

	Serving Size	Calories	Kilojoules	Protein (g)	Carbohydrates (g)	Total Fat (g)	Saturated (g)	Monounsaturated (g)	Polysaturated (g)	Cholesterol (mg)	Dietary Fibre (g)	Sodium (mg)	Potassium (mg)
<b>SANDWICHES</b>													
Hamburger	103	256	1070	12	32	8.9	3.2	3.5	1.2	21	1.9	513	190
Cheeseburger	117	311	1300	15	33	14	6.1	4.8	1.3	36	1.9	732	202
Quarter Pounder® w/Cheese	200	534	2240	30	37	30	13	11	1.4	93	0.8	1082	414
Big Xtra (without cheese)	273	662	2770	28	47	40	11	16	5.6	97	4.0	1412	576
Big Mac®	211	541	2260	24	44	30	9.5	13	3.9	64	1.4	1047	332
Filet-O-Fish®	133	380	1590	14	38	19	3.5	8.4	4.1	37	1.6	566	225
McChicken®	179	533	2230	19	48	29	6.0	16	5.8	42	0.6	795	278
Crispy Chicken	201	458	1910	22	42	23	3.5	12	5.5	47	2.5	964	341
<b>PIZZA</b>													
Cheese Pizza - Personal	207	559	2340	25	60	23	6.5	4.0	1.7	50	0.7	971	72
Pepperoni Pizza - Personal	206	573	2400	25	58	25	7.5	5.5	2.1	56	0.7	1077	98
Deluxe Pizza - Personal	222	580	2430	25	57	27	7.8	6.0	2.2	59	1.0	1053	146
Vegetarian Style Pizza - Personal	223	518	2170	22	58	21	5.6	3.5	1.7	43	1.2	917	132
<b>FRENCH FRIES</b>													
French Fries Medium	135	400	1680	4.1	58	19	9.4	8.6	0.5	20	4.7	215	891
Large	174	519	2170	5.3	75	24	12	11	0.6	26	6.1	279	1155
<b>CHICKEN McNUGGETS®/SAUCES</b>													
Chicken McNuggets® (6 pieces)	116	235	980	14	18	14	2.9	7.5	1.2	49	0.5	521	280
Hot Mustard	29	61	250	0.6	7.2	3.3	0.3	2.1	1.0	1	2.2	211	41
Barbeque Sauce	30	42	180	0.4	9.1	0.5	<0.1	0.3	0.2	0	0.4	234	93
Sweet 'N Sour Sauce	30	50	210	0.2	11	0.4	<0.1	0.2	0.1	0	0.4	116	44
Honey	18	67	280	0	16	0	<0.1	<0.1	<0.1	0	<0.1	0.5	1.7
<b>McWRAPS</b>													
Garden Salad	243	313	1310	13	51	6.5	2.6	0.9	0.4	5.2	3.1	971	374
Chicken 'n Salad	279	377	1580	21	52	9.5	3.5	2.3	0.9	41	3.1	1124	515
<b>BREAKFAST</b>													
Egg McMuffin	135	322	1350	18	34	12	5.0	4.4	0.9	232	1.0	608	172
Sausage McMuffin w/Egg	161	467	1950	22	35	26	9.9	11	2.3	266	1.0	810	266
Hotcakes w/Butter & Syrup	204	540	2260	8.4	87	18	7.0	4.5	5.8	45	1.8	652	241
Bacon'N Egg McMuffin	125	346	1450	18	35	15	6.0	5.7	1.2	240	1.3	637	183
Big Breakfast	253	636	2660	27	49	36	12	16	3.2	472	2.4	819	607
Hash Brown Potatoes	57	131	550	1.3	15	7.4	3.5	3.4	0.2	6	1.4	146	291
English Muffin w/Margarine	59	196	820	6.0	34	4.5	0.7	2.0	0.2	0	1.0	199	72
<b>BAKED MUFFINS</b>													
Blueberry	120	399	1670	6.3	56	18	3.6	5.0	2.0	56	1.9	388	67
Carrot	125	445	1870	6.0	63	19	3.1	4.0	9.8	47	2.4	247	190
Golden Bran and Raisin	130	426	1780	8.4	59	18	3.2	4.0	9.3	54	10	317	449
Fat-Wise Cranberry Orange	143	403	1690	8.3	75	9.5	1.0	5.1	2.8	12	2.3	377	163
<b>DESSERTS</b>													
Vanilla Cone - Ice Milk	91	152	640	4.1	24	4.6	2.6	1.3	0.2	14	0.2	69	182
Chocolate Cone - Ice Milk	91	152	640	4.4	25	4.4	2.5	1.3	0.2	12	0.2	67	177
Twist Cone - Ice Milk	91	152	640	4.2	25	4.5	2.6	1.3	0.2	13	0.2	68	180
Strawberry Sundae - Ice Milk	172	272	1140	6.0	47	7.0	4.1	2.0	0.3	23	0.4	101	305
Hot Fudge Sundae - Ice Milk	173	313	1310	7.7	55	7.3	4.5	1.9	0.2	23	0.1	293	299
Caramel Sundae - Ice Milk	176	329	1370	6.8	60	7.5	4.4	2.1	0.3	23	0.1	175	311
Baked Pie - Apple	85	280	1170	3.2	33	14	3.6	4.6	0.3	0	1.4	228	69
<b>COOKIES/MILK SHAKES</b>													
Cinnamon Graham Cookies	42	184	770	2.9	33	5.1	1.3	2.8	0.7	0	1.3	190	52
Chocolate Chip Cookies	42	200	840	2.4	27	9.8	5.9	3.0	0.5	29	1.0	85	70
Vanilla Milk Shake	305	344	1440	9.6	58	8.7	5.1	2.7	0.3	36	0	255	535
Chocolate Milk Shake	306	350	1470	10	58	9.0	5.3	2.7	0.3	36	0.5	302	610
Strawberry Milk Shake	305	353	1480	9.7	60	8.7	5.1	2.7	0.3	36	0	261	576

