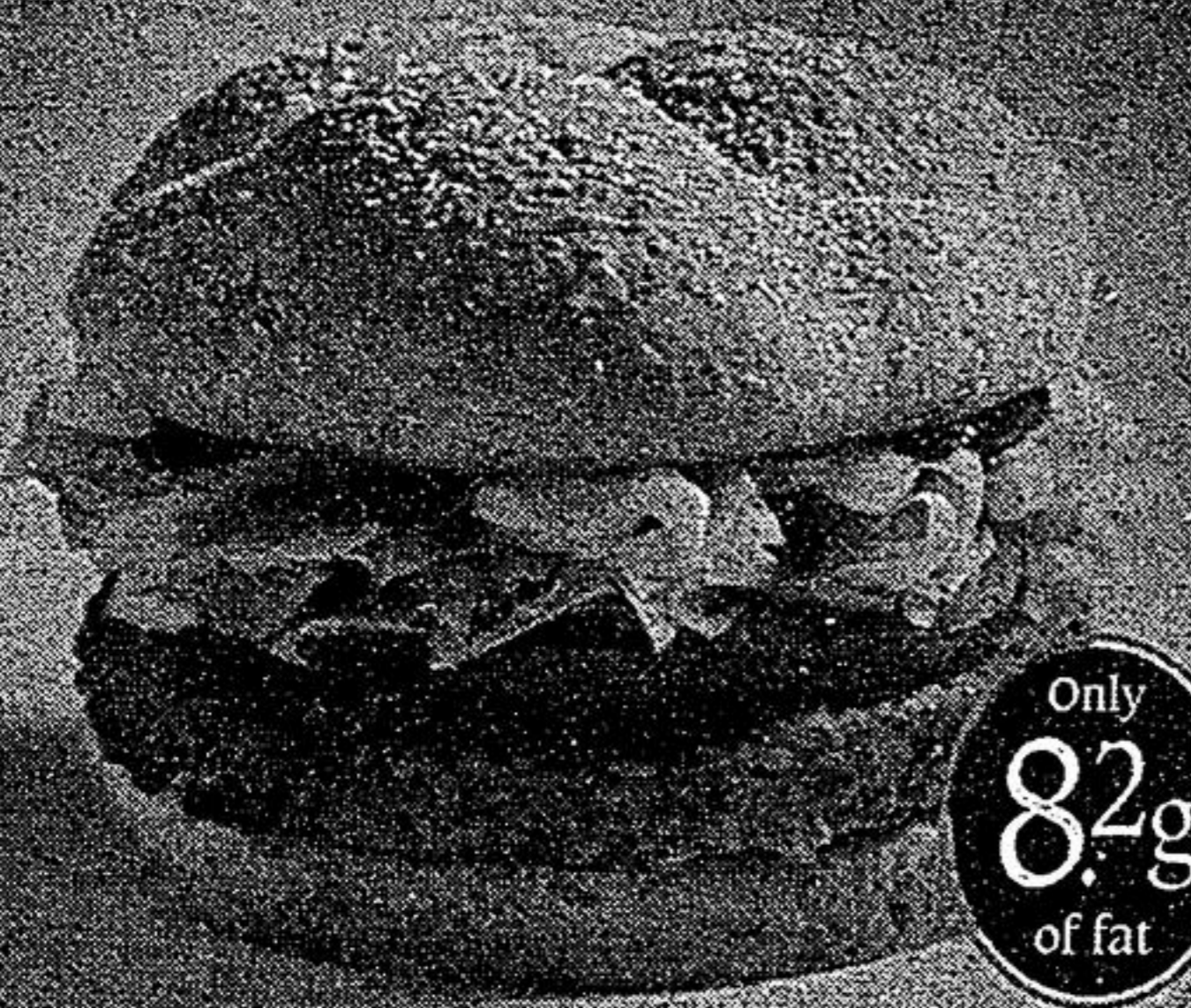


Introducing McDonald's Lighter ChoicesSM Menu

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 ChoicesSM 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 BurgerSM may come in contact with meat and/or chicken products. For complete nutritional information, see our Lighter ChoicesSM Menu Food Facts brochure in restaurant.



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AUGUST'S OUTSTANDING CARRIERS



Bashaama & Rufaida Hashmi
Saving money for: Computer & Mountain Bike
Interests/Hobbies: Art, Language & Mathematics



Kevin Jenkins
Interests/Hobbies: Drawing, Video Games, Basketball, Skateboarding
Saving money for: University, Video Games, Hamster Tubes



Jason George
Interests/Hobbies: Basketball, Spending time on the computer, hanging out with friends.
Saving money for: Computer



Tiffany Lau
Interests/Hobbies: Computer & Music
Saving money for: My own computer.



Earl & Linda Trollope
Interests/Hobbies: Bowling, going to plays.
Saving money for: Rent, trips.

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*previously enjoyed

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