

mcdonalds nutrition steak egg and cheese bagel

mcdonalds nutrition steak egg and cheese bagel is a popular breakfast sandwich that combines savory steak, fluffy eggs, melted cheese, and a toasted bagel. This hearty menu item is favored by many customers looking for a filling and flavorful start to their day. Understanding the nutritional content of the McDonald's Steak Egg and Cheese Bagel can help consumers make informed choices about their diet and health goals. This article explores the key nutritional facts, ingredient breakdown, health considerations, and tips for incorporating this sandwich into a balanced diet. Whether you are monitoring calories, protein intake, or dietary fats, detailed information about McDonald's nutrition Steak Egg and Cheese Bagel will be provided. The analysis also includes comparisons to similar menu items and suggestions for customizing your order to better fit your nutritional needs.

- Nutritional Overview of McDonald's Steak Egg and Cheese Bagel
- Ingredients and Their Nutritional Impact
- Health Considerations and Dietary Insights
- Comparisons with Other McDonald's Breakfast Options
- Tips for Customizing the Sandwich for Better Nutrition

Nutritional Overview of McDonald's Steak Egg and Cheese Bagel

The McDonald's Steak Egg and Cheese Bagel offers a balance of macronutrients, providing a substantial amount of protein, carbohydrates, and fats. It is designed to satisfy hunger and provide energy during breakfast hours. Understanding its calorie content and nutrient composition is essential for anyone tracking their intake or managing dietary requirements.

Calorie and Macronutrient Breakdown

The sandwich typically contains approximately 500 to 600 calories, depending on preparation variations. It includes:

- **Protein:** Around 25 to 30 grams, primarily from the steak and egg components.
- **Carbohydrates:** Approximately 40 to 45 grams, mainly from the bagel.
- **Fats:** Roughly 25 grams, including saturated fats from cheese and steak.

This balance makes the sandwich a high-protein option suitable for those needing sustained energy.

Micronutrients and Sodium Content

In addition to macronutrients, the Steak Egg and Cheese Bagel contains important micronutrients such as iron, calcium, and vitamin A. However, it is also notable for its sodium content, which can be significant due to processed ingredients and seasoning. The sodium level typically ranges from 900 to 1100 milligrams, which is a considerable portion of the recommended daily limit.

Ingredients and Their Nutritional Impact

The composition of the McDonald's Steak Egg and Cheese Bagel directly influences its nutritional profile. Each ingredient contributes unique nutrients and caloric values that affect the overall health benefits and considerations of the sandwich.

Steak Patty

The steak patty is the primary source of protein and fat in the sandwich. It is made from seasoned beef, providing essential amino acids and iron. However, it also contains saturated fats and cholesterol, which should be consumed in moderation.

Egg and Cheese

The egg adds high-quality protein, vitamins such as B12 and D, and healthy fats. The cheese contributes calcium and additional protein but also adds saturated fat and sodium. The combination enhances the sandwich's flavor and texture while impacting calorie density.

Bagel

The toasted bagel serves as the carbohydrate base of the sandwich. Bagels are dense bread items that contain refined flour, contributing to the carbohydrate and calorie content. While they provide energy, bagels have a higher glycemic index compared to whole-grain alternatives, which may affect blood sugar levels.

Health Considerations and Dietary Insights

When evaluating McDonald's nutrition Steak Egg and Cheese Bagel, several health considerations should be kept in mind. These include caloric intake, fat quality, sodium levels, and suitability for various dietary preferences.

Calories and Weight Management

At around 500 to 600 calories, this sandwich constitutes a substantial portion of the average recommended breakfast calorie intake. Individuals aiming for weight management should consider portion control or pairing it with lower-calorie sides such as fruit.

Saturated Fat and Cholesterol

The sandwich contains saturated fats primarily from cheese and steak, which can impact cardiovascular health if consumed in excess. Monitoring saturated fat intake is important, especially for those with heart disease risk factors.

Sodium Intake

High sodium content is a notable concern with this menu item. Excess sodium intake is linked to elevated blood pressure and increased cardiovascular risk. Those on sodium-restricted diets should be cautious or seek alternatives.

Potential Dietary Restrictions

Due to ingredients like beef steak and cheese, the sandwich is unsuitable for vegetarians and those with lactose intolerance. It also contains gluten from the bagel, which is important for individuals with celiac disease or gluten sensitivity to note.

Comparisons with Other McDonald's Breakfast Options

Analyzing how the Steak Egg and Cheese Bagel stacks up against other McDonald's breakfast sandwiches can provide perspective for consumers making nutritional choices.

