



# NUTRITIONAL GUIDE

	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	DIETARY FIBER (g)	TOTAL SUGARS (g)	PROTEIN (g)
<b>BURRITOS</b>											
Pork Burrito	910	350	39	17	0	125	1570	95	7	7	45
Chicken Burrito	810	260	29	13	0	100	1590	96	8	7	40
Beef Burrito	850	300	34	16	1	95	1870	95	7	8	39
Two-Bean Burrito	750	210	23	12	0	45	1590	106	13	7	29
Pork Burrito Bowl	630	290	32	15	0	135	780	46	6	5	39
Chicken Burrito Bowl	500	190	21	10	0	100	770	48	6	5	32
Beef Burrito Bowl	540	230	25	13	1	95	1050	46	6	5	31
Two-Bean Burrito Bowl	450	140	15	9	0	45	770	57	11	5	20
<b>QUESADILLAS</b>											
Pork Quesadilla	870	440	49	24	0	165	1520	56	3	6	48
Chicken Quesadilla	740	340	38	19	0	130	1510	58	3	6	40
Beef Quesadilla	770	380	43	22	1	130	1790	57	3	7	39
Spicy Two-Bean Quesadilla	700	290	32	18	0	75	1580	71	9	6	30
<b>TACO SALAD</b>											
Pork Taco Salad	850	430	48	19	0	145	1510	59	8	8	44
Chicken Taco Salad	710	330	37	14	0	105	1500	60	8	8	36
Beef Taco Salad	750	370	41	17	1	105	1790	59	8	9	36
Spicy Two-Bean Taco Salad	660	280	31	13	0	50	1510	70	13	8	25
<b>TACOS</b>											
BBQ Pork Tacos	700	420	46	21	0	165	550	30	4	5	41
Shredded Chicken Tacos	550	300	33	15	0	120	520	32	4	6	31
Beef Tacos	620	360	40	19	1	130	900	31	3	6	34
Spicy Two-Bean Tacos	560	250	28	14	0	65	730	53	13	6	24
Soft BBQ Pork Tacos	810	420	46	22	0	165	1240	50	3	7	46
Soft Chicken Tacos	650	300	33	16	0	120	1210	51	3	7	36
Soft Beef Tacos	720	360	40	20	1	130	1590	50	3	8	38
Spicy Two-Bean Soft Tacos	660	250	28	15	0	65	1420	73	12	7	29
<b>NACHOS</b>											
Pork Nachos	850	410	45	19	1	150	1530	69	13	6	43
Chicken Nachos	720	300	34	14	1	115	1520	71	13	7	35
Beef Nachos	760	340	38	17	1	115	1810	69	13	7	34
Two-Bean Nachos	660	250	28	13	1	60	1530	80	18	7	24
<b>SIDES</b>											
Cilantro Lime Rice	120	0	0	0	0	0	45	27	0	0	3
Southwest Black Beans	110	10	1	0	0	0	290	18	7	< 1 g	7
Charro Beans	90	5	0	0	0	0	280	16	6	< 1 g	6
Tortilla Chips	270	0	0	0	75	0	300	48	0	6	6
Queso Dip-Sm.	160	130	15	8	0.5	40	670	2	0	1.5	8
Guacamole-Sm.	70	60	6	0	0	0	60	4	4	0	< 1 g
Salsa Zoca-Lg.	20	0	0	0	0	0	300	8	1	1	0
Pico de Gallo-Lg.	30	0	0	0	0	0	180	5	1	3	< 1 g
Queso Dip-Lg.	320	250	27	16	1	80	1310	4	0	3	16
Guacamole-Lg.	140	120	12	0	0	0	120	8	8	0	< 1 g

Additional nutrition information available upon request. 2000 calories a day is used for general advice, but calorie needs vary.