 0             | 25               | 8               | 180         | 8               | 54                | 18              | 2                 | 8               | 48         | 8           | 10            | 0         | 25      | 6    |
| Peanuts (for Sundaes)                              | 0.3 oz (7 g)    | 45       | 30                | 3.5           | 5               | 0.5               | 3               | 0             | 0                | 0               | 0           | 0               | 2                 | 1               | 1                 | 2               | 0          | 2           | 0             | 0         | 0       | 0    |



|                                              |                      |      |     |     |    |     |    |     |     |    |     |    |     |    |   |    |     |    |    |     |    |    |
|----------------------------------------------|----------------------|------|-----|-----|----|-----|----|-----|-----|----|-----|----|-----|----|---|----|-----|----|----|-----|----|----|
| McFlurry® with M&M'S® Candies (12 fl oz cup) | 12 fl oz cup (310 g) | 640  | 210 | 23  | 36 | 14  | 72 | 1   | 50  | 17 | 190 | 8  | 95  | 32 | 4 | 14 | 89  | 13 | 15 | 0   | 50 | 8  |
| McFlurry® with OREO® Cookies (12 fl oz cup)  | 12 fl oz cup (285 g) | 510  | 160 | 17  | 27 | 9   | 44 | 0.5 | 45  | 14 | 300 | 12 | 79  | 26 | 3 | 12 | 64  | 12 | 15 | 0   | 35 | 8  |
| Baked Hot Apple Pie                          | 2.7 oz (77 g)        | 250  | 110 | 13  | 19 | 7   | 35 | 0   | 0   | 0  | 170 | 7  | 32  | 11 | 4 | 15 | 13  | 2  | 4  | 25  | 2  | 6  |
| Cinnamon Melts                               | 4 oz (114 g)         | 460  | 170 | 19  | 30 | 9   | 43 | 0   | 15  | 5  | 370 | 15 | 66  | 22 | 3 | 11 | 32  | 6  | 4  | 0   | 6  | 15 |
| McDonaldland® Cookies                        | 2 oz (57 g)          | 260  | 70  | 8   | 13 | 2.5 | 12 | 0   | 0   | 0  | 300 | 12 | 43  | 14 | 1 | 3  | 13  | 4  | 0  | 0   | 0  | 10 |
| Chocolate Chip Cookie                        | 1 cookie (33 g)      | 160  | 70  | 8   | 12 | 3.5 | 19 | 0   | 10  | 3  | 90  | 4  | 21  | 7  | 1 | 3  | 15  | 2  | 2  | 0   | 2  | 8  |
| Oatmeal Raisin Cookie                        | 1 cookie (33 g)      | 150  | 50  | 6   | 9  | 2.5 | 13 | 0   | 10  | 3  | 135 | 6  | 22  | 7  | 1 | 3  | 13  | 2  | 2  | 0   | 2  | 6  |
| Sugar Cookie                                 | 1 cookie (33 g)      | 160  | 60  | 7   | 11 | 3   | 15 | 0   | 5   | 2  | 120 | 5  | 21  | 7  | 0 | 0  | 11  | 2  | 2  | 0   | 0  | 4  |
| Apple Dippers with Low Fat Caramel Dip       | 3.1 oz (89 g)        | 100  | 5   | 0.5 | 1  | 0   | 0  | 0   | 5   | 1  | 35  | 2  | 23  | 8  | 0 | 0  | 15  | 0  | 0  | 310 | 6  | 0  |
| Apple Slices†                                | 1.2 oz (34 g)        | 15   | 0   | 0   | 0  | 0   | 0  | 0   | 0   | 0  | 0   | 0  | 4   | 1  | 0 | 0  | 3   | 0  | 0  | 160 | 2  | 0  |
| Chocolate McCafé® Shake (12 fl oz cup)       | 10.2 oz (332 g)      | 580  | 150 | 17  | 26 | 10  | 52 | 1   | 50  | 16 | 240 | 10 | 94  | 31 | 1 | 3  | 77  | 11 | 20 | 0   | 35 | 10 |
| Chocolate McCafé® Shake (16 fl oz cup)       | 12.9 oz (420 g)      | 720  | 180 | 20  | 31 | 12  | 62 | 1   | 60  | 20 | 300 | 13 | 119 | 40 | 1 | 4  | 98  | 15 | 25 | 0   | 45 | 15 |
| Chocolate McCafé® Shake (22 fl oz cup)       | 15.8 oz (516 g)      | 880  | 220 | 24  | 37 | 15  | 73 | 1.5 | 75  | 25 | 370 | 16 | 147 | 49 | 1 | 6  | 121 | 18 | 30 | 0   | 60 | 15 |
| Chocolate Triple Thick® Shake (12 fl oz cup) | 12 fl oz cup (267 g) | 440  | 90  | 10  | 16 | 6   | 31 | 0.5 | 40  | 13 | 190 | 8  | 76  | 25 | 1 | 3  | 63  | 10 | 15 | 0   | 35 | 8  |
| Chocolate Triple Thick® Shake (16 fl oz cup) | 16 fl oz cup (356 g) | 580  | 120 | 14  | 21 | 8   | 41 | 1   | 50  | 17 | 250 | 11 | 102 | 34 | 1 | 4  | 84  | 13 | 20 | 0   | 45 | 10 |
| Chocolate Triple Thick® Shake (21 fl oz cup) | 21 fl oz cup (473 g) | 770  | 160 | 18  | 28 | 11  | 55 | 1   | 70  | 23 | 330 | 14 | 134 | 45 | 1 | 5  | 111 | 18 | 30 | 0   | 60 | 15 |
| Chocolate Triple Thick® Shake (32 fl oz cup) | 32 fl oz cup (713 g) | 1160 | 240 | 27  | 42 | 16  | 82 | 2   | 100 | 34 | 510 | 21 | 203 | 68 | 2 | 7  | 168 | 27 | 40 | 0   | 90 | 20 |
| Snack Size McFlurry® with M&M'S® Candies     | 7.3 oz (207 g)       | 430  | 140 | 16  | 24 | 10  | 48 | 0.5 | 35  | 11 | 130 | 5  | 64  | 21 | 2 | 9  | 59  | 9  | 10 | 0   | 30 | 4  |
| Snack Size McFlurry® with OREO® Cookies      | 6.7 oz (190 g)       | 340  | 100 | 12  | 18 | 6   | 29 | 0   | 30  | 10 | 200 | 8  | 53  | 18 | 2 | 8  | 43  | 8  | 10 | 0   | 25 | 6  |
| Snack Size McFlurry® with Rolo®†**           | 8.3 oz (237 g)       | 510  | 150 | 16  | 25 | 10  | 50 | 0.5 | 40  | 13 | 200 | 8  | 83  | 28 | 2 | 8  | 63  | 10 | 15 | 0   | 35 | 2  |
| Strawberry McCafé® Shake (12 fl oz cup)      | 10.5 oz (340 g)      | 570  | 150 | 17  | 26 | 10  | 52 | 1   | 50  | 16 | 170 | 7  | 92  | 31 | 0 | 0  | 79  | 11 | 20 | 2   | 40 | 2  |
| Strawberry McCafé® Shake (16 fl oz cup)      | 13.4 oz (430 g)      | 710  | 180 | 20  | 31 | 12  | 62 | 1   | 65  | 21 | 210 | 9  | 116 | 39 | 0 | 0  | 100 | 14 | 25 | 2   | 50 | 2  |