Comparison with Sausage Egg and Cheese McMuffin

The Sausage Egg and Cheese McMuffin generally contains fewer calories, lower sodium, and less saturated fat than the Steak Egg and Cheese Bagel, primarily due to its smaller bread portion and different meat choice. However, it provides slightly less protein.

Comparison with Bacon Egg and Cheese Bagel

The Bacon Egg and Cheese Bagel offers a similar calorie range but may contain higher sodium and fat levels due to bacon. The steak option tends to have more iron and protein but also more saturated fat.

- Steak Egg and Cheese Bagel: High protein, moderate-high calories, high sodium
- Sausage Egg and Cheese McMuffin: Moderate protein, lower calories, moderate sodium
- Bacon Egg and Cheese Bagel: Similar calories, higher fat and sodium

Tips for Customizing the Sandwich for Better Nutrition

Consumers looking to enjoy the McDonald's Steak Egg and Cheese Bagel while managing their nutritional intake can consider several customization strategies.

Modifying Ingredients

Requesting options such as skipping cheese or using a different bread option, if available, can reduce saturated fat and carbohydrate content. Some locations may allow substitution of the bagel with an English muffin or a smaller bread portion.

Pairing with Healthy Sides

Choosing fruit cups or side salads instead of hash browns or fries can balance the meal's nutritional profile by adding fiber, vitamins, and reducing overall fat intake.

Portion Control and Frequency

Limiting the frequency of consumption and pairing the sandwich with lower-calorie beverages like black coffee or water helps maintain balanced calorie intake throughout the day.

- Request cheese removal or reduction
- Choose alternative bread options if available
- Pair with fruit or vegetable sides
- Opt for water or low-calorie drinks
- Consume in moderation to manage calorie and sodium intake

Frequently Asked Questions

What are the main nutritional components of the McDonald's Steak, Egg, and Cheese Bagel?

The McDonald's Steak, Egg, and Cheese Bagel typically contains protein from the steak and eggs, carbohydrates from the bagel, and fats from the cheese and cooking oils. It also provides calories, sodium, and some vitamins and minerals.

How many calories are in a McDonald's Steak, Egg, and Cheese Bagel?

A McDonald's Steak, Egg, and Cheese Bagel contains approximately 550-600 calories, depending on regional variations and preparation methods.

Is the McDonald's Steak, Egg, and Cheese Bagel high in sodium?

Yes, the Steak, Egg, and Cheese Bagel is relatively high in sodium, often containing around 900-1000 mg, which is a significant portion of the recommended daily intake.

Does the McDonald's Steak, Egg, and Cheese Bagel contain allergens?

Yes, it contains common allergens such as wheat (gluten) from the bagel, eggs, and dairy from the cheese. It may also contain soy and other allergens depending on preparation.

Is the McDonald's Steak, Egg, and Cheese Bagel a good source of protein?

Yes, it provides a moderate amount of protein, usually around 25-30 grams, coming from the steak, eggs, and cheese, making it a protein-rich breakfast option.

How does the McDonald's Steak, Egg, and Cheese Bagel fit into a balanced diet?

While it provides protein and some essential nutrients, it is also high in calories, sodium, and saturated fats, so it should be consumed in moderation as part of a balanced diet.

Are there any healthier alternatives to the McDonald's Steak, Egg, and Cheese Bagel?

Healthier alternatives might include egg and cheese sandwiches on whole-grain bread with leaner meats or plant-based options, or customizing orders to reduce cheese or skip the steak to lower calories and sodium.

Additional Resources

1. *McDonald's Menu Decoded: The Nutrition Behind Your Favorite Meals*

This book explores the nutritional content of popular McDonald's menu items, including the Steak, Egg, and Cheese Bagel. It provides detailed information on calories, macronutrients, and ingredients, helping readers make informed choices. The author also discusses how fast food fits into a balanced diet and offers tips for healthier ordering.

2. *The Ultimate Guide to McDonald's Breakfast: Nutrition and Flavor*

Focusing on McDonald's breakfast offerings, this guide breaks down the nutritional profiles of items like the Steak, Egg, and Cheese Bagel. It compares various breakfast options to help consumers select meals that align with their dietary goals. Additionally, the book includes insights into ingredient sourcing and preparation methods.

3. *Fast Food Nutrition Facts: A Closer Look at McDonald's Steak, Egg & Cheese Bagel*

This book takes a deep dive into the nutrition facts of McDonald's Steak, Egg, and Cheese Bagel and other fast food items. It analyzes the impact of these meals on health, weight management, and energy levels. Readers will find practical advice on balancing fast food indulgences with healthy eating habits.

