


Introducing McDonald's Lighter Choices™ Menu


There's a little effort in everyone to live a more balanced lifestyle. But it isn't always easy. So at McDonald's we're doing our part to help with our New Lighter Choices™ Menu.

McVeggie Burger
On a Whole Wheat Bun



Only **82g** of fat

Whole Wheat Chicken McGrill
With BBQ Sauce



Only **55g** of fat

Fruit 'n Yogurt Parfait



Only **25g** of fat

Also try our New salads!











*During preparation, the McVeggie Burger™ may come in contact with meat and/or chicken products. For complete nutritional information see our Lighter Choices™ Menu Food Facts brochure in restaurant.



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www.mcdonalds.ca

JULY'S OUTSTANDING CARRIERS

 <p>Ian Senger</p>  <p>Hobbies: Swims with Markham Aquatic Club</p> <p>Saving money for: Education</p> <p>Interests: Studies Spanish</p>	 <p>Andrea Victorio</p>  <p>Hobbies: Junior girls soccer team at school</p> <p>Saving money for: University</p> <p>Interests: Playing the piano.</p>	 <p>Sarah Merekar</p>  <p>Hobbies: Reading, drawing Animé, playing video games, solving math problems, cooking, watching T.V.</p> <p>Saving money for: To buy a personal computer</p>	 <p>Blake Vaisanen</p>  <p>Hobbies: Plays baseball for Markham rep league.</p> <p>Saving money for: Roller blades.</p> <p>Interests: Nintendo 64, T.V. bike riding and going to Wonderland.</p>	 <p>Christina Russel</p>  <p>Saving money for: College</p> <p>Saving Bonus Points for: Trip to Wonderland</p> <p>Interests: Trail riding and Highland Dance.</p>
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Be Entertained This Summer



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