

**McDonald's USA**  
**Happy Meal Product Nutrition Facts Panels**  
**August 2021**



# Hamburger

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	<b>(98g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>250</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 9g	<b>11%</b>
Saturated Fat 3.5g	<b>17%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>9%</b>
<b>Sodium</b> 510mg	<b>22%</b>
<b>Total Carbohydrate</b> 31g	<b>11%</b>
Dietary Fiber 1g	<b>5%</b>
Total Sugars 6g	
Includes 5g Added Sugars	<b>10%</b>
<b>Protein</b> 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.

<b>REGULAR BUN</b>
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.
<b>CONTAINS: WHEAT.</b>
<b>BEEF PATTY</b>
Ingredients: 100% Pure USDA Inspected Beef, No Fillers, No Extenders.
<b>KETCHUP</b>
Ingredients: Tomato Concentrate from Red Ripe Tomatoes, Distilled Vinegar, High Fructose Corn Syrup, Corn Syrup, Water, Salt, Natural Flavors.
<b>SLICED PICKLES</b>
Ingredients: Cucumbers, Water, Distilled Vinegar, Salt, Calcium Chloride, Alum, Potassium Sorbate (Preservative), Natural Flavors, Polysorbate 80, Extractives of Turmeric (Color).
<b>CHOPPED ONIONS</b>
Ingredients: Onions.
<b>MUSTARD</b>
Ingredients: Distilled Vinegar, Water, Mustard Seed, Salt, Turmeric, Paprika, Spice Extractive.
<b>GRILL SEASONING</b>
Ingredients: Salt, Pepper.

# 4pc. and 6 pc. Chicken McNuggets

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

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

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

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

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	<b>(38g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>110</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 5g	<b>7%</b>
Saturated Fat 0.5g	<b>4%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 90mg	<b>4%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 1g	<b>5%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 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

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	<b>(34g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>15</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Total Sugars 3g	
<b>Protein</b> 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 Plain Milk

<b>Nutrition Facts</b>	
servings per container	
<b>Serving size</b>	<b>(244g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>100</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 1.5g	<b>7%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>4%</b>
<b>Sodium</b> 80mg	<b>3%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 11g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 8g	
Vitamin D 3mcg	15%
Calcium 261mg	20%
Iron 0mg	0%
Potassium 349mg	8%
Vitamin A 128mcg	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

<b>Nutrition Facts</b>	
servings per container	
<b>Serving size</b>	<b>(248g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>130</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>4%</b>
<b>Sodium</b> 85mg	<b>4%</b>
<b>Total Carbohydrate</b> 18g	<b>7%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 14g	
Includes 3g Added Sugars	<b>7%</b>
<b>Protein</b> 9g	
Vitamin D 3mcg	15%
Calcium 268mg	20%
Iron 1mg	6%
Potassium 393mg	8%
Vitamin A 148mcg	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, 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

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

\*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.

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