4. *Healthy Choices at McDonald's: Navigating the Menu with Confidence*

Aimed at health-conscious consumers, this book highlights the best nutritional choices at McDonald's, featuring the Steak, Egg, and Cheese Bagel as a case study. It offers strategies for customizing orders to reduce calories, fat, and sodium. The author also discusses how to enjoy fast food without compromising wellness goals.

5. *The Science of Fast Food: Nutrition Insights on McDonald's Classics*

This scientific exploration reviews the nutritional composition and health implications of McDonald's classic items, including the Steak, Egg, and Cheese Bagel. The book covers topics such as protein content, carbohydrate quality, and fat types found in these meals. It also addresses common misconceptions about fast food nutrition.

6. *Breakfast at McDonald's: A Nutritionist's Perspective*

Written by a registered dietitian, this book evaluates McDonald's breakfast menu with a focus on the Steak, Egg, and Cheese Bagel. It discusses the balance of macronutrients and the role of breakfast in overall daily nutrition. The author also provides alternatives and modifications for those seeking healthier options.

7. *McDonald's and Your Health: Understanding the Steak, Egg & Cheese Bagel*

This informative book examines how McDonald's Steak, Egg, and Cheese Bagel fits into a healthy lifestyle. It covers calorie counts, vitamins, minerals, and ingredient quality. The text also offers guidance on portion control and frequency of consumption for optimal health.

8. *Fast Food Favorites: Nutritional Breakdown of McDonald's Bagel Sandwiches*

This title focuses on the nutritional analysis of McDonald's bagel sandwiches, with an emphasis on the Steak, Egg, and Cheese Bagel. It compares these sandwiches to other breakfast options in terms of calories, fat, and protein. Readers will learn how to make smarter choices when ordering fast food breakfast.

9. *The Bagel Factor: Exploring the Nutrition of McDonald's Steak, Egg & Cheese Bagel*

This book delves into the specific nutritional components of McDonald's Steak, Egg, and Cheese Bagel, exploring how each ingredient contributes to the overall meal. It discusses the balance of nutrients and potential health benefits and concerns. The author also provides tips for enjoying bagel sandwiches as part of a balanced diet.

McDonalds Nutrition Steak Egg And Cheese Bagel

Find other PDF articles:

<https://admin.nordenson.com/archive-library-306/files?dataid=THS38-8065&title=free-mbe-practice-questions.pdf>

mcdonalds nutrition steak egg and cheese bagel: The 17 Day Diet Breakthrough Edition Dr Mike Moreno, 2014-01-02 The New 17 Day Diet Breakthrough is a complete revision of Dr Mike Moreno's bestselling The 17 Day Diet, incorporating state-of-the-art research and techniques to help dieters lose weight faster and in the places they want. Adding three brand new chapters, new strategies, and more recipes, Dr Moreno ensures that his simple 17-day plan gives new dieters the most up-to-date scientific tools to help them lose weight fast, whilst giving veteran 17 Day Dieters more control and more choices as they shed pounds or maintain their ideal weight. Unlike many diet programmes that starve you down to size, Dr Moreno's revolutionary programme changes your calorie count and the foods you eat every 17 days. The variation keeps your metabolism guessing, so you burn fat every day. In addition, the book contains a 17-minute exercise programme that targets specific body parts for fat reduction, information on nutritional spot reduction and contour foods, foods that are metabolic boosters, fluids like green tea that increase satiety, and meal timing, plus lots of new recipes, inspiring testimonials and answers to frequently asked questions.

mcdonalds nutrition steak egg and cheese bagel: *The NutriBase Nutrition Facts Desk Reference*, 2001 From abalone to zucchini, this easy-to-use reference provides information that helps monitor the nutritional intake of thousands of food products.

mcdonalds nutrition steak egg and cheese bagel: The NutriBase Guide to Fast-Food Nutrition 2nd ed. NutriBase, 2001-11-12 This handy pocket reference fits nicely into a briefcase or purse and will help anyone make smart choices while eating on the run. Includes more than sixty-five chains in alphabetical order.

