



NUTRITIONAL CHART

MENU ITEMS	SIZE	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans-Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Burrito																
Chicken	Small (Whole Wheat)	107	240	7.5	2.2	0	19	512	31.4	3	1	12.7	0	0.7	6.7	9.4
Chicken	Small (White)	107	260	7.4	2.7	0	19	612	33.4	2	2	13.7	0	0.7	6.7	11.4
Chicken	Regular (Whole Wheat)	156.5	355	11.1	3.3	0	28.5	753	44.6	5	1	19.55	0	1.05	9.05	17.1
Chicken	Regular (White)	156.5	385	11.1	3.8	0	28.5	893	48.6	2	2	19.55	0	1.05	11.05	17.1
Chicken	Large (Whole Wheat)	232	490	15.2	4.6	0	57	1136	55.2	6	2	32.1	0	2.1	12.1	19.2
Chicken	Large (White)	232	520	15.2	4.6	0	57	1196	59.2	2	1	31.1	0	2.1	12.1	24.2
Chicken	Gluten Free Tortilla (Regular Size only)	147	285	10.1	0	1.8	28.5	703	46.6	3	5	17.5	0	0	0	0
Chicken	Bowl	70	100	2.8	0.4	0	38	364	0.8	0	0	15.4	0	1.4	1.4	2.8
Steak	Small (Whole Wheat)	107	260	9.9	2.9	0	19.3	557	32.1	3	1.2	12.7	0	0	6.7	13.3
Steak	Small (White)	107	280	9.9	3.4	0	19.3	657	34.1	2	2.2	13.7	0	0	6.7	15.3
Steak	Regular (Whole Wheat)	174	420	16.8	4.8	0	38.6	934	46.2	5	1.4	23.4	0	0	9.4	25.6
Steak	Regular (White)	174	450	16.8	5.3	0	38.6	1074	50.2	2	2.4	23.4	0	0	11.4	25.6
Steak	Large (Whole Wheat)	232	550	22.7	6.7	0	57.9	1271	57.3	6	2.6	32.1	0	0	12.1	30.9
Steak	Large (White)	232	580	22.7	6.7	0	57.9	1331	61.3	2	1.6	31.1	0	0	12.1	35.9
Steak	Bowl	70	140	7.8	1.8	0	38.6	454	2.2	0	0.4	15.4	0	0	1.4	10.6
Steak	Gluten Free Tortilla (Regular Size only)	165	380	16	4	0	39	1024	52	0	6	21	0	0	2	15
Ground Beef	Small (Whole Wheat)	132	262.7	8.9	2.8	0.8	21	450	34.9	3.8	2.2	13	1.5	8.4	8.2	15.8
Ground Beef	Small (White)	132	282.7	8.9	3.3	0.8	21	550	36.9	2.8	3.2	14	1.5	8.4	8.2	17.8
Ground Beef	Regular (Whole Wheat)	194	389.05	13.35	4.2	1.2	31.5	660	49.85	6.2	2.8	20	2.25	12.6	11.3	26.7
Ground Beef	Regular (White)	194	419.05	13.35	4.7	1.2	31.5	800	53.85	3.2	3.8	20	2.25	12.6	13.3	26.7
Ground Beef	Large (Whole Wheat)	307	558.1	19.7	6.4	2.4	63	950	65.7	8.4	5.6	33	4.5	25.2	16.6	38.4
Ground Beef	Large (White)	307	588.1	19.7	6.4	2.4	63	1010	69.7	4.4	4.6	32	4.5	25.2	16.6	43.4
Ground Beef	Bowl	120	145	5.8	1.6	1.6	42	240	7.8	1.6	2.4	16	3	16.8	4.4	15.6
Ground Beef	Gluten Free Tortilla (Regular Size only)	185	349	12	3	1	32	750	56	1	8	18	10	13	3	16
Carnitas (Shredded Pork)	Small (Whole Wheat)	132	274	8	2.5	0	28.7	560	36.7	3.5	6.7	14.8	1.2	1.2	7.2	12.6
