

**McDonald's USA**  
**Happy Meal Product Nutrition Facts Panels**  
**July 2023**



Hamburger

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>(98g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>250</b>
% Daily Value*	
<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.	

**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, Vinegar, Dextrose, Corn Starch, Modified Food Starch, Vegetable Proteins (Pea, Potato, Rice and/or Faba Bean), Sunflower and/or Canola Oil, Maltodextrin, Natural Flavors, May Contain One or More Dough Conditioners (DATEM, Ascorbic Acid, Mono and Diglycerides, Enzymes).  
**CONTAINS: WHEAT.**  
**MAY CONTAIN: SESAME.**

**BEEF PATTY**  
Ingredients: **100% Pure USDA Inspected Beef; No Fillers, No Extenders.**  
Prepared with Grill Seasoning (Salt, Black Pepper).

**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.

Food Group Serving: 1

4pc. and 6 pc. Chicken McNuggets

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>(61g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>170</b>
% Daily Value*	
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 340mg	<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.	

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>(92g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>250</b>
% Daily Value*	
<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> 510mg	<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 218mg	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.	

**CHICKEN MCNUGGETS**  
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.**

Food Group Serving – 4pc Chicken McNuggets:  
1 meat

Food Group Serving – 6pc Chicken McNuggets:  
1.5 meat

Kids Fry

Nutrition Facts	
1 servings per container	
Serving size	(37g)
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 14g	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 221mg	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.	

**FRENCH FRIES**  
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.**

Food Group Serving: N/A

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

Food Group Serving: 0.5 fruit

1% Low Fat Plain Milk

Nutrition Facts	
servings per container	
Serving size	(244g)
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 10mg	4%
Sodium 80mg	3%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 3mcg	15%
Calcium 261mg	20%
Iron 0mg	0%
Potassium 349mg	8%
Vitamin A 128mcg	15%
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1% LOW FAT MILK JUG

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

Food Group Serving: 1 dairy

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 85mg	4%
Total Carbohydrate 18g	7%
Dietary Fiber 0g	0%
Total Sugars 14g	
Includes 3g Added Sugars	7%
Protein 9g	
Vitamin D 3mcg	15%
Calcium 268mg	20%
Iron 1mg	6%
Potassium 393mg	8%
Vitamin A 148mcg	15%
*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.	

REDUCED SUGAR LOW FAT CHOCOLATE MILK

Ingredients: Low Fat Milk, Liquid Sugar (Sugar, Water), Cocoa, Corn Starch, Nonfat Milk, Cocoa (Processed with Alkali), Carrageenan, Natural Flavor, Monk Fruit Extract\*, Vitamin A Palmitate, Vitamin D3.\*Ingredient not in regular milk.  
CONTAINS: MILK.

Food Group Serving: 1 dairy

Honest Kids® Appley Ever After® Organic Apple Juice Drink

Nutrition Facts	
1 Drink Box servings per container	
Serving size	(180g)
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 9g	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 75mg	2%
*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.	

APPLEY EVER AFTER

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

Food Group Serving: 0.5 fruit