

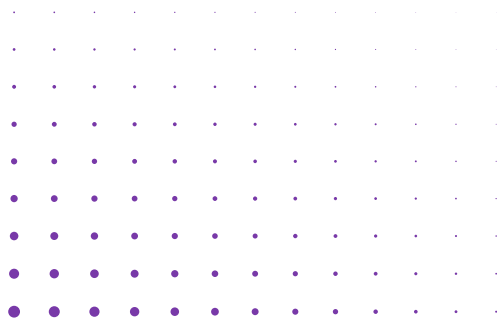


Mcdonald's



Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Breakfast						
Egg McMuffin	310	6	770	30	2	17
Dry English Muffin	140	0	260	27	2	5
Dry English Muffin w/ Strawberry Jam	175	0	260	36	1	5
Eggs	150	3.5	130	2	0	14
Hash Brown	140	1	310	18	2	2
Bagel (plain)	270	0.5	550	51	2	9
Fruit & Maple Oatmeal	320	1.5	150	64	4	6
Burger						
Hamburger	250	3.5	510	31	1	12
Quarter Pounder NO Cheese	420	8	730	40	2	25
Chicken						
McChicken	390	3.5	560	38	1	14
Chicken Nuggets (4)	170	1.5	340	10	0	9
Chicken Nuggets (6)	250	2.5	500	15	1	14

Fall 2025





Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Happy Meal (w/ Kids Fries)						
Nuggets (4)/ Apple Slices/ Low-Fat Milk	395	3.5	510	40	1	19
Nuggets (4)/ Apple Slices/ Water	295	2	430	28	1	11
Hamburger/ Apple Slices/ Low-Fat Milk	475	5.5	680	60	2	22
Hamburger/Apple Slices/Water	375	4	600	48	2	14
Sides & Snacks						
Apple Slices	15	0	0	4	0	0
Kids Fries	110	0.5	90	14	1	2
Sauces						
BBQ Sauce	45	0	260	11	0	0
Ketchup Packet (1)	10	0	90	2	0	0

Fall 2025