Carnitas (Shredded Pork)	Small (White)	132	294	8	3	0	28.7	660	38.7	2.5	7.7	15.8	1.2	1.2	7.2	14.6
Carnitas (Shredded Pork)	Regular (Whole Wheat)	194	406	12	3.75	0	43.05	825	52.55	5.75	9.55	22.7	1.8	1.8	9.8	21.9
Carnitas (Shredded Pork)	Regular (White)	194	436	12	4.25	0	43.05	965	56.55	2.75	10.55	22.7	1.8	1.8	11.8	21.9
Carnitas (Shredded Pork)	Large (Whole Wheat)	307	592	17	5.5	0	86.1	1280	71.1	7.5	19.01	38.4	3.6	3.6	13.6	28.8
Carnitas (Shredded Pork)	Large (White)	307	622	17	5.5	0	86.1	1340	75.1	3.5	18.1	37.4	3.6	3.6	13.6	33.8
Carnitas (Shredded Pork)	Bowl	120	168	4	1	0	57.4	460	11.4	1	11.4	19.6	2.4	2.4	2.4	9.2
Carnitas (Shredded Pork)	Gluten Free Tortilla (Regular Size only)	185	366	11	3	0	43	915	59	1	15	21	10	2	2	12
Barbacoa (Shredded Beef)	Small (Whole Wheat)	147	280	9	3.1	0	40	873	32.8	3	1.9	20	3.8	3.8	7.5	21.5
Barbacoa (Shredded Beef)	Small (White)	148	300	9	3.6	0	40	979.5	35.3	2	2.9	21	3.8	3.8	7.6	23.6
Barbacoa (Shredded Beef)	Regular (Whole Wheat)	204	400	15	5	0	53	1315	38.4	5	3.1	27	5	5	12	28
Barbacoa (Shredded Beef)	Regular (White)	204	440	13	5	0	53.3	1344	50.4	2	3.1	27.9	5	5	12	33
Barbacoa (Shredded Beef)	Large (Whole Wheat)	254	460	17	5.7	0	80	1677	39.6	5	3.7	36.8	7.5	7.5	13	37
Barbacoa (Shredded Beef)	Large (White)	254	500	15	5.7	0	80	1707	51.6	2	3.7	37.8	7.5	7.5	13	42
Barbacoa (Shredded Beef)	Bowl	100	130	4	1.5	0	53.3	724.7	2.4	0	1.1	19.9	5	5	2	18
Barbacoa (Shredded Beef)	Gluten Free Tortilla (Regular Size only) &	195	370	12	4	0	53	1294	52	0	7	26	13	5	2	23
Shrimp	Small (Whole Wheat)	162	290	9.1	2.4	0	97	826	35.6	3.3	2.4	18	9.5	12.7	9.4	19.9
Shrimp	Small (White)	163	310	9.2	2.9	0	97	932	38.1	2.3	3.4	19	9.5	12.7	9.5	21.9
Shrimp	Regular (Whole Wheat)	224	410	15	4	0	129	1252	42.2	5.3	3.9	25	12.7	16.9	14.6	25.7
Shrimp	Regular (White)	224	450	13	4	0	129	1282	54.2	2.3	3.9	26	12.7	16.9	14.6	30.7
Shrimp	Large (Whole Wheat)	284	480	17	4.2	0	193	1583	45.3	5.5	4.9	33	19	25.3	16.9	33.6
Shrimp	Large (White)	284	520	15	4.2	0	193	1613	57.3	2.5	4.9	34	19	25.3	16.9	38.6
Shrimp	Bowl	120	140	4.2	0.5	0	128.7	662	6.2	0.3	1.9	17.6	12.7	16.9	4.6	15.7
Shrimp	Gluten Free Tortilla (Regular Size only) &	215	380	12	3	0	129	1232	56	0	8	24	21	17	5	20
Black Bean Veggie Crumble	Small (Whole Wheat)	127	280	9	2	0	0	580	34	4	2	18	0	0	10	33
Black Bean Veggie Crumble	Small (White)	127	300	9	2.5	0	0	680	36	3	3	19	0	0	10	35
