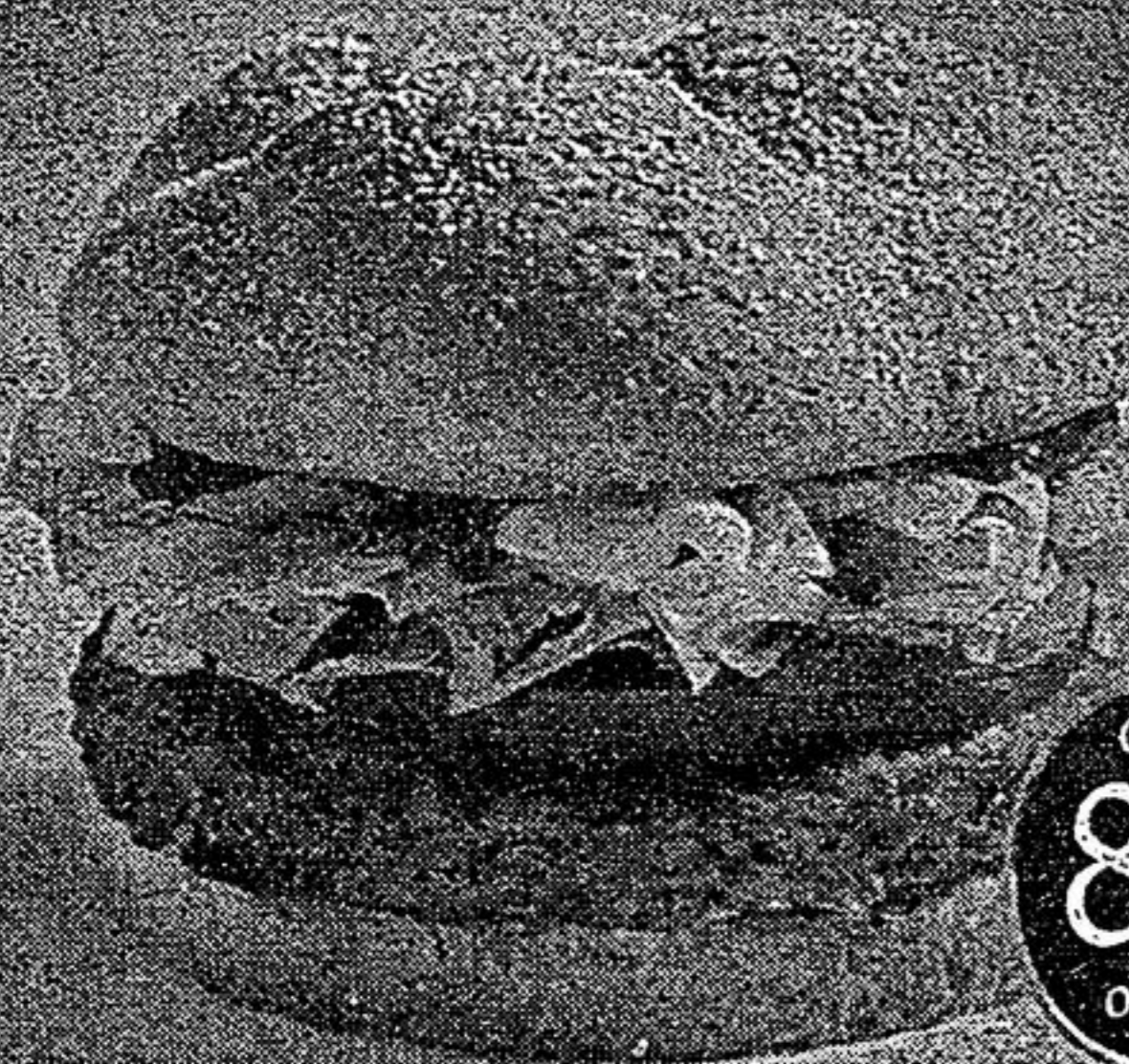


Introducing McDonald's Lighter Choices™ Menu

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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DECEMBER'S OUTSTANDING CARRIERS



Allison Alvares



Interests: Reading, math, writing and painting

Hobbies: Swimming, skating, singing and dancing.



Jennifer & Ryan Mason



Interests/Hobbies: Jennifer: Bowling, skating, baseball and fishing
Ryan: Electronics, computer games

Saving money for: Jennifer: games/toys & charities
Ryan: Computer games & University
Saving points for: Game Cube



Amy Plowman



Interests/Hobbies: Playing the piano and the cello, reading, skiing and crafts.

Saving money for: Digital Camera.
Saving points for: Undecided.



Mark Raymer



Interests/Hobbies: Hockey and music.

Saving money for: Computer



John-David & Katarina Sherman



Interests/Hobbies: John-David: Basketball
Katarina: Skim boarding, surfing

Saving money for: John-David: Bike
Katarina: University

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