



MENU ITEM	INGREDIENT	Calories kCal	Total Fat g	Sat Fat g	Trans Fat g	Sodium mg	Cholesterol mg	Carbs g	Sugar g	Fibre g	Protein g
BURRITOS & BOWLS*	Flour Tortilla 10" (Small)	210	6.1	2.5	0	436	0	34	2	2	6
	Flour Tortilla 12" (Big)	310	9	3.5	0	620	0	48	2	2	8
	Flour Tortilla 13.5" (Huge)	385	11	3.7	0.3	630	0	60	3	3	11
	Whole Wheat Tortilla 10" (Small)	190	6	2	0	330	0	31	1	3	5
	Whole Wheat Tortilla 12" (Big)	270	11	0.5	0	590	0	36	2	5	7
	Whole Wheat Tortilla 13.5" (Huge)	370	12	4.5	0.1	70	0	55	1	7	10
	Gluten Friendly Tortilla 12" (Big)	220	13.9	2	0	500	0	45	6	4	6
	Baked Chicken	109/157/174	4.8/6.3/6.5	0.7/1.0/1.7	0.3/0.3/0.7	315/449/507	30/40/45	0/1/2	0/1/1	0	17/23/27
	Breaded Chicken	289/407/464	19.8/27.3/30.5	1.7/3/2.7	0.3/0.8/0.7	585/809/927	45/60/70	13/19/21	4/5/6	1/1/2	14/20/24
	Ground Beef	159/197/254	9.8/12.3/15.5	2.7/4.0/4.7	0.8/0.8/1.2	385/459/617	40/50/70	1/1/1	0/1/1	0	15/18/25
	Pulled Pork	129/157/184	4.8/5.3/6.5	0.7/1.0/1.0	0.3/0.3/0.7	235/309/347	30/40/50	3/4/4	2/3/3	0	17/22/26
	Sauteed Veggies	79/91/93	6.7/5.8/8.4	0.10.5/1.0	0.4/0.5/0.7	5/10/15	10/15/25	3/4/5	3/3/5	0/0/1	0
	Sweet Potato	140/176/197	6.8/7.0/8.6	0.1/0.5/1.0	0.3/0.5/0.7	216/290/359	15/20/25	18/24/30	6/7/9	3/4/5	2/2/2
	Pulled Beef	149/176/197	9.8/12.3/15.5	2.7/4.0/4.7	0.3/0.3/0.7	265/319/417	40/50/65	0/0/1	0/0/1	0	13/23/21
	Crispy Fish	299/377/484	17.8/22.3/28.5	1.7/3.0/3.7	0.3/0.8/0.7	405/499/657	40/50/65	24/30/38	0/1/1	1/1/1	11/13/18
	Sauteed Shrimp	119/127/174	6.8/7.3/9.5	0.7/1.0/0.7	0.3/0.3/0.7	515/569/747	120/135/180	1/2/2	0	0	12/12/17
	Tofu	123/157/180	7.4/9.3/11.9	0.1/0.5/1.3	0.3/0.3/0.7	189/229/283	15/20/25	8/10/12	7/9/11	0	6/7/8
	Burrito Sauce	20/35/50	1.5/2.0/3.0	0	0	110/160/250	0/5/5	2/3/5	1/2/2	0	0
	Sour Cream	15/20/30	1.5/2.0/3.0	0	0	10/15/2005	5/5/10	1/1/1	0	0	0
	Hot Sauce	10/10/2010	0.5/0.5/0.5	0	0	20/20/20	0	1/1/1	1/1/1	0	0
	Buffalo Fusion Sauce	2/4/6	0	0	0	750/1000/1500	0	0	0	0	0
	Chipotle Fusion Sauce	38/50/75	0	0	0	210/280/420	0	8/10/15	5/7/11	0	1/1/2
	Tequila Lime Sauce	45/60/90	0.2/0.2/0.3	0.1/0.1/0.2	0	435/580/870	0	11/14/21	4/5/8	0	0/0/1
	Sweet Chili Thai	53/70/90	0	0	0	255/340/650	0	11/15/21	11/14/18	0	0
	Crunchies	15/20/30	0.5/1.0/1.5	0	0	0	0	2/3/4	0	0	0
	Shredded Cheese	66	4.4	3.3	0	227	15	1.5	0	0	3.66
	Lettuce	3	0	0	0	0	0	1	0.3	0.7	0.3
	Queso	66.5	3.49	1.76	0.1	421	10	5.7	2.47	0.43	3.03
	Green Onions	1/3/3	0	0	0	0	0	0/1/1	0	0	0
	Jalapenos	0/0/5	0	0	0	0	0	0/1/1	0/1/1	0/0/1	0
	Cilantro	0	0	0	0	0	0	0	0	0	0
	Green Peppers	5/10/15	0	0	0	0	0	1/2/3	1/1/1	0/1/1	0/1/1
Pico de Gallo	15/20/25	0.5/1.0/1.0	0	0	180/240/300	0	2/3/3	1/1/1	0	0	
Salsa	13/17/21	0	0	0	142/190/237	0	2/3/4	1/2/2	1/1/1	0/1/1	
Guacamole	35/45/70	3/4/6	0/0.5/1.0	0	65/85/125	0	3/4/2002	0	2/3/2001	0/1/1	
Coleslaw	30/35/45	2/2.5/3	0	0	55/70/85	0	3/4/2003	3/3/2002	1/1/2001	0	
Corn	10/14/20	0	0	0	32/43/65	0	2/2/3	0/0/1	0	0	
Noodles	170/210/250	7/9/11	0/0.5/0.5	0	60/70/85	0/5/5	22/27/33	0	0/1/1	4/5/6	
Refried Beans	61/69/107	0.6/0.7/1	0.2/0.2/0.4	0	223/251/391	0	10/12/18	0	4/4/6	4/4/6	
Black Beans	154/208/256	1.5/2.0/2.6	0	0	369/492/615	0	28/37/46	2/2/3	9/12/15	9/12/15	
Rice	135/162/189	0.4/0.5/0.6	0.1/0.1/0.2	0	335/402/469	0	26/35/41	1/2/2	1/1/1	3/3/4	

