

# NUTRITIONAL INFORMATION

**Build Your Own!** Select from the ingredients below to build your perfect taco, burrito or salad.



	SERVING SIZE	TOTAL CALORIES (CAL)	CALORIES FROM FAT (FAT CAL)	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATES (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
<b>BURRITOS</b>												
Flour Tortilla	1 tortilla	300	80	8	2	1.5	0	770	47	3	3	10
Spinach Tortilla	1 tortilla	260	70	2	2	0	0	700	41	4	2	8
Chipotle Tortilla	1 tortilla	260	70	3	3	0	0	880	39	2	2	8
Wheat Tortilla	1 tortilla	250	70	8	1.5	0	0	700	37	5	2	9
Chicken	3oz	130	30	3.5	1	0	70	85	1	0	17	24
Spicy Chicken	3oz	140	30	3.5	1	0	70	310	2	0	17	24
Steak	3oz	180	90	10	3.5	0	90	320	1	0	0	21
Ground Turkey	3oz	130	60	7	1.5	0	60	400	2	0	0	14
Ground Beef	3oz	250	160	18	7	0	60	230	2	0	0	20
Tofu	3oz	110	60	7	1	0	0	810	3	1	1	8
Fish	3oz	115	35	4	0.5	0	50	410	1	0	0	20
Rice	3oz	120	0	0	0	0	0	330	28	0	0	3
Black Beans	3oz	60	0	0	0	0	0	160	11	2	0	3
Pinto Beans	3oz	50	0	0	0	0	0	105	10	6	0	3
Cheese	1.5oz	160	120	13	8	0	40	230	0	0	0	10
Salsa	2.5oz	10	0	0	0	0	0	140	3	1	2.5	1
Iceberg Lettuce	0.75oz	0	0	0	0	0	0	0	1	1	<1	0
Romaine Lettuce	0.75oz	0	0	0	0	0	0	0	0	0	<1	0
Guacamole	1.5oz	45	30	3.5	0.5	0	0	115	3	1	2.3	1
Sour Cream	1.2oz	60	50	6	4	0	25	15	1	0	1	1
<b>TACOS &amp; MINI BURRITOS</b>												
Flour Tortilla-6in. (taco)	1 tortilla	85	20	2.5	0.5	0	0	215	13	1	2	3
Corn Tortilla-6in. (taco)	1 tortilla	70	10	1	0	0	0	185	15	1	0	2
Hard Shell Taco	1 taco	60	25	3	1	0	0	10	7	1	0	1
Flour Tortilla-10in. (mini)	1 tortilla	200	50	6	1	0	0	510	31	2	2.5	6
Wheat Tortilla-10in. (mini)	1 tortilla	170	50	6	1	0	0	470	24	3	2	6
Chicken	1.5oz	70	20	2	0.5	0	35	45	1	0	<1	12
Spicy Chicken	1.5oz	70	15	2	0.5	0	35	160	1	0	<1	12
Steak	1.5oz	90	45	5	2	0	45	160	1	0	0	11
Ground Turkey	1.5oz	60	30	3	1	0	30	200	1	0	0	7
Ground Beef	1.5oz	120	80	9	3.5	0	30	115	1	0	0	10
Tofu	1.5oz	60	30	3.5	0.5	0	0	410	2	1	<1	4
Fish	1.5oz	60	20	2	0	0	25	205	1	0	0	10
Rice	1.5oz	60	0	0	0	0	0	170	14	0	0	1
Black Beans	1.5oz	30	0	0	0	0	0	80	6	0	0	2
Pinto Beans	1.5oz	30	0	0	0	0	0	55	5	3	0	2
Cheese	0.75oz	70	50	6	4	0	20	115	0	0	0	5
Salsa	1.25oz	0	0	0	0	0	0	70	1	0	<1	0
Iceberg Lettuce	0.35oz	0	0	0	0	0	0	0	0	0	<1	0
Romaine Lettuce	0.35oz	0	0	0	0	0	0	0	0	0	<1	0
Sour Cream	0.6oz	25	25	3	2	0	10	10	1	0	<1	1
Guacamole	0.75oz	30	20	2	0	0	0	60	2	1	1	0
<b>QUESADILLAS</b>												
Flour Tortilla	1 tortilla	200	50	6	1	0	0	510	31	2	2.5	6
Wheat Tortilla	1 tortilla	170	50	6	1	0	0	470	24	3	2	6
Cheese	2.5oz	250	180	20	15	0	65	380	1	0	0	17
Chicken	3oz	130	30	3.5	1	0	70	85	1	0	<1	24
Spicy Chicken	3oz	140	30	3.5	1	0	70	310	2	0	<1	24
Steak	3oz	180	90	10	3.5	0	90	320	1	0	0	21
Ground Turkey	3oz	130	60	7	1.5	0	60	400	2	0	0	14
Ground Beef	3oz	250	160	18	7	0	60	230	2	0	0	20
Tofu	3oz	110	60	7	1	0	0	810	3	1	1	8
Fish	3oz	115	35	4	0.5	0	50	410	1	0	0	20
Black Beans	2.5oz	50	0	0	0	0	0	130	9	2	0	3
Pinto Beans	2.5oz	45	0	0	0	0	0	90	8	5	0	3
Salsa	2oz	10	0	0	0	0	0	115	2	1	2	1
Sour Cream	2.0oz	100	80	9	7	0	35	30	2	0	2	2

