

McDonald's USA
Happy Meal Product Nutrition Facts Panels
August 2020



Hamburger

Nutrition Facts	
1 servings per container	
Serving size	(98g)
Amount per serving	
Calories	250
% Daily Value*	
Total Fat 9g	11%
Saturated Fat 3.5g	17%
Trans Fat 0g	
Cholesterol 30mg	9%
Sodium 510mg	22%
Total Carbohydrate 31g	11%
Dietary Fiber 1g	5%
Total Sugars 6g	
Includes 5g Added Sugars	10%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 18mg	2%
Iron 3mg	15%
Potassium 199mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

REGULAR BUN

Ingredients: Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Yeast, Soybean Oil. Contains 2% or Less: Salt, Wheat Gluten, Potato Flour. May Contain One or More Dough Conditioners (DATEM, Ascorbic Acid, Mono and Diglycerides, Enzymes), Vinegar.
CONTAINS: WHEAT.

BEEF PATTY

Ingredients: 100% Pure USDA Inspected Beef, No Fillers, No Extenders.

KETCHUP

Ingredients: Tomato Concentrate from Red Ripe Tomatoes, Distilled Vinegar, High Fructose Corn Syrup, Corn Syrup, Water, Salt, Natural Flavors.

SLICED PICKLES

Ingredients: Cucumbers, Water, Distilled Vinegar, Salt, Calcium Chloride, Alum, Potassium Sorbate (Preservative), Natural Flavors, Polysorbate 80, Extractives of Turmeric (Color).

CHOPPED ONIONS

Ingredients: Onions.

MUSTARD

Ingredients: Distilled Vinegar, Water, Mustard Seed, Salt, Turmeric, Paprika, Spice Extractive.

GRILL SEASONING

Ingredients: Salt, Pepper.

4pc. and 6 pc. Chicken McNuggets

Nutrition Facts	
1 servings per container	
Serving size	(61g)
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 25mg	9%
Sodium 330mg	15%
Total Carbohydrate 10g	4%
Dietary Fiber 0g	1%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 7mg	0%
Iron 0mg	2%
Potassium 145mg	4%

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Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

Nutrition Facts	
1 servings per container	
Serving size	(92g)
Amount per serving	
Calories	250
% Daily Value*	
Total Fat 15g	19%
Saturated Fat 2.5g	12%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 500mg	22%
Total Carbohydrate 15g	6%
Dietary Fiber 1g	2%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1mg	4%
Potassium 217mg	4%

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Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: White Boneless Chicken, Water, Vegetable Oil (Canola Oil, Corn Oil, Soybean Oil, Hydrogenated Soybean Oil), Enriched Flour (Bleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Bleached Wheat Flour, Yellow Corn Flour, Vegetable Starch (Modified Corn, Wheat, Rice, Pea, Corn), Salt, Leavening (Baking Soda, Sodium Aluminum Phosphate, Sodium Acid Pyrophosphate, Calcium Lactate, Monocalcium Phosphate), Spices, Yeast Extract, Lemon Juice Solids, Dextrose, Natural Flavors.

CONTAINS: WHEAT. Cooked in the same fryer that we use for Buttermilk Crispy Chicken which contains a milk allergen.

Kids Fries

Nutrition Facts	
1 servings per container	
Serving size	(38g)
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 5g	7%
Saturated Fat 0.5g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	5%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 6mg	0%
Iron 0mg	2%
Potassium 226mg	4%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Ingredients: Potatoes, Vegetable Oil (Canola Oil, Corn Oil, Soybean Oil, Hydrogenated Soybean Oil, Natural Beef Flavor [Wheat and Milk Derivatives]*), Dextrose, Sodium Acid Pyrophosphate (Maintain Color), Salt. *Natural beef flavor contains hydrolyzed wheat and hydrolyzed milk as starting ingredients. **CONTAINS: WHEAT, MILK.** Cooked in the same fryer that we use for Donut Sticks which contain a wheat and milk allergen.

Apple Slices

Nutrition Facts	
1 servings per container	
Serving size	(34g)
Amount per serving	
Calories	15
% Daily Value*	
Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Total Sugars 3g	
Protein 0g	
Vitamin C 28mg	30%
Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, added sugars, vitamin D, calcium, iron and potassium.	
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Ingredients: Apples, Calcium Ascorbate (a blend of Calcium and Vitamin C to maintain freshness and color).

1% Low Fat White Milk

Nutrition Facts	
servings per container	
Serving size	(248g)
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 90mg	4%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 3mcg	15%
Calcium 291mg	20%
Iron 0mg	0%
Potassium 391mg	8%
Vitamin A 147mcg	15%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Ingredients: Low Fat Milk, Vitamin A Palmitate, Vitamin D3.

CONTAINS: MILK

Reduced Sugar Low Fat Chocolate Milk

Nutrition Facts	
servings per container	
Serving size	(248g)
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	4%
Sodium 95mg	4%
Total Carbohydrate 18g	7%
Dietary Fiber 0g	0%
Total Sugars 14g	
Includes 3g Added Sugars	7%
Protein 9g	
Vitamin D 3mcg	15%
Calcium 299mg	25%
Iron 1mg	6%
Potassium 438mg	10%
Vitamin A 163mcg	20%

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Ingredients: Low Fat Milk, Skim Milk, Liquid Sugar (Sugar, Water), Less than 2% of Cocoa, Corn Starch, Carrageenan, Natural Flavor, Monk Fruit Extract*, Vitamin A Palmitate, Vitamin D3.

*Ingredient not in regular milk.

CONTAINS: MILK

Honest Kids® Appley Ever After® Organic Apple Juice Drink

Nutrition Facts	
1 Drink Box servings per container	
Serving size	(177g)
Amount per serving	
Calories	35
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 8g	3%
Dietary Fiber 0g	0%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 74mg	2%

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Ingredients: Filtered Water, Organic Juice from Concentrate, Natural Flavors, Vitamin C (Ascorbic Acid), Organic Natural Flavors, Citric Acid (Provides Tartness).