

McDonald's

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Breakfast						
Egg McMuffin -Request NO BUTTER	300	6	770	30	2	17
Dry English Muffin	140	0	260	27	2	5
Dry English Muffin w/ strawberry jelly	175	0	260	36	1	5
Eggs	150	3.5	130	2	0	14
Hash brown	140	1	310	18	2	2
Fruit & Maple Oatmeal	320	1.5	150	64	4	6
Burgers						
Hamburger	250	3.5	510	31	1	12
Chicken						
McChicken	400	3.5	560	39	1	14
Chicken Nuggets (4)	170	1.5	330	10	0	9
Chicken Nuggets (6)	250	2.5	500	15	1	14
Happy Meals (w/Kids Fries)						
Nuggets (4)/ Apple Slices / Low-Fat Milk	395	3.5	500	41	1	19
Hamburger/ Apple Slices / Low-Fat Milk	475	5.5	680	62	2	22
Sides & Snacks						
Apple Slices	15	0	0	4	0	0
Kids Fries	110	0.5	90	15	1	2
Salad Dressing/Sauce						
BBQ Sauce	45	0	260	11	0	0
Ketchup Packet (1)	10	0	90	2	0	0