mcdonalds nutrition steak egg and cheese bagel: *Total Fitness and Wellness* Scott K. Powers, Stephen L. Dodd, 2003

mcdonalds nutrition steak egg and cheese bagel: Elementary Physical Education: Student Assessment and Lesson Plan Workbook Inez Rovegno, Professor Emeritus University of Alabama Tuscaloosa Inez Rovegno, Dianna Bandhauer, 2012-03 The Student Assessment and Lesson Plan Workbook includes additional resources to complement the contents of Elementary Physical Education: Curriculum and Instruction. Students will benefit from additional assessment tools to evaluate and improve their teaching. In addition, students are provided with over 30 lesson plans and learning experiences to build their teaching tool-box.

mcdonalds nutrition steak egg and cheese bagel: Eating Expectantly Bridget Swinney, Tracey Anderson, 2000-08 Rated one of the ten best parenting books of 1993 by Child magazine, Eating Expectantly (newly revised and in its third edition) is the most comprehensive and up-to-date book on pregnancy nutrition. Its friendly style makes it easy to read; its practical tips make eating well a map. Eating Expectantly shows: * How women -- and men -- can improve their diets before pregnancy to increase their fertility and their odds of having a healthy baby. * How women with

high-risk conditions, such as diabetes, multifetal pregnancy, or hypertension, can help themselves and their babies with special care and good nutrition. * How to lower the risk of food poisoning and reduce exposure to environmental pollutants like lead, mercury, and pesticides. Eating Expectantly also includes: * Hundreds of handy menus and tasty recipes complete with nutrient analysis. * Hints on healthy eating when dining out, using convenience foods, or sticking to a budget. * Hundreds of reliable health, nutrition, and parenting resources, including websites. * Advice on postpartum weight loss and breastfeeding.

mcdonalds nutrition steak egg and cheese bagel: English Journal , 2003

mcdonalds nutrition steak egg and cheese bagel: 101 Sports Nutrition Tips Susan Mara Kundrat, 2005 101 Sports Nutrition Tips is an excellent resource that helps athletes determine what, when, and how much to eat to optimize performance. With years of experience as a three-sport athlete and instructor, author Susan Kundrat combines knowledge and practical experience into this valuable collections of tips. Twelve chapters cover topics such as high-energy eating, fluids and hydration, healthy weight gain and loss, nutrition on the move, and sample meal plans.

mcdonalds nutrition steak egg and cheese bagel: Bowes and Church's Food Values of Portions Commonly Used Anna De Planter Bowes, Helen Nichols Church, Jean A. Thompson Pennington, 1994 **** New edition of the standard tables of nutrition for American consumers. Covers 8,500 foods--3,000 more than the last edition. Information on monounsaturated fat content added. Earlier editions cited in BCL3. An important reference should be not bound by plastic comb. Annotation copyright by Book News, Inc., Portland, OR

mcdonalds nutrition steak egg and cheese bagel: 20 20 Smart Lists Shawn Holley, 2020-05-15 Book Delisted

mcdonalds nutrition steak egg and cheese bagel: Restaurant Confidential Michael F. Jacobson, Jayne G. Hurley, 2002-01-01 Offers facts on the calorie, fat, saturated fat, cholesterol, and sodium content of common dishes from restaurants and chains, highlighting best and worst choices and offering tips for ordering wisely.

mcdonalds nutrition steak egg and cheese bagel: Brutally Honest Fast Food Reviews: The Best and Worst of Burger King, McDonald's, Taco Bell, and Other Drive-Thru Mainstays Hyperink Original, 2012-07-25 Congratulations! If you're a connoisseur of fast food, consider this to be your fast food yearbook, allowing you to look back at many of the salty, fatty, and/or sugary menu items you may have passed through your digestive system, but in a non-artery clogging and non-blood pressure raising way...unless you're eating fast food while reading this. There are dozens of reviews in this book, mostly from fast food behemoths, like McDonald's, Subway, and Taco Bell, but there are also reviews from medium-sized fast food chains, like Jack in the Box and Dunkin' Donuts, and from smaller chains, like Carl's Jr. and Whataburger. Most of the products reviewed can still be found on fast food menu boards, or in the McDonald's McRib's case it comes back every so often for a limited time, but some are buried in the discontinued fast food graveyard, never to be consumed again. These fast food reviews were originally posted on our blog, The Impulsive Buy (theimpulsivebuy.com), which is one of the internet's premier websites for junk and fast food reviews. Actually, we're not 100 percent sure the last part of the previous sentence is true, but our cumulative blood pressure and cholesterol levels make us feel like we are.

mcdonalds nutrition steak egg and cheese bagel: Physical Fitness and Wellness Jerrold S. Greenberg, George B. Dintiman, Barbee Myers Oakes, 2004 This comprehensive text aims to provide students with the information, strategies & motivation they need to help themselves improve the way they look, feel & perform.