|                                               |                      |          |                   |               |                 |                   |                 |               |                  |                 |             |                 |                   |                 |                   |                 |            |             |               |           |         |      |
|-----------------------------------------------|----------------------|----------|-------------------|---------------|-----------------|-------------------|-----------------|---------------|------------------|-----------------|-------------|-----------------|-------------------|-----------------|-------------------|-----------------|------------|-------------|---------------|-----------|---------|------|
| Strawberry McCafé® Shake (22 fl oz cup)       | 16.5 oz (528 g)      | 860      | 220               | 24            | 37              | 15                | 73              | 1.5           | 75               | 26              | 260         | 11              | 144               | 48              | 0                 | 0               | 124        | 18          | 30            | 4         | 60      | 2    |
| Strawberry Triple Thick® Shake (12 fl oz cup) | 12 fl oz cup (265 g) | 420      | 90                | 10            | 15              | 6                 | 30              | 0.5           | 40               | 13              | 130         | 5               | 73                | 24              | 0                 | 0               | 63         | 10          | 15            | 2         | 30      | 2    |
| Strawberry Triple Thick® Shake (16 fl oz cup) | 16 fl oz cup (354 g) | 560      | 120               | 13            | 20              | 8                 | 40              | 1             | 50               | 17              | 170         | 7               | 97                | 32              | 0                 | 0               | 84         | 13          | 20            | 2         | 45      | 2    |
| Strawberry Triple Thick® Shake (21 fl oz cup) | 21 fl oz cup (469 g) | 740      | 160               | 18            | 27              | 11                | 53              | 1             | 70               | 23              | 230         | 10              | 128               | 43              | 0                 | 0               | 111        | 17          | 30            | 2         | 60      | 2    |
| Strawberry Triple Thick® Shake (32 fl oz cup) | 32 fl oz cup (708 g) | 1110     | 240               | 26            | 41              | 16                | 80              | 2             | 100              | 34              | 350         | 15              | 194               | 65              | 0                 | 0               | 168        | 25          | 40            | 4         | 90      | 4    |
| Vanilla McCafé® Shake (12 fl oz cup)          | 9.9 oz (323 g)       | 540      | 150               | 16            | 25              | 10                | 50              | 1             | 45               | 16              | 170         | 7               | 88                | 29              | 0                 | 0               | 64         | 10          | 20            | 0         | 35      | 2    |
| Vanilla McCafé® Shake (16 fl oz cup)          | 12.8 oz (412 g)      | 680      | 180               | 20            | 30              | 12                | 60              | 1             | 60               | 20              | 220         | 9               | 111               | 37              | 0                 | 0               | 82         | 14          | 25            | 0         | 45      | 2    |
| Vanilla McCafé® Shake (22 fl oz cup)          | 16 oz (512 g)        | 830      | 210               | 24            | 36              | 14                | 71              | 1.5           | 75               | 25              | 270         | 11              | 138               | 46              | 0                 | 0               | 103        | 17          | 30            | 0         | 60      | 2    |
| Vanilla Triple Thick Shake® (32 fl oz cup)    | 32 fl oz cup (708 g) | 1110     | 240               | 26            | 41              | 16                | 80              | 2             | 100              | 34              | 370         | 16              | 193               | 64              | 0                 | 0               | 145        | 25          | 40            | 0         | 90      | 2    |
| Vanilla Triple Thick® Shake (12 fl oz cup)    | 12 fl oz (266 g)     | 420      | 90                | 10            | 15              | 6                 | 30              | 0.5           | 40               | 13              | 140         | 6               | 72                | 24              | 0                 | 0               | 54         | 9           | 15            | 0         | 30      | 2    |
| Vanilla Triple Thick® Shake (16 fl oz cup)    | 16 fl oz cup (354 g) | 550      | 120               | 13            | 20              | 8                 | 40              | 1             | 50               | 17              | 190         | 8               | 96                | 32              | 0                 | 0               | 72         | 13          | 20            | 0         | 45      | 2    |
| Vanilla Triple Thick® Shake (21 fl oz cup)    | 21 fl oz cup (470 g) | 740      | 160               | 18            | 27              | 11                | 53              | 1             | 70               | 23              | 250         | 10              | 128               | 43              | 0                 | 0               | 96         | 17          | 30            | 0         | 60      | 2    |
| Nutrition Facts                               | Serving Size         | Calories | Calories from Fat | Total Fat (g) | % Daily Value** | Saturated Fat (g) | % Daily Value** | Trans Fat (g) | Cholesterol (mg) | % Daily Value** | Sodium (mg) | % Daily Value** | Carbohydrates (g) | % Daily Value** | Dietary Fiber (g) | % Daily Value** | Sugars (g) | Protein (g) | % DAILY VALUE |           |         |      |
|                                               |                      |          |                   |               |                 |                   |                 |               |                  |                 |             |                 |                   |                 |                   |                 |            |             | Vitamin A     | Vitamin C | Calcium | Iron |
| Beverages                                     |                      |          |                   |               |                 |                   |                 |               |                  |                 |             |                 |                   |                 |                   |                 |            |             |               |           |         |      |
| 1% Low Fat Milk Jug                           | 1 carton (236 ml)    | 100      | 20                | 2.5           | 4               | 1.5               | 8               | 0             | 10               | 3               | 125         | 5               | 12                | 4               | 0                 | 0               | 12         | 8           | 10            | 4         | 30      | 0    |
| 1% Low Fat Chocolate Milk Jug                 | 1 carton (236 ml)    | 170      | 25                | 3             | 4               | 1.5               | 9               | 0             | 5                | 2               | 150         | 6               | 26                | 9               | 1                 | 3               | 25         | 9           | 10            | 6         | 30      | 0    |
| Minute Maid® 100% Apple Juice Box             | 6.8 fl oz (200 ml)   | 100      | 0                 | 0             | 0               | 0                 | 0               | 0             | 0                | 0               | 15          | 1               | 23                | 8               | 0                 | 0               | 22         | 0           | 0             | 100       | 10      | 0    |
| Dasani® Water                                 | 16.9 fl oz           | 0        | 0                 | 0             | 0               | 0                 | 0               | 0             | 0                | 0               | 0           | 0               | 0                 | 0               | 0                 | 0               | 0          | 0           | 0             | 0         | 0       | 0    |
| Minute Maid® Orange Juice (Small)§            | 12 fl oz cup         | 150      | 0                 | 0             | 0               | 0                 | 0               | 0             | 0                | 0               | 0           | 0               | 30                | 10              | 0                 | 0               | 30         | 2           | 0             | 140       | 2       | 0    |
| Minute Maid® Orange Juice (Medium)§           | 16 fl oz cup         | 190      | 0                 | 0             | 0               | 0                 | 0               | 0             | 0                | 0               | 0           | 0               | 39                | 13              | 0                 | 0               | 39         | 3           | 0             | 180       | 4       | 0    |







