

McDonald's Menu Items	Calories	Total Fat	Cost	Menu Item	Calories	Total Fat	Cost
Hamburger	250	9	1.15	6 Piece McNuggets	250	15	1.35
Cheeseburger	300	12	1.25	10 Piece McNuggets	420	24	1.50
Double Cheeseburger	440	23	1.00	20 Piece McNuggets	840	49	2.25
Quarter Pounder w/ Cheese	510	26	2.79	Small French Fries	250	13	1.25
Big Mac	540	29	2.50	Medium French Fries	380	20	1.65
Big N' Tasty w/ Cheese	510	28	2.89	Large French Fries	570	30	2.05
Fillet-O-Fish	380	18	2.89	Fruit n' Yogurt Parfait	160	2	1.56
McChicken	360	16	2.56	Kiddie Cone	45	1	.70
Grilled Chicken Sandwich	420	10	3.13	Hot Caramel Sundae	340	8	1.25
Crispy Chicken Sandwich	500	17	3.15	Hot Fudge Sundae	330	10	1.25
Grilled Chicken Club	570	21	3.32	Chocolate Shake	440	10	1.65
Crispy Chicken Club	660	28	3.36	Strawberry Shake	420	10	1.65
Crispy Chicken Ranch BLT	600	23	3.50	Vanilla Shake	420	10	1.65
Ranch Wrap w/ Crispy Chicken	330	16	3.10	Baked Apple Pie	270	12	.99
Ranch Wrap w/ Grilled Chicken	270	10	3.05	1% Low Fat Milk	100	3	1.20
Honey Mustard Wrap w/ Crispy Chicken	320	15	3.25	Hi-C Orange Lavaburst, Child	120	0	1.15
Honey Mustard Wrap w/ Grilled Chicken	260	9	3.20	POWERade, Mountain Blast, Child	70	0	1.15
4 Piece Chicken Nuggets	170	10	1.20	Sprite, Child	110	0	1.15