mcdonalds nutrition steak egg and cheese bagel: Nutrition for Health, Fitness, & Sport Melvin H. Williams, 1999

mcdonalds nutrition steak egg and cheese bagel: Restaurant Business , 2005-07

mcdonalds nutrition steak egg and cheese bagel: U.S. News & World Report , 1988

mcdonalds nutrition steak egg and cheese bagel: The Directory of U.S. Trademarks , 1993

mcdonalds nutrition steak egg and cheese bagel: Milling & Baking News , 1986-07

mcdonalds nutrition steak egg and cheese bagel: New York Magazine , 1997-04-14 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country. With award-winning writing and photography covering everything from politics and food to theater and fashion, the magazine's consistent mission has been to reflect back to its audience the energy and excitement of the city itself, while celebrating New York as both a place and an idea.

mcdonalds nutrition steak egg and cheese bagel: Art Fair Guide , 1993

Related to mcdonalds nutrition steak egg and cheese bagel

McDonald's: Burgers, Fries & More. Quality Ingredients. McDonalds.com is your hub for everything McDonald's. Find out more about our menu items and promotions today!

McDonald's - Wikipedia McDonald's Corporation, doing business as McDonald's, is an American multinational fast food chain. As of 2024, it is the second-largest by number of locations in the world, behind the

\$5 McMuffin, \$8 Big Mac meals hit McDonald's - USA TODAY McDonald's is adding limited-time Extra Value Meals to its offerings, including a \$5 Sausage McMuffin meal and an \$8 Bic Mac meal

McDonald's Menu: Our Full McDonald's Food Menu | McDonald's Our full McDonald's menu features everything from breakfast menu items, burgers, and more! The McDonald's lunch and dinner menu lists popular favorites including the Big Mac® and our

McDonald's Locations: Fast Food Restaurants Near Me | McDonald's Find the nearest McDonald's drive thrus, store hours and services. McDonald's location page connects you to a restaurant near you quickly and easily!

McDonald's Breakfast Menu: Breakfast Meals & More | McDonald's Looking for breakfast near you? Choose from sweet and savory McDonald's Breakfast Menu items like breakfast bagel sandwiches, Hotcakes, & more!

Fast Food in Seattle, WA at 1530 3rd Ave | McDonald's Find out if your local nearby McDonald's is open 24 hours, offers Drive Thru or McDelivery®**, and more through the McDonald's restaurant locator. Before you head out, check out the deals

McDonald's Deals Near Me: McValue Special Offers & Coupons Get updates on new McDonald's specials, coupons and promotions today! Find free food incentives, bundle deals, and more available in the McDonald's app

Extra Value Meals: Breakfast, Lunch, and Dinner | McDonald's Order your favorite breakfast, lunch, and dinner Extra Value Meals at McDonald's. Choose pickup or delivery straight to your door

Local Menu - McDonald's Delivery Partners Wi-Fi PlayPlaces & Parties Mobile Order & Pay Trending Now McDonald's Merchandise Family Fun Hub MyMcDonald's Rewards McCafé® Community Overview Now

McDonald's: Burgers, Fries & More. Quality Ingredients. McDonalds.com is your hub for everything McDonald's. Find out more about our menu items and promotions today!

McDonald's - Wikipedia McDonald's Corporation, doing business as McDonald's, is an American multinational fast food chain. As of 2024, it is the second-largest by number of locations in the world, behind the

\$5 McMuffin, \$8 Big Mac meals hit McDonald's - USA TODAY McDonald's is adding limited-time Extra Value Meals to its offerings, including a \$5 Sausage McMuffin meal and an \$8 Bic Mac meal

McDonald's Menu: Our Full McDonald's Food Menu | McDonald's Our full McDonald's menu features everything from breakfast menu items, burgers, and more! The McDonald's lunch and dinner menu lists popular favorites including the Big Mac® and our

McDonald's Locations: Fast Food Restaurants Near Me | McDonald's Find the nearest McDonald's drive thrus, store hours and services. McDonald's location page connects you to a

restaurant near you quickly and easily!

McDonald's Breakfast Menu: Breakfast Meals & More | McDonald's Looking for breakfast near you? Choose from sweet and savory McDonald's Breakfast Menu items like breakfast bagel sandwiches, Hotcakes, & more!