|                                                     |                   |     |     |    |    |     |    |   |    |    |     |   |    |    |   |   |    |   |    |   |    |   |
|-----------------------------------------------------|-------------------|-----|-----|----|----|-----|----|---|----|----|-----|---|----|----|---|---|----|---|----|---|----|---|
| Iced Tea (Large)§                                   | 32 fl oz cup      | 0   | 0   | 0  | 0  | 0   | 0  | 0 | 0  | 0  | 20  | 1 | 1  | 0  | 0 | 0 | 0  | 0 | 0  | 0 | 0  |   |
| Coffee (Small)§                                     | 12 fl oz cup      | 0   | 0   | 0  | 0  | 0   | 0  | 0 | 0  | 0  | 0   | 0 | 0  | 0  | 0 | 0 | 0  | 0 | 0  | 0 | 0  |   |
| Coffee (Large)§                                     | 16 fl oz cup      | 0   | 0   | 0  | 0  | 0   | 0  | 0 | 0  | 0  | 0   | 0 | 0  | 0  | 0 | 0 | 0  | 0 | 0  | 0 | 0  |   |
| Coffee Cream                                        | 0.4 fl oz (11 ml) | 20  | 20  | 2  | 3  | 1.5 | 6  | 0 | 10 | 3  | 15  | 1 | 0  | 0  | 0 | 0 | 0  | 0 | 2  | 0 | 2  | 0 |
| Sugar Packet                                        | 1 pkg (4.0 g)     | 15  | 0   | 0  | 0  | 0   | 0  | 0 | 0  | 0  | 0   | 0 | 4  | 1  | 0 | 0 | 4  | 0 | 0  | 0 | 0  | 0 |
| EQUAL® 0 Calorie Sweetener                          | 1 pkg (1.0 g)     | 0   | 0   | 0  | 0  | 0   | 0  | 0 | 0  | 0  | 0   | 0 | 1  | 0  | 0 | 0 | 1  | 0 | 0  | 0 | 0  | 0 |
| SPLENDA® No Calorie Sweetener                       | 1 pkg (1.0 g)     | 0   | 0   | 0  | 0  | 0   | 0  | 0 | 0  | 0  | 0   | 0 | 1  | 0  | 0 | 0 | 1  | 0 | 0  | 0 | 0  | 0 |
| Iced Coffee--Caramel (Small)§                       | 8 fl oz (61 g)    | 130 | 50  | 5  | 8  | 3.5 | 17 | 0 | 20 | 7  | 80  | 3 | 21 | 7  | 0 | 0 | 20 | 1 | 4  | 0 | 4  | 0 |
| Iced Coffee--Caramel (Medium)§                      | 11.5 fl oz (85 g) | 190 | 70  | 8  | 13 | 5   | 26 | 0 | 30 | 11 | 115 | 5 | 27 | 9  | 0 | 0 | 27 | 2 | 6  | 0 | 6  | 0 |
| Iced Coffee--Caramel (Large)§                       | 17 fl oz (121 g)  | 270 | 100 | 11 | 17 | 7   | 34 | 0 | 40 | 14 | 160 | 7 | 41 | 14 | 0 | 0 | 41 | 2 | 8  | 0 | 8  | 0 |
| Iced Coffee--Hazelnut (Small)§                      | 8 fl oz (60 g)    | 130 | 50  | 5  | 8  | 3.5 | 17 | 0 | 20 | 7  | 40  | 2 | 21 | 7  | 0 | 0 | 21 | 1 | 6  | 0 | 4  | 0 |
| Iced Coffee--Hazelnut (Medium)§                     | 11.5 fl oz (85 g) | 190 | 70  | 8  | 13 | 5   | 26 | 0 | 30 | 11 | 60  | 3 | 29 | 10 | 0 | 0 | 29 | 2 | 8  | 0 | 6  | 0 |
| Iced Coffee--Hazelnut (Large)§                      | 17 fl oz (121 g)  | 270 | 100 | 11 | 17 | 7   | 34 | 0 | 40 | 14 | 85  | 3 | 43 | 14 | 0 | 0 | 43 | 2 | 10 | 0 | 8  | 0 |
| Iced Coffee--Regular (Small)§                       | 8 fl oz (61 g)    | 140 | 50  | 5  | 8  | 3.5 | 17 | 0 | 20 | 7  | 40  | 2 | 22 | 7  | 0 | 0 | 22 | 1 | 4  | 0 | 4  | 0 |
| Iced Coffee--Regular (Medium)§                      | 11.5 fl oz (86 g) | 200 | 70  | 8  | 13 | 5   | 26 | 0 | 30 | 11 | 60  | 3 | 30 | 10 | 0 | 0 | 30 | 2 | 6  | 0 | 6  | 0 |
| Iced Coffee--Regular (Large)§                       | 17 fl oz (122 g)  | 280 | 100 | 11 | 17 | 7   | 34 | 0 | 40 | 14 | 85  | 4 | 45 | 15 | 0 | 0 | 45 | 2 | 8  | 0 | 8  | 0 |
| Iced Coffee--Vanilla (Small)§                       | 8 fl oz (60 g)    | 130 | 50  | 5  | 8  | 3.5 | 17 | 0 | 20 | 7  | 40  | 2 | 21 | 7  | 0 | 0 | 21 | 1 | 4  | 0 | 4  | 0 |
| Iced Coffee--Vanilla (Medium)§                      | 11.5 fl oz (85 g) | 190 | 70  | 8  | 13 | 5   | 26 | 0 | 30 | 11 | 60  | 3 | 29 | 10 | 0 | 0 | 28 | 2 | 6  | 0 | 6  | 0 |
| Iced Coffee--Vanilla (Large)†                       | 32 fl oz cup      | 270 | 100 | 11 | 17 | 7   | 34 | 0 | 40 | 14 | 80  | 3 | 43 | 14 | 0 | 0 | 43 | 2 | 8  | 0 | 8  | 0 |
| Iced Coffee with Sugar Free Vanilla Syrup (Small)§  | 8 fl oz (60 g)    | 60  | 50  | 5  | 8  | 3.5 | 17 | 0 | 20 | 7  | 70  | 3 | 8  | 3  | 0 | 0 | 1  | 1 | 4  | 0 | 4  | 0 |
| Iced Coffee with Sugar Free Vanilla Syrup (Medium)§ | 11.5 fl oz (85 g) | 90  | 70  | 8  | 13 | 5   | 26 | 0 | 30 | 11 | 100 | 4 | 11 | 4  | 0 | 0 | 2  | 2 | 6  | 0 | 6  | 0 |
| Iced Coffee with Sugar Free Vanilla Syrup (Large)§  | 17 fl oz (121 g)  | 120 | 100 | 11 | 17 | 7   | 34 | 0 | 40 | 14 | 140 | 6 | 16 | 5  | 0 | 0 | 2  | 2 | 8  | 0 | 8  | 0 |
| Fat Free Chocolate Milk Jug†                        | 1 carton (236 ml) | 130 | 0   | 0  | 0  | 0   | 0  | 0 | 5  | 1  | 170 | 7 | 24 | 8  | 1 | 4 | 21 | 9 | 10 | 2 | 35 | 4 |



|                                            |                 |          |                   |               |                 |                   |                 |               |                  |                 |             |                 |                   |                 |                   |                 |            |             |               |           |         |      |
|--------------------------------------------|-----------------|----------|-------------------|---------------|-----------------|-------------------|-----------------|---------------|------------------|-----------------|-------------|-----------------|-------------------|-----------------|-------------------|-----------------|------------|-------------|---------------|-----------|---------|------|
| Frozen Strawberry Lemonade (12 fl oz cup)† | 13.3 oz (376 g) | 200      | 0                 | 0             | 0               | 0                 | 0               | 0             | 0                | 0               | 20          | 1               | 48                | 16              | 0                 | 0               | 51         | 1           | 2             | 210       | 2       | 0    |
| Frozen Strawberry Lemonade (16 fl oz cup)† | 16.8 oz (476 g) | 250      | 0                 | 0             | 0               | 0                 | 0               | 0             | 0                | 0               | 25          | 1               | 61                | 20              | 0                 | 0               | 65         | 1           | 4             | 260       | 2       | 0    |
| Frozen Strawberry Lemonade (22 fl oz cup)† | 21.2 oz (601 g) | 330      | 5                 | 0.5           | 1               | 0.5               | 3               | 0             | 0                | 0               | 35          | 1               | 80                | 27              | 0                 | 0               | 84         | 2           | 4             | 320       | 4       | 2    |
| Sweet Tea (Child)†                         | 12 fl oz cup    | 110      | 0                 | 0             | 0               | 0                 | 0               | 0             | 0                | 0               | 5           | 0               | 27                | 9               | 0                 | 0               | 27         | 0           | 0             | 0         | 0       | 0    |
| Sweet Tea (Large)†                         | 32 fl oz cup    | 280      | 0                 | 0             | 0               | 0                 | 0               | 0             | 0                | 0               | 15          | 1               | 69                | 23              | 0                 | 0               | 69         | 1           | 0             | 0         | 0       | 0    |
| Sweet Tea (Medium)†                        | 21 fl oz cup    | 180      | 0                 | 0             | 0               | 0                 | 0               | 0             | 0                | 0               | 10          | 0               | 45                | 15              | 0                 | 0               | 45         | 1           | 0             | 0         | 0       | 0    |
| Sweet Tea (Small)†                         | 16 fl oz cup    | 150      | 0                 | 0             | 0               | 0                 | 0               | 0             | 0                | 0               | 10          | 0               | 36                | 12              | 0                 | 0               | 36         | 1           | 0             | 0         | 0       | 0    |
| Nutrition Facts                            | Serving Size    | Calories | Calories from Fat | Total Fat (g) | % Daily Value** | Saturated Fat (g) | % Daily Value** | Trans Fat (g) | Cholesterol (mg) | % Daily Value** | Sodium (mg) | % Daily Value** | Carbohydrates (g) | % Daily Value** | Dietary Fiber (g) | % Daily Value** | Sugars (g) | Protein (g) | % DAILY VALUE |           |         |      |
|                                            |                 |          |                   |               |                 |                   |                 |               |                  |                 |             |                 |                   |                 |                   |                 |            |             | Vitamin A     | Vitamin C | Calcium | Iron |
| McCafe Coffees - Nonfat Milk               |                 |          |                   |               |                 |                   |                 |               |                  |                 |             |                 |                   |                 |                   |                 |            |             |               |           |         |      |
| Nonfat Cappuccino (Small)§                 | 12 fl oz cup    | 60       | 0                 | 0             | 0               | 0                 | 0               | 0             | 5                | 1               | 85          | 4               | 9                 | 3               | 0                 | 0               | 9          | 6           | 8             | 0         | 25      | 0    |
| Nonfat Cappuccino (Medium)§                | 16 fl oz cup    | 80       | 0                 | 0             | 0               | 0                 | 0               | 0             | 5                | 2               | 110         | 5               | 12                | 4               | 0                 | 0               | 12         | 8           | 10            | 0         | 30      | 2    |
| Nonfat Cappuccino (Large)§                 | 20 fl oz cup    | 90       | 0                 | 0             | 0               | 0                 | 0               | 0             | 5                | 2               | 130         | 5               | 13                | 4               | 0                 | 0               | 13         | 9           | 10            | 0         | 35      | 2    |
| Nonfat Latte (Small)§                      | 12 fl oz cup    | 90       | 0                 | 0             | 0               | 0                 | 0               | 0             | 5                | 2               | 115         | 5               | 13                | 4               | 0                 | 0               | 13         | 9           | 10            | 0         | 30      | 0    |
| Nonfat Latte (Medium)§                     | 16 fl oz cup    | 110      | 0                 | 0             | 0               | 0                 | 0               | 0             | 5                | 2               | 140         | 6               | 15                | 5               | 0                 | 0               | 15         | 10          | 10            | 0         | 40      | 2    |
| Nonfat Latte (Large)§                      | 20 fl oz cup    | 120      | 0                 | 0             | 0               | 0                 | 0               | 0             | 5                | 2               | 160         | 7               | 18                | 6               | 0                 | 0               | 18         | 12          | 15            | 0         | 45      | 2    |
| Nonfat Caramel Cappuccino (Small)§         | 12 fl oz cup    | 150      | 0                 | 0             | 0               | 0                 | 0               | 0             | 5                | 1               | 120         | 5               | 33                | 11              | 0                 | 0               | 32         | 5           | 6             | 0         | 20      | 0    |
| Nonfat Caramel Cappuccino (Medium)§        | 16 fl oz cup    | 190      | 0                 | 0             | 0               | 0                 | 0               | 0             | 5                | 1               | 150         | 6               | 41                | 14              | 0                 | 0               | 41         | 6           | 8             | 0         | 25      | 2    |
| Nonfat Caramel Cappuccino (Large)§         | 20 fl oz cup    | 230      | 0                 | 0             | 0               | 0                 | 0               | 0             | 5                | 1               | 180         | 8               | 49                | 16              | 0                 | 0               | 49         | 7           | 8             | 0         | 25      | 2    |
| Nonfat Caramel Latte (Small)§              | 12 fl oz cup    | 170      | 0                 | 0             | 0               | 0                 | 0               | 0             | 5                | 1               | 150         | 6               | 36                | 12              | 0                 | 0               | 36         | 7           | 8             | 0         | 25      | 0    |
| Nonfat Caramel Latte (Medium)§             | 16 fl oz cup    | 220      | 0                 | 0             | 0               | 0                 | 0               | 0             | 5                | 2               | 180         | 8               | 45                | 15              | 0                 | 0               | 45         | 9           | 10            | 0         | 30      | 2    |
| Nonfat Caramel Latte (Large)§              | 20 fl oz cup    | 260      | 0                 | 0             | 0               | 0                 | 0               | 0             | 5                | 2               | 220         | 9               | 53                | 18              | 0                 | 0               | 53         | 10          | 10            | 0         | 35      | 2    |



