



# NUTRITIONAL CHART

## CALORIES

### INGREDIENTS

	BURRITO BOWL	SMALL BURRITO	REGULAR BURRITO	MUCHO BURRITO	TAQUERIA SALAD	SNACK SIZE QUESADILLA	REGULAR QUESADILLA	TACO	KIDS BURRITO	KIDS QUESADILLA
WHITE TORTILLA	-	210	310	360	-	120	310	80	120	120
WHOLE WHEAT TORTILLA	-	190	270	340	-	-	270	-	-	-
SOFT CORN TACO	-	-	-	-	-	-	-	25	-	-
HARD CORN TACO	-	-	-	-	-	-	-	40	-	-
BROWN RICE	160	110	160	320	-	-	-	-	70	-
ANCIENT GRAIN MEDLEY	150	100	150	290	-	-	-	-	70	-
PINTO BEANS	35	30	35	35	35	10	35	-	20	-
BLACK BEANS	20	20	20	20	20	5	20	-	10	-
FAJITA MIX	40	25	40	40	40	20	40	10	20	-
BEEF BARBACOA	130	90	130	190	130	60	130	60	60	60
PORK CARNITAS	140	110	140	200	140	70	140	70	70	70
STEAK	150	120	150	230	150	80	150	80	80	80
CHICKEN	110	80	110	160	110	50	110	50	50	50
CHORIZO	300	220	300	450	300	150	300	150	150	150
SHRIMP	120	90	120	170	120	50	120	50	50	50
HABANERO HONEY BACON	40	20	40	60	40	20	40	20	20	20
VEGGIE CRUMBLE	220	160	220	330	220	110	220	110	110	110
MONTEREY JACK CHEESE	70	35	70	110	70	150	180	35	35	150
COTIJA CHEESE	70	35	70	110	70	-	-	35	35	-
PICO DE GALLO	10	5	10	15	15	10	10	5	5	10
MEDIUM SALSA	25	15	25	30	25	25	25	10	10	25
HOT SALSA	35	25	35	40	35	35	35	10	10	35
KALE & CABBAGE SLAW	20	15	20	25	20	-	-	5	-	-
ROASTED CORN	15	10	15	20	15	-	-	10	-	-
HEIRLOOM TOMATOES	5	5	5	5	5	-	-	0	-	-
HARVEST VEGGIE MEDLEY	80	60	80	80	80	-	-	60	-	-
CILANTRO	0	0	0	0	0	-	0	0	-	-
JALAPEÑO	0	0	0	0	0	-	0	0	-	-
PICKLED ONIONS	20	15	20	25	20	-	-	10	-	-
TOASTED PEPITA SEEDS	60	50	60	90	60	-	-	20	-	-
PLANTAIN CHIPS	35	25	35	45	35	-	-	15	-	-
CRISPY JALAPEÑO CHIPS	60	50	60	100	60	-	-	20	-	-
FRESH LIME WEDGES	-	-	-	-	-	-	-	5	-	-
ROMAINE LETTUCE	-	-	-	-	15	-	-	-	-	-
SOUR CREAM	70	60	70	70	70	100	100	25	25	100
BURRITO SAUCE	90	70	90	90	90	-	-	35	-	-
GUACAMOLE	80	80	80	80	80	80	80	80	-	-
RANCHERO DRESSING	-	-	-	-	80	-	-	-	-	-
HONEY LIME VINAIGRETTE	-	-	-	-	120	-	-	-	-	-
SMOKED CHERRY PIBIL	60	30	60	90	60	-	-	20	-	-
AVOCADO CREMA	50	25	50	70	50	-	-	15	-	-
PASILLA CHILI CREMA	90	45	90	140	90	-	-	30	-	-
CHIPOTLE CREMA	45	25	45	70	45	-	-	15	-	-
MOLE	50	25	50	80	50	-	-	20	-	-

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