Black Bean Veggie Crumble	Regular (Whole Wheat)	214	460	15	3	0	0	980	50	7	3	34	0	0	16	65
Black Bean Veggie Crumble	Regular (White)	214	490	15	3.5	0	0	1120	54	4	4	34	0	0	18	65
Black Bean Veggie Crumble	Large (Whole Wheat)	292	610	20	4	0	0	1340	63	9	5	48	0	0	22	90
Black Bean Veggie Crumble	Large (White)	292	640	20	4	0	0	1400	67	5	4	47	0	0	22	95
Black Bean Veggie Crumble	Bowl	110	180	6	0	0	0	500	6	2	2	26	0	0	8	50
Black Bean Veggie Crumble	Gluten Free Tortilla (Regular Size only) &	205	420	14	2	0	0	1070	56	2	8	32	8	0	8	55
Bean & Veggies	Small (Whole Wheat)	72	190	6	2	0	0	330	31	3	1	5	0	0	6	8
Bean & Veggies	Small (White)	72	210	6	2.5	0	0	430	33	2	2	6	0	0	6	10
Bean & Veggies	Regular (Whole Wheat)	104	280	9	3	0	0	480	44	5	1	8	0	0	8	15
Bean & Veggies	Regular (White)	104	310	9	3.5	0	0	620	48	2	2	8	0	0	10	15

Bean & Veggies	Large (Whole Wheat)	127	340	11	4	0	0	590	54	6	2	9	0	0	10	15	
Bean & Veggies	Large (White)	127	370	11	4	0	0	650	58	2	1	8	0	0	10	20	
Bean & Veggies	Bowl	109.5	125.4	4.95	1.2	0.15	0	87	22.65	7.35	0.9	8.4	0	0	2.25	10.65	
Bean & Veggies	Gluten Free Tortilla (Regular Size only) &	95	240	8	2	0	0	570	50	0	6	6	8	0	0	5	
Quesadillas																	
Chicken	White	154	340	9.8	3.4	0	38	864	40.8	2	2	21.4	0	1.4	9.4	14.8	
Steak	White	154	380	14.8	4.8	0	38.6	954	42.2	2	2.4	21.4	0	0	9.4	22.6	
Ground Beef	White	204	385	12.8	4.6	1.6	42	740	47.8	3.6	4.4	22	3	16.8	12.4	27.6	
Carnitas (Shredded Pork)	White	204	408	11	4	0	57.4	960	51.4	3	13.4	25.6	2.4	2.4	10.4	21.2	
Barbacoa (Shredded Beef)	White	160	345	19.3	9.9	3	95	1168	10.5	1.8	1.5	33.6	18.8	6.2	37	22	
Shrimp	White	230	355	19.5	8.9	0.3	170.4	1106	14.3	2.1	2.3	31.3	26.5	18.1	39.6	19.7	
Black Bean Veggie Crumble	White	194	420	13	3	0	0	1000	46	4	4	32	0	0	16	62	
Bean & Veggies	White	230	404	13.6	4.6	0.2	0	616	70.2	11.8	3.2	17.2	0	0	11.8	23.4	
Tacos																	
Chicken (3 Tacos)	Soft Flour	136.5	315	8.1	1.8	0	28.5	813	42.6	3	3	20.55	0	1.05	10.05	2.1	
Chicken (3 Tacos)	Crispy Shell, Soft Corn (Gluten Free)	82.5	225	9.6	2.7	0	28.5	273	17.1	0	0	13.05	0	1.05	4.05	5.1	
Steak (3 Tacos)	Soft Flour	136.5	345	11.85	2.85	0	28.95	880.5	43.65	3	3.3	20.55	0	0	10.05	7.95	
Steak (3 Tacos)	Crispy Shell, Soft Corn (Gluten Free)	82.5	225	13.35	3.75	0	28.9	340.5	18.5	0	0.3	13.05	0	0	4.05	10.95	
Ground Beef (3 Tacos)	Soft Flour	174	349.05	10.35	2.7	1.2	31.5	720	47.85	4.2	4.8	21	2.25	12.6	12.3	11.7	