|                                                           |              |     |    |   |   |   |    |   |   |   |     |   |    |    |   |   |    |    |    |   |    |   |
|-----------------------------------------------------------|--------------|-----|----|---|---|---|----|---|---|---|-----|---|----|----|---|---|----|----|----|---|----|---|
| Nonfat Hazelnut Cappuccino (Small)§                       | 12 fl oz cup | 150 | 0  | 0 | 0 | 0 | 0  | 0 | 5 | 1 | 70  | 3 | 34 | 11 | 0 | 0 | 34 | 5  | 8  | 0 | 20 | 0 |
| Nonfat Hazelnut Cappuccino (Medium)§                      | 16 fl oz cup | 190 | 0  | 0 | 0 | 0 | 0  | 0 | 5 | 1 | 90  | 4 | 43 | 14 | 0 | 0 | 43 | 6  | 10 | 0 | 25 | 2 |
| Nonfat Hazelnut Cappuccino (Large)§                       | 20 fl oz cup | 230 | 0  | 0 | 0 | 0 | 0  | 0 | 5 | 1 | 100 | 4 | 51 | 17 | 0 | 0 | 51 | 7  | 10 | 0 | 25 | 2 |
| Nonfat Hazelnut Latte (Small)§                            | 12 fl oz cup | 180 | 0  | 0 | 0 | 0 | 0  | 0 | 5 | 1 | 95  | 4 | 37 | 12 | 0 | 0 | 37 | 7  | 10 | 0 | 25 | 0 |
| Nonfat Hazelnut Latte (Medium)§                           | 16 fl oz cup | 220 | 0  | 0 | 0 | 0 | 0  | 0 | 5 | 2 | 115 | 5 | 46 | 15 | 0 | 0 | 46 | 9  | 15 | 0 | 30 | 2 |
| Nonfat Hazelnut Latte (Large)§                            | 20 fl oz cup | 260 | 0  | 0 | 0 | 0 | 0  | 0 | 5 | 2 | 135 | 6 | 55 | 18 | 0 | 0 | 55 | 10 | 15 | 0 | 35 | 2 |
| Nonfat Vanilla Cappuccino (Small)§                        | 12 fl oz cup | 150 | 0  | 0 | 0 | 0 | 0  | 0 | 5 | 1 | 70  | 3 | 34 | 11 | 0 | 0 | 34 | 5  | 6  | 0 | 20 | 0 |
| Nonfat Vanilla Cappuccino (Medium)§                       | 16 fl oz cup | 190 | 0  | 0 | 0 | 0 | 0  | 0 | 5 | 1 | 90  | 4 | 42 | 14 | 0 | 0 | 42 | 6  | 8  | 0 | 25 | 2 |
| Nonfat Vanilla Cappuccino (Large)§                        | 20 fl oz cup | 230 | 0  | 0 | 0 | 0 | 0  | 0 | 5 | 1 | 100 | 4 | 51 | 17 | 0 | 0 | 51 | 7  | 8  | 0 | 25 | 2 |
| Nonfat Vanilla Latte (Small)§                             | 12 fl oz cup | 180 | 0  | 0 | 0 | 0 | 0  | 0 | 5 | 1 | 95  | 4 | 37 | 12 | 0 | 0 | 37 | 7  | 8  | 0 | 25 | 0 |
| Nonfat Vanilla Latte (Medium)§                            | 16 fl oz cup | 220 | 0  | 0 | 0 | 0 | 0  | 0 | 5 | 2 | 115 | 5 | 46 | 15 | 0 | 0 | 46 | 9  | 10 | 0 | 30 | 2 |
| Nonfat Vanilla Latte (Large)§                             | 20 fl oz cup | 260 | 0  | 0 | 0 | 0 | 0  | 0 | 5 | 2 | 135 | 6 | 55 | 18 | 0 | 0 | 55 | 10 | 10 | 0 | 35 | 2 |
| Nonfat Cappuccino with Sugar Free Vanilla Syrup (Small)§  | 12 fl oz cup | 50  | 0  | 0 | 0 | 0 | 0  | 0 | 5 | 1 | 100 | 4 | 15 | 5  | 0 | 0 | 8  | 5  | 6  | 0 | 20 | 2 |
| Nonfat Cappuccino with Sugar Free Vanilla Syrup (Medium)§ | 16 fl oz cup | 70  | 0  | 0 | 0 | 0 | 0  | 0 | 5 | 1 | 130 | 5 | 19 | 6  | 0 | 0 | 10 | 7  | 8  | 0 | 25 | 2 |
| Nonfat Cappuccino with Sugar Free Vanilla Syrup (Large)§  | 20 fl oz cup | 80  | 0  | 0 | 0 | 0 | 0  | 0 | 5 | 1 | 150 | 6 | 22 | 7  | 0 | 0 | 11 | 8  | 8  | 0 | 25 | 2 |
| Nonfat Latte with Sugar Free Vanilla Syrup (Small)§       | 12 fl oz cup | 80  | 0  | 0 | 0 | 0 | 0  | 0 | 5 | 1 | 130 | 5 | 18 | 6  | 0 | 0 | 11 | 7  | 8  | 0 | 25 | 2 |
| Nonfat Latte with Sugar Free Vanilla Syrup (Medium)§      | 16 fl oz cup | 90  | 0  | 0 | 0 | 0 | 0  | 0 | 5 | 2 | 160 | 7 | 22 | 7  | 0 | 0 | 13 | 9  | 10 | 0 | 35 | 2 |
| Nonfat Latte with Sugar Free Vanilla Syrup (Large)§       | 20 fl oz cup | 110 | 0  | 0 | 0 | 0 | 0  | 0 | 5 | 2 | 190 | 8 | 27 | 9  | 0 | 0 | 15 | 11 | 15 | 0 | 40 | 2 |
| Mocha with Nonfat Milk (Small)§                           | 12 fl oz cup | 240 | 45 | 5 | 8 | 3 | 16 | 0 | 5 | 2 | 130 | 5 | 41 | 14 | 0 | 0 | 34 | 7  | 8  | 0 | 25 | 4 |



