McDonald’s USA
Happy Meal Product Nutrition Facts Panels
February 2024
4pc. 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 8%
Sodium 340mg 15%
Total Carbohydrate 10g 4%
  Dietary Fiber 0g 1%
  Total Sugars 0g
  Includes 0g Added Sugars 0%
Protein 5g

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.

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
Kids Fry

**Nutrition Facts**

1 servings per container

**Serving size**: (37g)

**Amount per serving**

**Calories**: 110

- 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 Added Sugars: 0g
- Protein: 2g

**Vitamin D**: 0mcg, 0%
**Calcium**: 6mg, 0%
**Iron**: 0mg, 2%
**Potassium**: 221mg, 4%

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**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

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Apple Slices

**Nutrition Facts**

1 servings per container

**Serving size**: (34g)

**Amount per serving**

**Calories**: 15

- 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**

<table>
<thead>
<tr>
<th>Serving size</th>
<th>244g</th>
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<tbody>
<tr>
<td>Amount per serving</td>
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<tr>
<td>Calories</td>
<td>% Daily Value*</td>
</tr>
<tr>
<td>Total Fat</td>
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<tr>
<td>Saturated Fat</td>
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<tr>
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</table>

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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