Ground Beef (3 Tacos)	Crispy Shell, Soft Corn (Gluten Free)	120	259.05	11.85	3.6	1.2	31.5	180	22.35	1.2	1.8	13.5	2.25	12.6	6.3	14.7	
Carnitas (3 Tacos)	Soft Flour	174	366	9	2.25	0	43.05	885	50.55	3.75	11.55	23.7	1.8	1.8	10.8	6.9	
Carnitas (3 Tacos)	Crispy Shell, Soft Corn (Gluten Free)	120	276	10.5	3.15	0	43.05	345	25.05	0.75	8.55	16.2	1.8	1.8	4.8	9.9	
Barbacoa (3 Tacos)	Soft Flour	177	375	10.5	3.1	0	80.1	1246	16.6	1	2.8	31.7	7.5	7.5	5	31	
Barbacoa (3 Tacos)	Crispy Shell, Soft Corn (Gluten Free)	163	220	6	2.1	0	80.1	1086	11.4	0	1.8	31.7	7.5	7.5	5.6	27	
Shrimp (3 Tacos)	Soft Flour	177	260	7.6	1.6	0	160.8	987	20.8	1.3	3.4	23.9	15.9	21	7.7	23.5	
Shrimp (3 Tacos)	Crispy Shell, Soft Corn (Gluten Free)	163	205	5.1	0.6	0	160.8	847	13.3	0.8	2.4	22.4	15.9	21	9.7	20.5	
Black Bean Veggie Crumble (3 Tacos)	Soft Flour	166.5	375	10.5	1.5	0	0	915	46.5	4.5	4.5	28.5	0	0	15	37.5	
Black Bean Veggie Crumble (3 Tacos)	Crispy Shell, Soft Corn (Gluten Free)	112	285	12	2.4	0	0	375	21	1.5	1.5	21	0	0	9	40.5	
Toppings																	
Black Beans	Small Burrito	50	20	0.3	0.1	0	0	212	11.4	2.6	3.6	2.6	0	0.8	2	7	
Black Beans	Regular, Large Burrito, Quesadillas, Bowl, Salad	60	20	0.4	0.1	0	0	254.4	13.7	3.1	4.3	3.1	0	1	2.4	8.4	
Pinto Beans	Small Burrito	50	30	0.2	0.1	0	0	78.2	5.3	1.5	0.3	1.7	0.4	1	1.4	3.3	
Pinto Beans	Regular, Large Burrito, Quesadillas, Bowl, Salad	60	35	0.3	0.1	0	0	93.8	6.4	1.8	0.4	2	0.5	1.2	1.7	4	
Rice	Small Burrito	75	110	2	0.2	0	0	164.7	20.2	0.8	0.6	2.5	1	1	0.7	0.3	
Rice	Regular, Large Burrito, Quesadillas, Bowl, Salad	110	160	2.9	0.4	0	0	241.5	29.6	1.2	0.9	3.7	1.4	1.4	1	0.4	
Cheese	Small Burrito	10	35	3	1.7	0.1	8.3	70	0.3	0	0	2.3	2.7	0	6.7	0	
Cheese	Regular, Large Burrito, Bowl, Salad	30	110	9	5	0.2	25	210	1	0	0	7	8	0	20	0	
Queso Cheese	Nachos	113	160	8.5	3.4	2.5	17.3	969.7	9	0.1	3.9	3.7	0.9	0.5	11.2	3.4	
Queso Cheese	Fiesta potatoes, Chips & Queso, Side of	90	120	6.8	2.7	2	13.8	772	7.2	0	3.1	3	0.7	0.4	8.9	2.7	
Guacamole	Burritos, Bowls, Salads	60	80	7.2	1	0	0	108.5	4.8	3.4	0.6	1	3.6	11.2	0.6	1.7	
Guacamole	Quesadillas, Chips & Guac, Side of Guac	113	160	13.6	1.9	0	0	204.4	9	6.4	1.1	1.9	6.7	21.2	1.2	3.1	
Mild Salsa	Small Burrito, Quesadillas	25	5	0	0	0	0	119.8	1.3	0.2	0.8	0.2	4.8	8.5	0	0	
Mild Salsa	Regular, Large Burrito, Bowl, Salad	80	20	0	0	0	0	383.3	4.2	0.7	2.7	0.5	15.4	27.2	0	0	