|                                                           |              |     |    |   |   |     |    |   |    |   |     |    |    |    |   |   |    |    |    |   |    |   |
|-----------------------------------------------------------|--------------|-----|----|---|---|-----|----|---|----|---|-----|----|----|----|---|---|----|----|----|---|----|---|
| Mocha with Nonfat Milk (Medium)§                          | 16 fl oz cup | 280 | 50 | 6 | 9 | 3.5 | 17 | 0 | 10 | 3 | 160 | 6  | 50 | 17 | 0 | 0 | 42 | 8  | 10 | 0 | 25 | 4 |
| Mocha with Nonfat Milk (Large)§                           | 20 fl oz cup | 330 | 50 | 6 | 9 | 3.5 | 18 | 0 | 10 | 3 | 190 | 8  | 58 | 19 | 0 | 0 | 50 | 10 | 10 | 0 | 30 | 6 |
| Hot Chocolate with Nonfat Milk (Small)§                   | 12 fl oz cup | 250 | 45 | 5 | 8 | 3   | 16 | 0 | 10 | 3 | 140 | 6  | 43 | 14 | 0 | 0 | 37 | 8  | 10 | 0 | 30 | 4 |
| Hot Chocolate with Nonfat Milk (Medium)§                  | 16 fl oz cup | 310 | 50 | 6 | 9 | 3.5 | 17 | 0 | 10 | 3 | 190 | 8  | 55 | 18 | 0 | 0 | 47 | 11 | 15 | 0 | 40 | 4 |
| Hot Chocolate with Nonfat Milk (Large)§                   | 20 fl oz cup | 390 | 50 | 6 | 9 | 3.5 | 18 | 0 | 10 | 4 | 250 | 11 | 68 | 23 | 0 | 0 | 59 | 16 | 20 | 0 | 60 | 4 |
| Iced Nonfat Latte (Small)§                                | 12 fl oz cup | 50  | 0  | 0 | 0 | 0   | 0  | 0 | 5  | 1 | 70  | 3  | 7  | 2  | 0 | 0 | 7  | 5  | 6  | 0 | 15 | 0 |
| Iced Nonfat Latte (Medium)§                               | 16 fl oz cup | 60  | 0  | 0 | 0 | 0   | 0  | 0 | 5  | 1 | 90  | 4  | 9  | 3  | 0 | 0 | 9  | 6  | 8  | 0 | 20 | 2 |
| Iced Nonfat Latte (Large)§                                | 22 fl oz cup | 70  | 0  | 0 | 0 | 0   | 0  | 0 | 5  | 1 | 105 | 4  | 11 | 4  | 0 | 0 | 11 | 7  | 8  | 0 | 25 | 2 |
| Iced Nonfat Caramel Latte (Small)§                        | 12 fl oz cup | 140 | 0  | 0 | 0 | 0   | 0  | 0 | 0  | 0 | 105 | 4  | 30 | 10 | 0 | 0 | 30 | 3  | 4  | 0 | 10 | 0 |
| Iced Nonfat Caramel Latte (Medium)§                       | 16 fl oz cup | 150 | 0  | 0 | 0 | 0   | 0  | 0 | 5  | 1 | 120 | 5  | 32 | 11 | 0 | 0 | 32 | 5  | 6  | 0 | 15 | 2 |
| Iced Nonfat Caramel Latte (Large)§                        | 22 fl oz cup | 190 | 0  | 0 | 0 | 0   | 0  | 0 | 5  | 1 | 150 | 6  | 40 | 13 | 0 | 0 | 40 | 6  | 6  | 0 | 20 | 2 |
| Iced Nonfat Hazelnut Latte (Small)§                       | 12 fl oz cup | 140 | 0  | 0 | 0 | 0   | 0  | 0 | 0  | 0 | 50  | 2  | 32 | 11 | 0 | 0 | 32 | 3  | 6  | 0 | 10 | 0 |
| Iced Nonfat Hazelnut Latte (Medium)§                      | 16 fl oz cup | 150 | 0  | 0 | 0 | 0   | 0  | 0 | 5  | 1 | 70  | 3  | 33 | 11 | 0 | 0 | 33 | 5  | 8  | 0 | 15 | 2 |
| Iced Nonfat Hazelnut Latte (Large)§                       | 22 fl oz cup | 190 | 0  | 0 | 0 | 0   | 0  | 0 | 5  | 1 | 80  | 3  | 42 | 14 | 0 | 0 | 42 | 6  | 10 | 0 | 20 | 2 |
| Iced Nonfat Vanilla Latte (Small)§                        | 12 fl oz cup | 140 | 0  | 0 | 0 | 0   | 0  | 0 | 0  | 0 | 50  | 2  | 31 | 10 | 0 | 0 | 31 | 3  | 4  | 0 | 10 | 0 |
| Iced Nonfat Vanilla Latte (Medium)§                       | 16 fl oz cup | 150 | 0  | 0 | 0 | 0   | 0  | 0 | 5  | 1 | 70  | 3  | 33 | 11 | 0 | 0 | 33 | 5  | 6  | 0 | 15 | 2 |
| Iced Nonfat Vanilla Latte (Large)§                        | 22 fl oz cup | 190 | 0  | 0 | 0 | 0   | 0  | 0 | 5  | 1 | 85  | 3  | 41 | 14 | 0 | 0 | 41 | 6  | 6  | 0 | 20 | 2 |
| Iced Nonfat Latte with Sugar Free Vanilla Syrup (Small)§  | 12 fl oz cup | 40  | 0  | 0 | 0 | 0   | 0  | 0 | 0  | 0 | 85  | 4  | 13 | 4  | 0 | 0 | 5  | 4  | 4  | 0 | 15 | 2 |
| Iced Nonfat Latte with Sugar Free Vanilla Syrup (Medium)§ | 16 fl oz cup | 50  | 0  | 0 | 0 | 0   | 0  | 0 | 5  | 1 | 100 | 4  | 14 | 5  | 0 | 0 | 6  | 5  | 6  | 0 | 15 | 2 |
| Iced Nonfat Latte with Sugar Free Vanilla Syrup (Large)§  | 22 fl oz cup | 60  | 0  | 0 | 0 | 0   | 0  | 0 | 5  | 1 | 130 | 5  | 19 | 6  | 0 | 0 | 8  | 6  | 6  | 0 | 20 | 2 |



