



Nutrition Information

Menu Item	Serving Size	Calories	Fat (g)	Calories from Fat	Saturated Fat (g)	Trans Fat (g)*	Cholesterol (mg)	Protein (g)	Carbohydrate (g)	Dietary Fiber (g)	Sodium (mg)
Burrito (without condiments)											
Bean, rice & Cheese	1 burrito	430	15	130	5	0	20	16	59	5	660
Beef & cheese	1 burrito	490	20	190	10	0	100	40	32	2	650
Chicken & cheese	1 burrito	460	20	180	5	0	90	36	33	2	800
Quesadilla											
Beef & cheese	1 Quesadilla	490	21	190	8	0	100	40	32	2	650
Cheese	1 Quesadilla	490	29	260	16	0	60	23	34	2	900
Chicken & cheese	1 Quesadilla	460	20	180	7	0	85	36	33	2	800
Taco (without condiments)											
Bean, rice & cheese	2 tacos	340	15	140	5	0	20	12	38	4	450
Beef & cheese	2 tacos	430	20	200	10	0	100	37	18	1	420
Chicken & cheese	2 tacos	390	20	180	10	0	90	32	18	1	570
Salsa & Guacamole											
Ancho Chile Salsa	.25 cup	35	1.5	15	0	0	0	0	5	0	400
Guacamole	.25 cup	55	5	45	0.5	0	0	<1	3	2	50
Salsa Fresca	.25 cup	10	0	0	0	0	0	0	2	0	70
Salsa/Guac mix	.25 cup	35	2.5	25	0	0	0	<1	3	1	60
Miscellaneous											
Beef	1 oz.	70	3	25	0.5	0	25	10	0	0	45
Chicken	1 oz.	60	2.5	25	0.5	0	20	8	0	0	95
Cheese	1 oz.	100	10	70	5	0	20	6	1	0	190
Fried fish	1 oz.	45	1	30	0	0	5	3	4	0	170
Refried beans	.25 cup	60	1	9	0.5	0	0	4	9	3	160
Rice	.25 cup	50	0	0	0	0	0	1	11	0	0
Lettuce	.5 oz	2	0	0	0	0	0	0	0	0	0
Tomato	.25 cup	10	0	0	0	0	0	0	2	<1	0
Sour cream	2 T.	45	4.5	40	2.5	0	10	0	<1	0	20
Cabbage	0.5 oz	5	0	0	0	0	0	0	1	0	0
Jalapenos	0.5 oz	5	0	0	0	0	0	0	1	<1	0

Green pepper	0.5 oz	5	0	0	0	0	0	0	1	<1	0
Red onion	0.5 oz	10	0	0	0	0	0	0	0	0	0
Tortilla	1 tortilla	190	5	45	1	0	0	5	31	2	330
Taco Shell	1 shell	60	2.5	25	1	0	0	1	8	<1	50
Tortilla Chips	1 oz.	140	7	60	1	0	0	2	19	2	120

Disclaimer

Analysis is based on a standard recipe which may include condiments and side dishes

Variability occurs periodically due to adjustments in serving sizes, product availability from food suppliers and recipe formulation. We have attempted to provide as complete a nutrition analysis as possible. The analysis is comprised of data from our suppliers, the US Dept. of Agriculture, and NutritionistPro nutrient analysis software program from Axxya Systems in Stafford, Texas.

Information is not meant to be a substitute for laboratory analysis.

Our vendors reserve the right to change products. We will attempt to keep nutritional information as current as possible.

***trans fats found in beef, lamb, pork, butter, cream and milk are naturally occurring*