

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

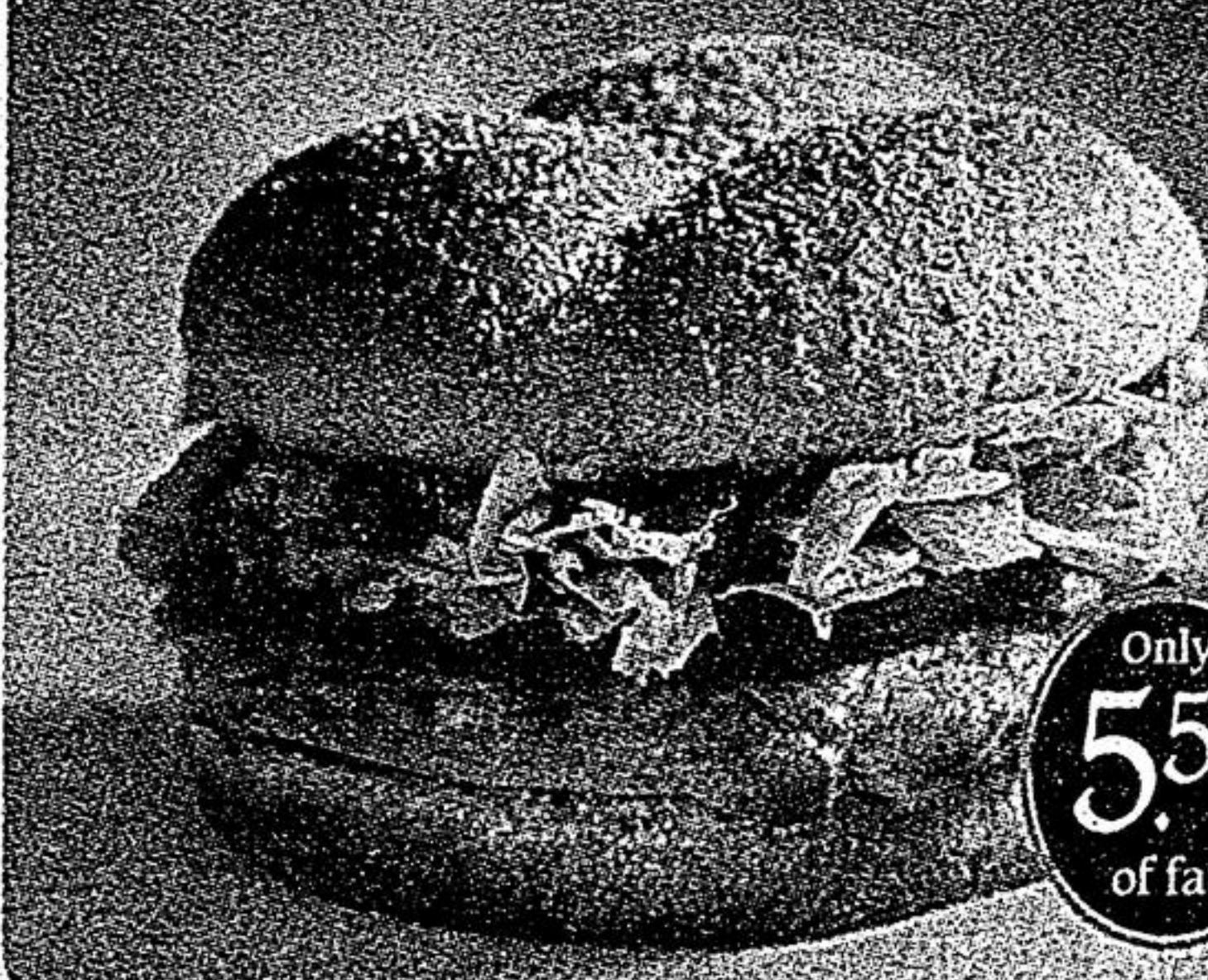
On a Whole Wheat Bun



Only
8.2g
of fat

Whole Wheat Chicken McGrill

With BBQ Sauce



Only
5.5g
of fat

Fruit 'n Yogurt Parfait



Only
2.5g
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



Ian
Senger

Hobbies:
Swims with Markham Aquatic Club

Saving money for:
Education

Interests: Studies Spanish



Andrea
Victorio

Hobbies:
Junior girls soccer team at school

Saving money for:
University

Interests: Playing the piano.



Sarah
Merekar

Hobbies:
Reading, drawing Animé,
playing video games, solving math
problems, cooking, watching T.V.

Saving money for:
To buy a personal computer



Blake
Vaisanen

Hobbies:
Plays baseball for Markham
rep league.

Saving money for: Roller blades.

Interests: Nintendo 64, T.V. bike
riding and going to Wonderland.



Christina
Russel

Saving money for: College
Saving Bonus Points for:
Trip to Wonderland

Interests: Trail riding and
Highland Dance.

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