|                                       |              |          |                   |               |                 |                   |                 |               |                  |                 |             |                 |                   |                 |                   |                 |            |             |               |           |         |      |
|---------------------------------------|--------------|----------|-------------------|---------------|-----------------|-------------------|-----------------|---------------|------------------|-----------------|-------------|-----------------|-------------------|-----------------|-------------------|-----------------|------------|-------------|---------------|-----------|---------|------|
| Iced Mocha with Nonfat Milk (Medium)§ | 16 fl oz cup | 270      | 70                | 8             | 12              | 4.5               | 24              | 0             | 10               | 3               | 140         | 6               | 43                | 14              | 0                 | 0               | 35         | 7           | 10            | 0         | 25      | 4    |
| Iced Mocha with Nonfat Milk (Large)§  | 22 fl oz cup | 340      | 70                | 8             | 13              | 5                 | 26              | 0             | 10               | 3               | 180         | 7               | 58                | 19              | 0                 | 0               | 48         | 8           | 10            | 0         | 25      | 6    |
| Iced Mocha with Nonfat Milk (Small)§  | 12 fl oz cup | 230      | 60                | 7             | 11              | 4.5               | 23              | 0             | 10               | 3               | 115         | 5               | 35                | 12              | 0                 | 0               | 29         | 6           | 8             | 0         | 20      | 4    |
| Iced Nonfat Caramel Mocha (Large)§    | 22 fl oz cup | 300      | 60                | 6             | 10              | 4                 | 20              | 0             | 10               | 3               | 230         | 10              | 49                | 16              | 0                 | 0               | 45         | 11          | 15            | 2         | 30      | 2    |
| Iced Nonfat Caramel Mocha (Medium)§   | 16 fl oz cup | 240      | 60                | 6             | 10              | 4                 | 19              | 0             | 10               | 3               | 190         | 8               | 37                | 12              | 0                 | 0               | 34         | 9           | 10            | 2         | 25      | 2    |
| Iced Nonfat Caramel Mocha (Small)§    | 12 fl oz cup | 200      | 50                | 6             | 9               | 4                 | 19              | 0             | 10               | 3               | 140         | 6               | 29                | 10              | 0                 | 0               | 26         | 6           | 8             | 2         | 15      | 2    |
| Nonfat Caramel Mocha (Large)§         | 20 fl oz cup | 280      | 35                | 4             | 6               | 2.5               | 12              | 0             | 10               | 3               | 260         | 11              | 49                | 16              | 0                 | 0               | 46         | 12          | 15            | 4         | 35      | 2    |
| Nonfat Caramel Mocha (Medium)§        | 16 fl oz cup | 240      | 35                | 4             | 6               | 2.5               | 12              | 0             | 5                | 2               | 200         | 8               | 41                | 14              | 0                 | 0               | 38         | 9           | 10            | 2         | 25      | 2    |
| Nonfat Caramel Mocha (Small)§         | 12 fl oz cup | 200      | 35                | 4             | 6               | 2.5               | 12              | 0             | 5                | 2               | 170         | 7               | 34                | 11              | 0                 | 0               | 31         | 8           | 10            | 2         | 20      | 2    |
| Nutrition Facts                       | Serving Size | Calories | Calories from Fat | Total Fat (g) | % Daily Value** | Saturated Fat (g) | % Daily Value** | Trans Fat (g) | Cholesterol (mg) | % Daily Value** | Sodium (mg) | % Daily Value** | Carbohydrates (g) | % Daily Value** | Dietary Fiber (g) | % Daily Value** | Sugars (g) | Protein (g) | % DAILY VALUE |           |         |      |
|                                       |              |          |                   |               |                 |                   |                 |               |                  |                 |             |                 |                   |                 |                   |                 |            |             | Vitamin A     | Vitamin C | Calcium | Iron |
| McCafe Coffees - Whole Milk           |              |          |                   |               |                 |                   |                 |               |                  |                 |             |                 |                   |                 |                   |                 |            |             |               |           |         |      |
| Cappuccino (Small)§                   | 12 fl oz cup | 120      | 60                | 7             | 10              | 4                 | 19              | 0             | 20               | 7               | 85          | 4               | 9                 | 3               | 0                 | 0               | 9          | 6           | 4             | 0         | 25      | 0    |
| Cappuccino (Medium)§                  | 16 fl oz cup | 140      | 70                | 8             | 12              | 4.5               | 23              | 0             | 25               | 8               | 105         | 4               | 11                | 4               | 0                 | 0               | 11         | 8           | 4             | 0         | 25      | 2    |
| Cappuccino (Large)§                   | 20 fl oz cup | 180      | 90                | 10            | 15              | 6                 | 28              | 0             | 30               | 10              | 130         | 5               | 13                | 4               | 0                 | 0               | 13         | 9           | 6             | 0         | 35      | 2    |
| Latte (Small) §                       | 12 fl oz cup | 150      | 70                | 8             | 13              | 4.5               | 24              | 0             | 25               | 8               | 105         | 4               | 11                | 4               | 0                 | 0               | 11         | 8           | 6             | 0         | 30      | 0    |
| Latte (Medium)§                       | 16 fl oz cup | 180      | 90                | 10            | 15              | 6                 | 28              | 0             | 30               | 10              | 130         | 5               | 13                | 4               | 0                 | 0               | 13         | 10          | 6             | 0         | 35      | 2    |
| Latte (Large)§                        | 20 fl oz cup | 210      | 100               | 11            | 18              | 7                 | 33              | 0             | 35               | 12              | 150         | 6               | 16                | 5               | 0                 | 0               | 16         | 11          | 8             | 0         | 40      | 2    |
| Caramel Cappuccino (Small)§           | 12 fl oz cup | 200      | 45                | 5             | 8               | 3                 | 15              | 0             | 15               | 5               | 125         | 5               | 32                | 11              | 0                 | 0               | 32         | 5           | 4             | 0         | 20      | 0    |
| Caramel Cappuccino (Medium)§          | 16 fl oz cup | 240      | 50                | 6             | 9               | 3.5               | 18              | 0             | 20               | 6               | 150         | 6               | 41                | 14              | 0                 | 0               | 40         | 6           | 4             | 0         | 20      | 2    |
| Caramel Cappuccino (Large)§           | 20 fl oz cup | 290      | 70                | 8             | 12              | 4.5               | 22              | 0             | 25               | 8               | 190         | 8               | 49                | 16              | 0                 | 0               | 49         | 8           | 4             | 0         | 25      | 2    |
| Caramel Latte (Small)§                | 12 fl oz cup | 230      | 60                | 7             | 10              | 4                 | 20              | 0             | 20               | 7               | 140         | 6               | 35                | 12              | 0                 | 0               | 35         | 7           | 4             | 0         | 25      | 0    |
| Caramel Latte (Medium)§               | 16 fl oz cup | 280      | 70                | 8             | 12              | 4.5               | 23              | 0             | 25               | 8               | 170         | 7               | 43                | 14              | 0                 | 0               | 43         | 8           | 4             | 0         | 30      | 2    |



|                                                    |              |     |     |    |    |     |    |     |    |    |     |   |    |    |   |   |    |    |    |   |    |   |
|----------------------------------------------------|--------------|-----|-----|----|----|-----|----|-----|----|----|-----|---|----|----|---|---|----|----|----|---|----|---|
| Caramel Latte (Large)§                             | 20 fl oz cup | 330 | 80  | 9  | 15 | 5   | 27 | 0   | 30 | 10 | 210 | 9 | 52 | 17 | 0 | 0 | 51 | 9  | 6  | 0 | 35 | 2 |
| Hazelnut Cappuccino (Small)§                       | 12 fl oz cup | 200 | 45  | 5  | 8  | 3   | 15 | 0   | 15 | 5  | 70  | 3 | 34 | 11 | 0 | 0 | 34 | 5  | 6  | 0 | 20 | 0 |
| Hazelnut Cappuccino (Medium)§                      | 16 fl oz cup | 240 | 50  | 6  | 9  | 3.5 | 18 | 0   | 20 | 6  | 85  | 4 | 42 | 14 | 0 | 0 | 42 | 6  | 6  | 0 | 20 | 2 |
| Hazelnut Cappuccino (Large)§                       | 20 fl oz cup | 290 | 70  | 8  | 12 | 4.5 | 22 | 0   | 25 | 8  | 105 | 4 | 51 | 17 | 0 | 0 | 51 | 7  | 8  | 0 | 25 | 2 |
| Hazelnut Latte (Small)§                            | 12 fl oz cup | 230 | 60  | 7  | 10 | 4   | 20 | 0   | 20 | 7  | 90  | 4 | 36 | 12 | 0 | 0 | 36 | 7  | 6  | 0 | 25 | 0 |
| Hazelnut Latte (Medium)§                           | 16 fl oz cup | 280 | 70  | 8  | 12 | 4.5 | 23 | 0   | 25 | 8  | 110 | 5 | 45 | 15 | 0 | 0 | 45 | 8  | 8  | 0 | 30 | 2 |
| Hazelnut Latte (Large)§                            | 20 fl oz cup | 330 | 80  | 9  | 14 | 5   | 27 | 0   | 30 | 9  | 130 | 5 | 53 | 18 | 0 | 0 | 53 | 9  | 10 | 0 | 30 | 2 |
| Vanilla Cappuccino (Small)§                        | 12 fl oz cup | 200 | 45  | 5  | 8  | 3   | 15 | 0   | 15 | 5  | 70  | 3 | 34 | 11 | 0 | 0 | 34 | 5  | 4  | 0 | 20 | 0 |
| Vanilla Cappuccino (Medium)§                       | 16 fl oz cup | 240 | 50  | 6  | 9  | 3.5 | 18 | 0   | 20 | 6  | 85  | 4 | 42 | 14 | 0 | 0 | 42 | 6  | 4  | 0 | 20 | 2 |
| Vanilla Cappuccino (Large)§                        | 20 fl oz cup | 290 | 70  | 8  | 12 | 4.5 | 22 | 0   | 25 | 8  | 105 | 4 | 51 | 17 | 0 | 0 | 51 | 7  | 4  | 0 | 25 | 2 |
| Vanilla Latte (Small)§                             | 12 fl oz cup | 230 | 60  | 7  | 10 | 4   | 20 | 0   | 20 | 7  | 90  | 4 | 36 | 12 | 0 | 0 | 36 | 7  | 4  | 0 | 25 | 0 |
| Vanilla Latte (Medium)§                            | 16 fl oz cup | 280 | 70  | 8  | 12 | 4.5 | 23 | 0   | 25 | 8  | 110 | 5 | 44 | 15 | 0 | 0 | 44 | 8  | 4  | 0 | 30 | 2 |
| Vanilla Latte (Large)§                             | 20 fl oz cup | 330 | 80  | 9  | 14 | 5   | 27 | 0   | 30 | 9  | 130 | 5 | 53 | 18 | 0 | 0 | 53 | 9  | 6  | 0 | 30 | 2 |
| Cappuccino with Sugar Free Vanilla Syrup (Small)§  | 12 fl oz cup | 100 | 50  | 5  | 8  | 3   | 16 | 0   | 15 | 5  | 105 | 4 | 15 | 5  | 0 | 0 | 7  | 5  | 4  | 0 | 20 | 2 |
| Cappuccino with Sugar Free Vanilla Syrup (Medium)§ | 16 fl oz cup | 120 | 60  | 6  | 10 | 3.5 | 19 | 0   | 20 | 6  | 130 | 5 | 18 | 6  | 0 | 0 | 9  | 6  | 4  | 0 | 20 | 2 |
| Cappuccino with Sugar Free Vanilla Syrup (Large)§  | 20 fl oz cup | 150 | 70  | 8  | 12 | 4.5 | 23 | 0   | 25 | 8  | 160 | 7 | 22 | 7  | 0 | 0 | 11 | 8  | 4  | 0 | 25 | 2 |
| Latte with Sugar Free Vanilla Syrup (Small)§       | 12 fl oz cup | 130 | 60  | 7  | 11 | 4   | 20 | 0   | 20 | 7  | 125 | 5 | 17 | 6  | 0 | 0 | 10 | 7  | 4  | 0 | 25 | 2 |
| Latte with Sugar Free Vanilla Syrup (Medium)§      | 16 fl oz cup | 160 | 70  | 8  | 13 | 5   | 24 | 0   | 25 | 8  | 150 | 6 | 21 | 7  | 0 | 0 | 11 | 8  | 6  | 0 | 30 | 2 |
| Latte with Sugar Free Vanilla Syrup (Large)§       | 20 fl oz cup | 180 | 90  | 10 | 15 | 6   | 28 | 0   | 30 | 10 | 180 | 7 | 25 | 8  | 0 | 0 | 13 | 10 | 6  | 0 | 35 | 2 |
| Mocha (Small)§                                     | 12 fl oz cup | 280 | 100 | 11 | 16 | 6   | 32 | 0   | 20 | 7  | 125 | 5 | 40 | 13 | 0 | 0 | 33 | 6  | 4  | 0 | 20 | 4 |
| Mocha (Medium)§                                    | 16 fl oz cup | 330 | 110 | 12 | 18 | 7   | 35 | 0   | 25 | 8  | 150 | 6 | 48 | 16 | 0 | 0 | 41 | 7  | 6  | 0 | 25 | 4 |
| Mocha (Large)§                                     | 20 fl oz cup | 400 | 130 | 14 | 22 | 8   | 42 | 0.5 | 30 | 10 | 190 | 8 | 58 | 19 | 0 | 0 | 49 | 10 | 6  | 0 | 30 | 6 |