Mild Salsa	Chips and Salsa Combo	113	30	0	0	0	0	551	6.1	1	3.9	0.7	22.2	39.1	0	0	
Salsa Verde (Medium)	Small Burrito, Quesadillas	40	15	0.4	0	0	0	156.3	2.4	0.4	1.6	0.5	4.6	4.9	1.9	0.5	
Salsa Verde (Medium)	Regular, Large Burrito, Bowl, Salad	113	50	1.3	0.1	0	0	441.4	6.9	1.1	4.6	1.5	13.1	13.8	5.4	1.5	
Salsa Verde (Medium)	Chips and Salsa Combo	113	50	1.3	0.1	0	0	441.4	6.9	1.1	4.6	1.5	13.1	13.8	5.4	1.5	
Salsa Roja (Hot)	Small Burrito, Quesadillas	40	25	1.3	0.1	0	0	234.7	3	0.4	2.3	0.3	1.2	13.1	2.5	0.1	
Salsa Roja (Hot)	Regular, Large Burrito, Bowl, Salad	113	70	3.7	0.2	0	0	663.2	8.4	1.1	6.6	0.9	3.3	37	7.1	0.2	
Salsa Roja (Hot)	Chips and Salsa Combo	113	70	3.7	0.2	0	0	663.2	8.4	1.1	6.6	0.9	3.3	37	7.1	0.2	
Cabbage Coleslaw	Burrito, Tacos, Bowl, Salad, Quesadillas	50	15	0	0	0	0	160.4	3.9	0.9	2.5	0.6	4.5	30.9	18.4	0.2	
Corn	Burrito, Quesadillas, Bowl, Salad, Tacos	30	30	0.2	0	0	0	0.9	6	0.6	0.9	0.3	0.6	3	10.5	0.6	
Pineapple	Burrito, Quesadillas, Bowl, Salad, Tacos	40	20	0	0	0	0	0	5.3	0.3	4.9	0	0	12	0	0	
Lettuce	Burrito, Quesadillas, Bowl, Salad, Tacos	32	2	0	0	0	0	3	1	0	0	0	1	0	0	0	
Jalapeno Peppers - Garnish	Burrito, Quesadillas, Bowl, Salad, Tacos	4	0	0	0	0	0	0	0.2	0.1	0.1	0	0.6	0	0	0.2	
Cilantro - Garnish	Burrito, Quesadillas, Bowl, Salad, Tacos	1	0	0	0	0	0	0.5	0	0	0	0	1.3	0.5	0	0	
Fresh Onion-Garnish	Burrito, Quesadillas, Bowl, Salad, Tacos	12	5	0	0	0	0	1	3	0	1	0	0	3	0	2	
Fresh Tomatoes - Garnish	Burrito, Quesadillas, Bowl, Salad, Tacos	40	12	0	0	0	0	62.7	1.9	0.27	1.36	0.27	5.45	13.63	0.54	1.09	
Fresh Green Peppers- Garnish	Burrito, Quesadillas, Bowl, Salad, Tacos	25	5	0	0	0	0	1	1	0	1	0	0	3	0	1	
Fresh Limes	Burrito, Quesadillas, Bowl, Salad, Tacos	9	5	0	0	0	0	0.2	1	0.3	0.2	0.1	0	4.4	3	0.1	
Sour Cream	Small Burrito, Quesadillas	15	25	2	1.3	0.1	7.5	15	1	0	0.5	0.5	3	0	2	0	
Sour Cream	Regular, Large Burrito, Bowl, Salad	45	75	6	3.8	0.2	22.5	45	3	0	1.5	1.5	9	0	6	0	
Guac Sauce (Smokey Chipotle)	Small Burrito, Quesadillas	15	15	2.25	0.3	0	3.4	71	0.6	0.1	0.5	0	0	0	0.5	0	
Guac Sauce (Smokey Chipotle)	Regular, Large Burrito, Bowl, Salad	47	47	6	0.8	0	9.07	189.3	1.73	0.27	0.13	0	0	0	1.33	0	
Cilantro Lime Sauce	Small Burrito, Quesadillas	15	25	2	1.3	0.1	7.5	15	1	0	0.5	0.5	3	0	2	0	
Cilantro Lime Sauce	Regular, Large Burrito, Bowl, Salad	45	75	6	3.8	0.2	22.5	45	3	0	1.5	1.5	9	0	6	0	