Fast Food in Seattle, WA at 1530 3rd Ave | McDonald's Find out if your local nearby McDonald's is open 24 hours, offers Drive Thru or McDelivery®**, and more through the McDonald's restaurant locator. Before you head out, check out the deals

McDonald's Deals Near Me: McValue Special Offers & Coupons Get updates on new McDonald's specials, coupons and promotions today! Find free food incentives, bundle deals, and more available in the McDonald's app

Extra Value Meals: Breakfast, Lunch, and Dinner | McDonald's Order your favorite breakfast, lunch, and dinner Extra Value Meals at McDonald's. Choose pickup or delivery straight to your door

Local Menu - McDonald's Delivery Partners Wi-Fi PlayPlaces & Parties Mobile Order & Pay Trending Now McDonald's Merchandise Family Fun Hub MyMcDonald's Rewards McCafé® Community Overview Now

Related to mcdonalds nutrition steak egg and cheese bagel

McDonald's steak, egg and cheese bagel is back for a limited time (MLive2y) The sausage and bacon bagel sandwiches have also returned to menus. The steak, egg and cheese bagel - and its sibling sandwiches - is back on McDonald's menus in Michigan for a limited time, the

McDonald's steak, egg and cheese bagel is back for a limited time (MLive2y) The sausage and bacon bagel sandwiches have also returned to menus. The steak, egg and cheese bagel - and its sibling sandwiches - is back on McDonald's menus in Michigan for a limited time, the

'Best thing on the menu': Former McDonald's chef reviews restaurant's fan-favorite

breakfast steak (The Daily Dot2y) A former McDonald's chef went viral on TikTok for reviewing McDonald's breakfast steak for their steak, egg, and cheese bagel. User Chef Mike Haracz (@chefmikeharacz) mainly posts McDonald's reviews,

'Best thing on the menu': Former McDonald's chef reviews restaurant's fan-favorite

breakfast steak (The Daily Dot2y) A former McDonald's chef went viral on TikTok for reviewing McDonald's breakfast steak for their steak, egg, and cheese bagel. User Chef Mike Haracz (@chefmikeharacz) mainly posts McDonald's reviews,

The Steak You Need For Copycat McDonald's Steak, Egg & Cheese Bagels (The Takeout on MSN7mon) The McDonald's Steak, Egg & Cheese bagel is not the typical breakfast steak sandwich. The meat in the bagel is not a solid, singular slab of meat, and it's not "steak" in the traditional sense. A

The Steak You Need For Copycat McDonald's Steak, Egg & Cheese Bagels (The Takeout on MSN7mon) The McDonald's Steak, Egg & Cheese bagel is not the typical breakfast steak sandwich. The meat in the bagel is not a solid, singular slab of meat, and it's not "steak" in the traditional sense. A

McDonald's Breakfast Steak Has Fewer Ingredients Than You Might Expect. Here's What's In It (Yahoo3mon) A steak and egg sandwich from McDonalds in a paper bag -

Instagram/the_southern_snack What's more nostalgic, more satisfying, and more reliable than grabbing breakfast at McDonald's? With the Egg

McDonald's Breakfast Steak Has Fewer Ingredients Than You Might Expect. Here's What's In It (Yahoo3mon) A steak and egg sandwich from McDonalds in a paper bag -

Instagram/the_southern_snack What's more nostalgic, more satisfying, and more reliable than grabbing breakfast at McDonald's? With the Egg

McDonald's brings back breakfast bagel lineup (ABC122y) MID-MICHIGAN (WJRT) - McDonald's across Mid-Michigan are bringing back their popular line of breakfast bagels. McDonald's says customers have been asking for the bagels since they last left the menu

McDonald's brings back breakfast bagel lineup (ABC122y) MID-MICHIGAN (WJRT) - McDonald's across Mid-Michigan are bringing back their popular line of breakfast bagels. McDonald's says customers have been asking for the bagels since they last left the menu

Thank Burger Beast for the Return of McDonald's Steak Egg & Cheese Bagel to South Florida (New Times Broward-Palm Beach2y) [{ "name": "GPT - Billboard - Slot Inline - Content - Labeled - No Desktop", "component": "16971022", "insertPoint": "2", "requiredCountToDisplay": "2" },{ "name

Thank Burger Beast for the Return of McDonald's Steak Egg & Cheese Bagel to South Florida (New Times Broward-Palm Beach2y) [{ "name": "GPT - Billboard - Slot Inline - Content - Labeled - No Desktop", "component": "16971022", "insertPoint": "2", "requiredCountToDisplay": "2" },{ "name

Back to Home: <https://admin.nordenson.com>