

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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SEPTEMBER'S OUTSTANDING CARRIERS



Ashley Bridge




Interests/Hobbies: Enjoys biking with friends and playing tennis
Saving money for: A guitar




Stefan & John Cheung




Interests/Hobbies: Stefan: Collecting rocks/wants to play violin.
Jonathan: Computer playing, building/building robots
Saving money for: A computer and emergency purposes
Saving points for: games, CD player & gameboy.advance




Brian Dorfman




Interests/Hobbies: Playing guitar, snowboarding
Saving money for: a new snowboard




Kenny Webber



Interests/Hobbies: Hockey, building "warhammers"
Saving money for: To buy a car
Saving points for: Game Cube



Sheldon Yu



Interests/Hobbies: Playing basketball and surfing the web

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