|                                                    |              |     |     |     |    |     |    |     |    |    |     |   |    |    |   |   |    |    |    |   |    |   |
|----------------------------------------------------|--------------|-----|-----|-----|----|-----|----|-----|----|----|-----|---|----|----|---|---|----|----|----|---|----|---|
| Hot Chocolate (Small)§                             | 12 fl oz cup | 300 | 110 | 12  | 18 | 7   | 35 | 0   | 25 | 8  | 135 | 6 | 41 | 14 | 0 | 0 | 35 | 8  | 6  | 0 | 25 | 4 |
| Hot Chocolate (Medium)§                            | 16 fl oz cup | 380 | 130 | 15  | 23 | 9   | 43 | 0.5 | 30 | 11 | 170 | 7 | 53 | 18 | 0 | 0 | 45 | 10 | 8  | 0 | 35 | 4 |
| Hot Chocolate (Large)§                             | 20 fl oz cup | 460 | 160 | 18  | 27 | 10  | 52 | 0.5 | 40 | 14 | 220 | 9 | 63 | 21 | 0 | 0 | 54 | 13 | 8  | 0 | 45 | 4 |
| Iced Latte (Small)§                                | 12 fl oz cup | 80  | 40  | 4.5 | 7  | 2.5 | 13 | 0   | 15 | 4  | 65  | 3 | 6  | 2  | 0 | 0 | 6  | 4  | 2  | 0 | 15 | 0 |
| Iced Latte (Medium)§                               | 16 fl oz cup | 100 | 50  | 6   | 9  | 3.5 | 16 | 0   | 15 | 6  | 80  | 3 | 8  | 3  | 0 | 0 | 8  | 6  | 4  | 0 | 20 | 2 |
| Iced Latte (Large)§                                | 22 fl oz cup | 140 | 70  | 8   | 12 | 4.5 | 22 | 0   | 25 | 8  | 105 | 4 | 10 | 3  | 0 | 0 | 10 | 7  | 4  | 0 | 25 | 2 |
| Iced Caramel Latte (Small)§                        | 12 fl oz cup | 160 | 25  | 3   | 5  | 1.5 | 9  | 0   | 10 | 3  | 100 | 4 | 29 | 10 | 0 | 0 | 29 | 3  | 2  | 0 | 10 | 0 |
| Iced Caramel Latte (Medium)§                       | 16 fl oz cup | 180 | 40  | 4.5 | 7  | 2.5 | 13 | 0   | 15 | 4  | 120 | 5 | 31 | 10 | 0 | 0 | 31 | 4  | 2  | 0 | 15 | 2 |
| Iced Caramel Latte (Large)§                        | 22 fl oz cup | 230 | 50  | 6   | 9  | 3.5 | 17 | 0   | 15 | 6  | 150 | 6 | 40 | 13 | 0 | 0 | 40 | 6  | 4  | 0 | 20 | 2 |
| Iced Hazelnut Latte (Small)§                       | 12 fl oz cup | 160 | 25  | 3   | 5  | 1.5 | 9  | 0   | 10 | 3  | 45  | 2 | 31 | 10 | 0 | 0 | 31 | 3  | 4  | 0 | 10 | 0 |
| Iced Hazelnut Latte (Medium)§                      | 16 fl oz cup | 180 | 40  | 4.5 | 7  | 2.5 | 13 | 0   | 15 | 4  | 65  | 3 | 33 | 11 | 0 | 0 | 33 | 4  | 6  | 0 | 15 | 2 |
| Iced Hazelnut Latte (Large)§                       | 22 fl oz cup | 230 | 50  | 6   | 9  | 3.5 | 17 | 0   | 15 | 6  | 85  | 4 | 41 | 14 | 0 | 0 | 41 | 6  | 6  | 0 | 20 | 2 |
| Iced Vanilla Latte (Small)§                        | 12 fl oz cup | 160 | 25  | 3   | 5  | 1.5 | 9  | 0   | 10 | 3  | 45  | 2 | 31 | 10 | 0 | 0 | 31 | 3  | 2  | 0 | 10 | 0 |
| Iced Vanilla Latte (Medium)§                       | 16 fl oz cup | 190 | 40  | 4.5 | 7  | 2.5 | 14 | 0   | 15 | 5  | 70  | 3 | 33 | 11 | 0 | 0 | 33 | 5  | 2  | 0 | 15 | 2 |
| Iced Vanilla Latte (Large)§                        | 22 fl oz cup | 230 | 50  | 6   | 9  | 3.5 | 17 | 0   | 15 | 6  | 85  | 4 | 41 | 14 | 0 | 0 | 41 | 6  | 4  | 0 | 20 | 2 |
| Iced Latte with Sugar Free Vanilla Syrup (Small)§  | 12 fl oz cup | 60  | 30  | 3   | 5  | 2   | 9  | 0   | 10 | 3  | 80  | 3 | 12 | 4  | 0 | 0 | 4  | 3  | 2  | 0 | 10 | 2 |
| Iced Latte with Sugar Free Vanilla Syrup (Medium)§ | 16 fl oz cup | 90  | 40  | 5   | 7  | 3   | 14 | 0   | 15 | 5  | 105 | 4 | 14 | 5  | 0 | 0 | 6  | 5  | 2  | 0 | 15 | 2 |
| Iced Latte with Sugar Free Vanilla Syrup (Large)§  | 22 fl oz cup | 110 | 50  | 6   | 9  | 3.5 | 17 | 0   | 15 | 6  | 130 | 5 | 19 | 6  | 0 | 0 | 8  | 6  | 4  | 0 | 20 | 2 |
| Iced Mocha (Medium)§                               | 16 fl oz cup | 310 | 120 | 13  | 20 | 8   | 39 | 0   | 25 | 8  | 140 | 6 | 42 | 14 | 0 | 0 | 35 | 6  | 8  | 0 | 20 | 4 |
| Caramel Mocha (Large)§                             | 20 fl oz cup | 360 | 130 | 14  | 22 | 8   | 42 | 0.5 | 35 | 12 | 220 | 9 | 47 | 16 | 0 | 0 | 46 | 10 | 10 | 0 | 35 | 4 |
| Caramel Mocha (Medium)§                            | 16 fl oz cup | 290 | 100 | 12  | 18 | 7   | 34 | 0   | 25 | 9  | 180 | 7 | 39 | 13 | 0 | 0 | 38 | 8  | 10 | 0 | 30 | 2 |
| Caramel Mocha (Small)§                             | 12 fl oz cup | 250 | 90  | 11  | 16 | 6   | 31 | 0   | 25 | 8  | 150 | 6 | 33 | 11 | 0 | 0 | 31 | 7  | 8  | 0 | 25 | 2 |
| Iced Caramel Mocha (Large)§                        | 22 fl oz cup | 380 | 140 | 16  | 24 | 9   | 47 | 0.5 | 35 | 12 | 210 | 9 | 48 | 16 | 0 | 0 | 46 | 10 | 10 | 0 | 35 | 2 |
| Iced Caramel Mocha (Medium)§                       | 16 fl oz cup | 300 | 120 | 14  | 21 | 8   | 40 | 0   | 30 | 10 | 160 | 7 | 36 | 12 | 0 | 0 | 33 | 8  | 10 | 0 | 25 | 2 |