*Nutritional information listed as SMALL/BIG/HUGE sizes unless otherwise indicated. Nutritional information for BOWLS is the same as BIG BURRITOS

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



MENU ITEM	INGREDIENT	Calories kCal	Total Fat g	Sat Fat g	Trans Fat g	Sodium mg	Cholesterol mg	Carbs g	Sugar g	Fibre g	Protein g	
TACOS	Flour Tortilla 6"	90	2.5	1	0	190	0	14	1	1	1	
	Baked Chicken	174	935	1.7	0.7	507	45	0	0	0	27	
	Ground Beef	1559	9.8	2.7	0.8	385	40	1	0	0	15	
	Pulled Pork	157	5.3	1	0.3	309	40	4	3	0	22	
	Crispy Fish	484	28.5	3.7	0.7	657	65	38	1	1	18	
	Sauteed Shrimp	127	7.3	1	0.3	569	135	2	0	0	12	
	Sauteed Veggie	91	5.8	0.5	0.5	10	15	4	3	0	0	
	Tequila Lime Fusion Sauce	90	0.3	0.2	0	870	0	21	8	0	1	
	Shredded Cheese	132	8.8	6.6	0	454	29.2	2.92	0	0	7.32	
	Lettuce	3	0	0	0	0	0	0	0.3	0.7	0.3	
	Green Onions	1	0	0	0	0	0	0	0	0	0	
	Fresh Lime	5	0	0	0	0	0	1	0	0	0	
	Salsa	25	0	0	0	285	0	5	3	1	1	
	Crunchies	60	3	0	0	0	0	9	0	0	0	
	Cilantro	0	0	0	0	0	0	0	0	0	0	
	Green Peppers	10	0	0	0	0	0	2	1	1	0	
	Pico de Gallo	15	0.5	0	0	180	0	2	1	0	0	
	Coleslaw	45	3	0	0	85	0	4	3	1	0	
	Refried Beans	91	0.9	0.3	0	335	0	16	0	5	5	
	Rice	81	0.25	0.1	0	201	0	18	1	0	2	
Corn	20	0	0	0	65	0	3	1	0	0		
QUESADILLAS	Flour Tortilla 12"	310	9	3.5	0	620	0	48	2	2	8	
	Whole Wheat Tortilla 12"	270	11	3.5	0	590	0	36	2	5	7	
	Baked Chicken	157	6.3	1	0.3	449	40	1	1	0	23	
	Ground Beef	197	12.3	4	0.8	459	50	1	1	0	18	
	Pulled Pork	157	5.3	1	0.3	309	40	4	3	0	22	
	Pulled Beef	177	12.3	4	0.3	319	50	1	1	0	23	
	Sauteed Veggie	91	5.8	0.5	0.5	10	15	4	3	0	0	
	Sauteed Shrimp	127	7.3	1	0.3	569	135	2	0	0	12	
	Burrito Sauce	20	1.5	0	0	110	0	2	1	0	0	
	Buffalo Fusion Sauce	4	0	0	0	1000	0	0	0	0	0	
	Chipotle Fusion Sauce	50	0	0	0	280	0	10	7	0	1	
	Tequila Lime Fusion Sauce	60	0.2	0.1	0	580	0	14	5	0	0	
	Hot Sauce	10	0.5	0	0	20	0	1	1	0	0	
	Salsa	33	0	0	0	379	0	7	4	2	1	
	Sour Cream	80	8	0	0	40	20	4	0	0	0	
	Shredded Cheese											
	Queso	66.5	3.49	1.76	0.1	421	10	5.7	2.47	0.43	3.03	
	Green Onions	1	0	0	0	0	0	0	0	0	0	
	Jalapenos	0	0	0	0	0	0	0	0	0	0	
	Cilantro	0	0	0	0	0	0	0	0	0	0	
	Green Peppers	5	0	0	0	0	0	1	1	0	0	
	Pico de Gallo	15	5	0	0	180	0	2	1	0	0	
	Corn	14	0	0	0	43	0	2	0	0	0	
	Crunchies	15	0.5	0	0	0	0	2	0	0	0	