**SALADS**

Salad Shell	1 shell	280	130	15	4	0	0	510	31	2	2.5	6
Iceberg Lettuce	3.75oz	10	0	0	0	0	0	10	3	1	2	1
Romaine Lettuce	3.75oz	15	0	0	0	0	0	10	3	2	1	1
Spinach	3.75oz	25	0	0	0	0	0	85	3	2	0	3
Chicken	3oz	130	30	3.5	1	0	70	85	1	0	<1	24
Spicy Chicken	3oz	140	30	3.5	1	0	70	310	2	0	<1	24
Steak	3oz	180	90	10	3.5	0	90	320	1	0	0	21
Ground Turkey	3oz	130	60	7	1.5	0	60	400	2	0	0	14
Ground Beef	3oz	250	160	18	7	0	60	230	2	0	0	20
Tofu	3oz	110	60	7	1	0	0	810	3	1	1	8
Fish	3oz	115	35	4	0.5	0	50	410	1	0	0	20
Black Beans	3oz	60	0	0	0	0	0	160	11	2	0	3
Pinto Beans	3oz	50	0	0	0	0	0	105	10	6	0	3
Cheese	1.5oz	160	120	13	8	0	40	230	0	0	0	10
Salsa	2.5oz	10	0	0	0	0	0	140	3	1	2	1
Sour Cream	2oz	100	80	9	7	0	35	30	2	0	2	2
Guacamole	2oz	60	45	5	1	0	0	160	4	2	3	1

**NACHOS**

Chips	3.5oz	340	80	9	1.5	0	0	55	55	4	0	9
Black Beans	3oz	60	0	0	0	0	0	160	11	2	0	3
Pinto Beans	3oz	50	0	0	0	0	0	105	10	6	0	3
Chicken	3oz	130	30	3.5	1	0	70	85	1	0	<1	24
Spicy Chicken	3oz	140	30	3.5	1	0	70	310	2	0	<1	24
Steak	3oz	180	90	10	3.5	0	90	320	1	0	0	21
Ground Turkey	3oz	130	60	7	1.5	0	60	400	2	0	0	14
Ground Beef	3oz	250	160	18	7	0	60	230	2	0	0	20
Tofu	3oz	110	60	7	1	0	0	810	3	1	1	8
Fish	3oz	115	35	4	0.5	0	50	410	1	0	0	20
Cheese	3oz	310	230	25	16	0	75	460	1	0	0	21
Salsa	2.5oz	10	0	0	0	0	0	140	3	1	2	1
Sour Cream	2oz	100	80	9	7	0	35	30	2	0	2	2
Guacamole	2oz	60	45	5	1	0	0	160	4	2	3	1

**CHIPS & DIPS**

Chips (portion served with dip)	3.5oz	340	80	9	1.5	0	0	55	55	4	0	9
Chips (portion served with entrée)	1.75oz	170	40	4.5	1	0	0	30	30	2	0	4
Small Cheese Dip	2oz	200	110	12	8	0	40	520	2	0	1	20
Medium Cheese Dip	4oz	390	210	23	16	0	80	1040	5	0	2	40
Large Cheese Dip	8oz	780	420	47	31	0	155	2080	9	0	4	81
Heavy D Salsa	2oz	15	0	0	0	0	0	160	2	1	2	2
Tomatillo	2oz	15	0	2	0	0	0	420	4	3	3	1
Poblano Salsa	2oz	15	0	0	0	0	0	320	4	2	2	0

**SALAD DRESSINGS**

Chipotle Ranch	2oz	190	180	20	3	0	20	540	3	0	0	0
Southwestern Vinaigrette	2oz	230	230	26	2	0	0	420	1	0	0	0
Fat Free Balsamic Vinaigrette	1oz	10	0	0	0	0	0	250	2	0	1	0

**ADDITIONAL INGREDIENTS**

Tomatillo Sauce	2oz	15	0	2	0	0	0	420	4	3	3	1
Heavy D Salsa	2oz	15	0	0	0	0	0	160	2	1	2	2
Hot Sauce	2oz	10	0	0	0	0	0	450	2	1	<1	0
Spinach	1.5oz	10	0	0	0	0	0	35	1	0	0	1
Mushrooms	1.5oz	10	0	0	0	0	0	0	1	0	<1	1
Avocado Slices	1/2 avocado, sliced	120	90	10	1	0	0	5	6	4	0	1
Black Olives	1.5oz	50	40	4.5	0.5	0	0	310	3	1	0	0
Jalapeño, pickled	1.5oz	10	0	0	0	0	0	710	2	1	<1	0
Cucumbers	1.5oz	0	0	0	0	0	0	0	1	0	0	0
Onions	1.5oz	15	0	0	0	0	0	0	4	0	2	0
Green Pepper	1.5oz	10	0	0	0	0	0	0	2	1	1	0
Jalapeño, fresh	1.5oz	10	0	0	0	0	0	0	3	1	2	0
Chipotle Hot Sauce	2oz	15	5	0	0	0	0	410	2	0	0	0
Corn Salsa	2oz	80	10	1	0	0	0	230	17	4	4	2

**BEVERAGES**

Unsweet Tea	20oz	6	0	0	0	0	0	18	1.8	0	0	0
Unsweet Tea	32oz	9	0	0	0	0	0	28	2.8	0	0	0
Sweet Tea	20oz	236	0	0	0	0	0	18	61.8	0	64	0
Sweet Tea	32oz	377	0	0	0	0	0	28	98.8	0	102	0