

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 BBO 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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MARCH'S OUTSTANDING CARRIERS



Michael Cornacchia



Hobbies: Video games, computers, bike riding

Saving money for: A new bike



Kim Cuozzo



Hobbies: Baseball, basketball, friends, going to the zoo, reading

Saving money for: Would like to get a scanner with the money and use the points for tickets to Wonder Land



David & Michael Ifejika



Hobbies: Basketball, swimming

Saving money for: University

Interests: Reading, computers, science



Dwayne Rebello



Hobbies: Building model cars & collecting CD's

Saving money for: A car when he turns 16

Interests: Playing Soccer & basketball



Alex Vindua



Hobbies: Basketball, music, computers

Saving money for: Future goals

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