|                                      |                      |          |                   |               |                 |                   |                 |               |                  |                 |             |                 |                   |                 |                   |                 |            |             |               |           |         |      |
|--------------------------------------|----------------------|----------|-------------------|---------------|-----------------|-------------------|-----------------|---------------|------------------|-----------------|-------------|-----------------|-------------------|-----------------|-------------------|-----------------|------------|-------------|---------------|-----------|---------|------|
| Iced Caramel Mocha (Small)§          | 12 fl oz cup         | 240      | 100               | 12            | 18              | 7                 | 35              | 0             | 25               | 8               | 130         | 5               | 29                | 10              | 0                 | 0               | 26         | 6           | 8             | 0         | 20      | 2    |
| Iced Mocha (Large)§                  | 22 fl oz cup         | 390      | 130               | 14            | 22              | 9                 | 43              | 0.5           | 25               | 8               | 180         | 7               | 57                | 19              | 0                 | 0               | 48         | 7           | 8             | 0         | 25      | 6    |
| Iced Mocha (Small)§                  | 12 fl oz cup         | 260      | 110               | 12            | 18              | 7                 | 36              | 0             | 20               | 7               | 120         | 5               | 34                | 11              | 0                 | 0               | 28         | 5           | 6             | 0         | 20      | 4    |
| Nutrition Facts                      | Serving Size         | Calories | Calories from Fat | Total Fat (g) | % Daily Value** | Saturated Fat (g) | % Daily Value** | Trans Fat (g) | Cholesterol (mg) | % Daily Value** | Sodium (mg) | % Daily Value** | Carbohydrates (g) | % Daily Value** | Dietary Fiber (g) | % Daily Value** | Sugars (g) | Protein (g) | % DAILY VALUE |           |         |      |
|                                      |                      |          |                   |               |                 |                   |                 |               |                  |                 |             |                 |                   |                 |                   |                 |            |             | Vitamin A     | Vitamin C | Calcium | Iron |
| McCafe Frappes                       |                      |          |                   |               |                 |                   |                 |               |                  |                 |             |                 |                   |                 |                   |                 |            |             |               |           |         |      |
| Frappe Caramel (Small)               | 12 fl oz cup         | 450      | 180               | 20            | 31              | 13                | 64              | 1             | 55               | 18              | 135         | 6               | 61                | 20              | 0                 | 0               | 57         | 6           | 15            | 0         | 20      | 2    |
| Frappe Caramel (Medium)              | 16 fl oz cup         | 550      | 220               | 24            | 37              | 15                | 76              | 1             | 70               | 23              | 160         | 7               | 76                | 25              | 0                 | 0               | 71         | 8           | 15            | 0         | 25      | 2    |
| Frappe Caramel (Large)               | 22 fl oz cup         | 680      | 260               | 29            | 44              | 18                | 91              | 1.5           | 85               | 28              | 200         | 8               | 94                | 31              | 0                 | 0               | 88         | 10          | 20            | 0         | 35      | 2    |
| Frappe Mocha (Small)                 | 12 fl oz cup         | 450      | 180               | 20            | 30              | 13                | 64              | 1             | 55               | 18              | 130         | 5               | 62                | 21              | 1                 | 3               | 56         | 7           | 15            | 0         | 20      | 4    |
| Frappe Mocha (Medium)                | 16 fl oz cup         | 560      | 210               | 24            | 36              | 15                | 76              | 1             | 65               | 22              | 160         | 7               | 78                | 26              | 1                 | 4               | 70         | 8           | 15            | 0         | 25      | 4    |
| Frappe Mocha (Large)                 | 22 fl oz cup         | 680      | 250               | 28            | 43              | 18                | 90              | 1             | 80               | 27              | 200         | 8               | 96                | 32              | 1                 | 4               | 87         | 10          | 20            | 0         | 35      | 4    |
| Nutrition Facts                      | Serving Size         | Calories | Calories from Fat | Total Fat (g) | % Daily Value** | Saturated Fat (g) | % Daily Value** | Trans Fat (g) | Cholesterol (mg) | % Daily Value** | Sodium (mg) | % Daily Value** | Carbohydrates (g) | % Daily Value** | Dietary Fiber (g) | % Daily Value** | Sugars (g) | Protein (g) | % DAILY VALUE |           |         |      |
|                                      |                      |          |                   |               |                 |                   |                 |               |                  |                 |             |                 |                   |                 |                   |                 |            |             | Vitamin A     | Vitamin C | Calcium | Iron |
| McCafe Smoothies                     |                      |          |                   |               |                 |                   |                 |               |                  |                 |             |                 |                   |                 |                   |                 |            |             |               |           |         |      |
| Mango Pineapple Smoothie (Large)§**  | 22 fl oz cup         | 350      | 15                | 1.5           | 3               | 1                 | 6               | 0             | 5                | 2               | 65          | 3               | 78                | 26              | 3                 | 12              | 77         | 4           | 70            | 40        | 10      | 2    |
| Mango Pineapple Smoothie (Medium)§** | 16 fl oz cup         | 270      | 10                | 1.5           | 2               | 1                 | 5               | 0             | 5                | 1               | 50          | 2               | 61                | 20              | 2                 | 10              | 60         | 3           | 60            | 35        | 8       | 2    |
| Mango Pineapple Smoothie (Small)§**  | 12 fl oz cup         | 220      | 10                | 1             | 2               | 1                 | 4               | 0             | 5                | 1               | 40          | 2               | 49                | 16              | 2                 | 8               | 49         | 3           | 45            | 25        | 8       | 2    |
| Strawberry Banana Smoothie (Large)   | 22 fl oz cup (541 g) | 330      | 10                | 1             | 2               | 0.5               | 3               | 0             | 5                | 2               | 55          | 2               | 77                | 26              | 4                 | 15              | 70         | 3           | 2             | 110       | 10      | 10   |
| Strawberry Banana Smoothie (Medium)  | 16 fl oz cup (428 g) | 260      | 5                 | 1             | 1               | 0                 | 0               | 0             | 5                | 1               | 40          | 2               | 60                | 20              | 3                 | 12              | 54         | 2           | 2             | 90        | 8       | 8    |
| Strawberry Banana Smoothie (Small)   | 12 fl oz cup (347 g) | 210      | 5                 | 0.5           | 1               | 0                 | 0               | 0             | 5                | 1               | 35          | 1               | 49                | 16              | 2                 | 10              | 44         | 2           | 2             | 70        | 8       | 6    |
| Wild Berry Smoothie (Large)          | 22 fl oz cup (544 g) | 320      | 10                | 1             | 1               | 0.5               | 3               | 0             | 5                | 1               | 45          | 2               | 75                | 25              | 4                 | 18              | 69         | 3           | 4             | 120       | 10      | 10   |
| Wild Berry Smoothie (Medium)         | 16 fl oz cup (434 g) | 260      | 5                 | 1             | 1               | 0                 | 0               | 0             | 5                | 1               | 35          | 2               | 60                | 20              | 4                 | 14              | 55         | 3           | 2             | 100       | 10      | 8    |



|                             |                      |     |   |     |   |   |   |   |   |   |    |   |    |    |   |    |    |   |   |    |   |   |
|-----------------------------|----------------------|-----|---|-----|---|---|---|---|---|---|----|---|----|----|---|----|----|---|---|----|---|---|
| Wild Berry Smoothie (Small) | 12 fl oz cup (348 g) | 210 | 5 | 0.5 | 1 | 0 | 0 | 0 | 5 | 1 | 30 | 1 | 48 | 16 | 3 | 11 | 44 | 2 | 2 | 80 | 8 | 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 is effective 09-09-2011.**

\* Contains less than 2% of the Daily Value of these nutrients

† Available at participating McDonald's

+ Based on the weight before cooking 4 oz. (113.4g)

++ Based on the weight before cooking 8 oz. (226.8g)

Based on the weight before cooking 5.33 oz. (151.1 g)

§ The values represent the sodium derived from ingredients plus water. Sodium content of the water is based on the value listed for municipal water in the USDA National Nutrient Database. The actual amount of sodium may be higher or lower depending upon the sodium content of the water where the beverage is dispensed.

\*\* Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The nutrition information on this website is derived from testing conducted in accredited laboratories, published resources, or from information provided from McDonald's suppliers. The nutrition information is based on standard product formulations and serving sizes. All nutrition information is based on average values for ingredients from McDonald's suppliers throughout the U.S. and is rounded to meet current US FDA NLEA guidelines. Variation in serving sizes, preparation techniques, product testing and sources of supply, as well as regional and seasonal differences may affect the nutrition values for each product. In addition, product formulations change periodically. You should expect some variation in the nutrient content of the products purchased in our restaurants. None of our products is certified as vegetarian. This information is correct as of January 2007, unless stated otherwise.

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