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CHIPS & SALSA	Corn Tortilla Chips	570	27	3.5	0	420	0	73	4	8	8
	Salsa	77	3	0.24	0	585	0	15.09	4.6	1.8	1.3
CHIPS & GUAC	Corn Tortilla Chips	570	27	3.5	0	420	0	73	4	8	8
	Guacamole	140	12	2	0	250	0	8	0	6	2
QUESO		133	6.97	3.51	0.2	842	20	11.4	4.94	0.86	6.05
CHEESECAKE BURRITO		570	225	12.4	0.3	722	20	82	41	2	10
DEEP FRIED MARS BAR		640	28	12	0	530	25	96	56	4	9
CINNAMON CHURRO CHIPS		338	16.4	2.5	9	579	0	37	6	2	8
DRINKS:											
Tropical Delight Juice	Strawberry Banana	130	0	0	0	5	0	63	31	1	0
	Guava	130	0	0	0	5	0	63	31	1	0
	Mango	130	0	0	0	5	0	63	31	1	0
Jarritos	Fruit Punch	170	0	0	0	70	0	43	43	0	0
	Mango	170	0	0	0	70	0	43	43	0	0
	Pineapple	170	0	0	0	70	0	43	43	0	0
	Mandarin	170	0	0	0	70	0	43	43	0	0
	Strawberry	170	0	0	0	70	0	43	43	0	0
	Guava	170	0	0	0	70	0	43	43	0	0
	Tamarind	170	0	0	0	70	0	43	43	0	0
	Lime	170	0	0	0	70	0	43	43	0	0
Chocolate Milk		190	3.5	2	0	200	15	31	30	1	10
Pepsi	Can	150	0	0	0	35	0	42	41	0	0
	Bottle	260	0	0	0	55	0	69	69	0	0
Pepsi Zero Sugar	Bottle	0	0	0	0	60	0	0	0	0	0.2
Diet Pepsi	Can	0	0	0	0	45	0	0	0	0	0.1
	Bottle	0	0	0	0	80	0	0	0	0	0.2
Mug Root Beer	Bottle	270	0	0	0	110	0	72	71	0	0
Cursh Orange	Bottle	270	0	0	0	120	0	72	71	0	0
Brisk Lemon	Can	70	0	0	0	115	0	17	17	0	0
	Bottle	110	0	0	0	190	0	29	29	0	0
7UP	Can	140	0	0	0	80	0	37	37	0	0
	Bottle	240	0	0	0	135	0	61	61	0	0
Dr. Pepper	Bottle	240	0	0	0	95	0	64	63	0	0
Mtn Dew	Bottle	290	0	0	0	105	0	77	77	0	0
Schweppes Ginger Ale	Can	120	0	0	0	45	0	32	32	0	0
Pure Leaf Lemon	Bottle	160	0	0	0	5	0	42	42	0	0
Pure Leaf Raspberry	Bottle	180	0	0	0	5	0	46	46	0	0
Gatorade Blue	Bottle	140	0	0	0	270	0	36	34	0	0
Aquafina	Bottle	0	0	0	0	0	0	0	0	0	0
Dole Orange Juice	Bottle	220	0	0	0	15	0	52	51	1	3
Dole Apple Juice	Bottle	210	0	0	0	20	0	48	46	0	4
Bubly Blackberry	Can	0	0	0	0	0	0	0	0	0	0
Bubly Lime	Can	0	0	0	0	0	0	0	0	0	0

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