Smokey Lime Dressing	Salad	30	120	9.7	0.7	0	0	0	37	7.9	0.4	6.9	0.1	1.1	5.7	0.1	0.2
Hot Sauce	Burrito, Quesadillas, Bowl, Salad, Tacos	1	0.88	0.03	0	0	0	0.88	0.13	0.05	0.03	0.04	0.04	0.53	0.05	0.12	
Chips	Combo, Side of Chips	60	120	3.7	0.1	0	0	362.4	16.8	0	0	2.1	4.2	0.1	4.2	0	
Enchilada	Burrito	60	25	1.5	0	0	0	400	0	3	0	1	1	2	3	0	
Nachos	Nachos	173	280	12.2	3.5	2.5	17.3	1332	25.8	0.1	3.9	5.8	5.1	0.6	15.4	3.4	
Fiesta Potatoes	Fiesta Potatoes	85	130	4	0.5	0	0	450	21	2	0	0	2	0	14	0.6	
Kids Menu																	
Kids' Tortilla	Kids Burrito	42	120	3.5	1	0	0	190	19	1	1	3	0	0	4	6	
Soft Corn Taco	Tacos	13	25	0	0	0	0	20	5.5	0.5	0	0.5	0	0	4	1	
Crispy Corn Taco	Tacos	13	40	0	0	0	0	0	7.8	0	0	0	0	0	2.6	0	
Rice	Kids Burrito	50	70	1.3	0.2	0	0	109.8	13.5	0.5	0.4	1.7	0.6	0.6	0.5	0.2	
Pinto Beans	Kids Burrito	30	20	0.1	0	0	0	46.9	3.2	0.9	0.2	1	0.3	0.6	0.9	2	
Black Beans	Kids Burrito	30	10	0.2	0	0	0	127.2	6.8	1.6	2.2	1.6	0	0.5	1.2	4.2	
Beef Barbacoa	Taco, Kids Burrito, Quesadilla	50	60	2	0.7	0	26.7	362.3	1.2	0	0.6	9.9	2.5	2.5	1	9	
Pork Carnitas	Taco, Kids Burrito, Quesadilla	50	70	3	1	0	28.7	334.3	1	0.5	0.6	13	1.4	3.5	0.8	3.7	
Steak	Taco, Kids Burrito, Quesadilla	50	80	3.6	0.8	0	21.3	201.4	0	0	0	10.5	0	2.4	0.9	4.7	
Chicken	Taco, Kids Burrito, Quesadilla	50	50	1.4	0.2	0	17	401.1	1.4	0	1.2	8.8	0.9	0.5	0.1	0.8	
Ground Beef	Taco, Kids Burrito, Quesadilla	50	160	13.5	4.9	0	30.9	440.4	2.4	1.1	0.6	7.7	13.2	0	1.8	7	
Shrimp	Taco, Kids Burrito, Quesadilla	50	60	1.7	0.2	0	53.6	275.9	2.6	0.1	0.8	7.3	5.3	7	1.9	6.5	
Black Bean Crumble	Taco, Kids Burrito, Quesadilla	50	130	8.1	0.5	0	0	319.6	6.6	0.8	4.1	8.3	1.3	1.3	1.3	9.4	
Cheese	Kid's Quesadilla	40	150	12	6.7	0.3	33.3	280	1.3	0	0	9.3	10.7	0	26.7	0	
Cheese	Taco, Kids Burrito	10	35	3	1.7	0.1	8.3	70	0.3	0	0	2.3	2.7	0	6.7	0	
Mild Salsa	Kids Burrito	20	5	0	0	0	0	95.8	1.1	0.2	0.7	0.1	3.9	6.8	0	0	
Salsa Verde (Medium)	Kids Burrito	20	10	0.2	0	0	0	78.1	1.2	0.2	0.8	0.3	2.3	2.4	1	0.3	
Salsa Roja (Hot)	Kids Burrito	20	10	0.7	0	0	0	117.4	1.5	0.2	1.2	0.2	0.6	6.6	1.3	0	
Sour Cream	Kids Burrito	15	25	2	1.3	0.1	7.5	15	1	0	0.5	0.5	3	0	2	0	
Chips	Kids' Meals	35	70	2.2	0.1	0	0	211.4	9.8	0	0	1.2	2.5	0.1	2.5	0	

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4-12) need an average of 1,500 calories a day, however, individual needs vary.

0 = less than 5 calories.