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## Nutrition Information

		Calories	Kilojoules	Carbohydrates (g)	Sodium (mg)	Potassium (mg)
<b>BEVERAGES</b>						
Coca-Cola®	Small 345 ml	150	630	39	10	0.3
	Medium 495 ml	215	900	56	15	0.5
	Large 730 ml	317	1330	82	22	0.7
Diet Coke®	Small 345 ml	1	4	0	17	3.5
	Medium 495 ml	2	8	0	25	5.0
	Large 730 ml	3	10	0	37	7.3
Sprite®	Small 345 ml	136	570	35	41	0.7
	Medium 495 ml	195	820	50	59	1.0
	Large 730 ml	288	1210	75	88	1.5
Orange Drink	Small 345 ml	172	720	44	48	28
	Medium 495 ml	247	1030	63	69	40
	Large 730 ml	365	1530	93	102	58
Root Beer	Small 345 ml	158	660	41	21	0.3
	Medium 495 ml	227	950	58	30	0.5
	Large 730 ml	335	1400	86	44	0.7
Orange Juice	Child 190 ml	89	370	21	20	377
	Small 315 ml	148	620	35	34	626
	Medium 440 ml	206	860	49	47	874
	Large 570 ml	267	1120	64	61	1132
Iced Tea	Small 345 ml	114	480	31	36	85
	Medium 495 ml	163	690	45	51	121
	Large 730 ml	241	1010	66	76	179
Lemonade	Small 345 ml	145	610	35	69	10
	Medium 495 ml	208	870	50	109	15
	Large 730 ml	307	1280	73	161	22
Apple Juice	Portion 180 ml	76	320	19	3.1	171

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## LIGHTER CHOICES™ MENU ITEMS

### Nutrition Information

	Serving Size	Calories	Kilojoules	Protein (g)	Carbohydrates (g)	Fat (g)	Saturated (g)	Monounsaturated (g)	Polyunsaturated (g)	Cholesterol (mg)	Dietary Fibre (g)	Sodium (mg)	Potassium (mg)
<b>SALADS</b>													
Chicken Caesar Salad only	285	244	1020	28	15	9.4	2.0	2.7	1.6	61	4.1	802	738
Chicken Caesar Salad with Light Creamy Caesar Dressing	345	379	1590	29	26	19	3.5	4.9	6.5	76	4.4	1508	803
Mandarin California Greens™ Salad Only	223	65	270	2.3	16	0.4	0.1	0.0	0.2	0.0	2.6	18	405
Mandarin California Greens™ Salad with Raspberry Vinaigrette	283	113	470	2.3	28	0.4	0.1	0.0	0.2	0.0	2.6	264	477
Mandarin California Greens™ Salad with Raspberry Vinaigrette and Trail Mix	345	425	1780	9.3	55	19	4.1	11	3.4	0.0	4.6	294	692
Roasted Vegetable Salad with Chicken only	305	96	400	11	10	2.0	0.5	0.7	0.4	23	3.2	408	689
Roasted Vegetable Salad with Chicken with Sundried Tomato and Pesto Dressing	333	202	840	11	12	13	2.1	3.3	6.8	23	3.3	674	716
Side Garden Salad only	92	17	70	1.0	3.4	0.1	0.0	0.0	0.0	0.0	1.2	8.8	200
Side Garden Salad with Light Italian Dressing	120	72	299	1.0	8.2	4.1	0.6	0.9	2.3	0.1	1.5	329	223
Side Garden Salad with Light Ranch Dressing	120	86	360	1.0	10	4.7	0.7	1.1	2.6	3.3	1.3	242	232
<b>SANDWICHES</b>													
Whole Wheat Chicken McGrill™ with BBQ Sauce	215	309	1290	26	39	5.5	1.1	2.1	1.6	49	4.7	894	596
McVeggie Burger™*	237	323	1350	22	41	8.2	1.9	3.9	2.6	0.0	7.9	1364	716
<b>SNACK</b>													
Fruit and Yogurt Parfait™	155	156	650	4.1	31	2.5	1.3	0.6	0.2	8.1	1.7	87	265