



NUTRITIONAL VALUES SEPT. 2020

	SERVING SIZE grams	CALORIES	PROTEIN grams	TOTAL FAT grams	SATURATED FAT grams	TRANS FAT grams	SODIUM milligrams	CHOLESTEROL milligrams	CARBOHYDRATES grams	DIETARY FIBER grams	SUGARS grams	VITAMIN A %DV	VITAMIN C %DV	CALCIUM %DV	IRON %DV	EGGS	FISH including shellfish	WHEAT & GLUTEN	DAIRY and all milk products	NUTS including pine and tree nuts	SOY and all soy products
BEAN & CORN 2oz portion	56	58	2.3	0.4	0.1	0.0	83	0	10.9	1.9	1.1	2	8	1	5						
BEAN TACO crisp corn shell	108	182	7.5	8.6	3.3	0.2	229	14	19.9	4.4	1.0	8	5	13	8			●	●		●
BEAN TACO soft flour tortilla	126	212	9.6	7.6	3.4	0.2	387	14	27.8	5.6	1.9	8	5	17	17			●	●		●
BEEF & CHEESE BURRITO	260	533	32.6	21.7	8.5	1.0	1522	67	48.8	6.8	4.4	8	9	27	41			●	●		●
BEEF & CHEESE BURRITO large	463	896	60.2	40.3	16.5	2.0	2744	134	68.5	11.5	6.8	17	19	47	69			●	●		●
BEEF 2.5oz portion	70	122	11.5	6.1	2.3	0.4	461	26	4.2	1.8	1.0	1	4	4	10						●
BEEF BURRITO BOWL	418	485	21.0	15.3	5.2	0.5	1301	42	67.9	8.0	9.0	21	75	20	24				●		●
BEEF QUESADILLA	274	575	29.0	28.9	14.3	1.1	1246	84	47.6	5.9	7.1	26	78	43	31			●	●		●
BEEF SALAD no bowl, no dressing	340	398	29.1	20.2	7.9	1.0	1133	67	24.5	6.4	6.4	20	25	23	31			●	●		●
BEEF SALAD no dressing	418	618	36.1	22.7	8.9	1.0	1503	67	68.5	9.4	8.4	20	26	32	47			●	●		●
BEEF TACO crisp corn shell	108	215	12.5	12.1	4.9	0.5	457	33	13.1	2.4	1.4	7	6	13	9			●	●		●
BEEF TACO soft flour tortilla	126	246	14.7	11.0	5.0	0.5	615	33	21.0	3.5	2.3	7	6	17	18			●	●		●
BLACK BEAN & CORN QUESADILLA	288	514	20.1	23.3	12.0	0.7	991	57	55.0	6.2	7.9	23	32	40	28			●	●		●
BLACK BEAN & CORN SALAD no bowl, no dressing	396	333	13.3	9.2	3.4	0.2	521	14	50.2	9.0	8.8	24	52	18	24			●	●		●
BLACK BEAN & CORN SALAD no dressing	474	553	20.3	11.7	4.4	0.2	891	14	94.2	12.0	10.8	24	51	27	43			●	●		●
CHEDDAR 0.5oz portion	14	57	3.3	4.7	2.8	0.2	99	14	0.0	0.0	0.0	4	0	8	0				●		●
CHEESE QUESADILLA quesadilla only	78	370	15.9	18.2	9.5	0.7	678	43	34.0	4.0	1.8	13	0	35	21			●	●		●
CHEESE SAUCE 1oz portion	28	18	0.4	0.5	0.1	0.0	188	1	3.0	0.0	1.1	0	2	1	0				●		●
CHICKEN 2.5oz portion	70	83	15.3	1.5	0.5	0.0	229	42	1.9	0.0	0.6	0	3	1	3						●
CHICKEN BURRITO BOWL	418	445	24.8	10.7	3.3	0.0	1069	58	65.6	6.3	8.6	20	74	16	17				●		●
CHICKEN NUGGETS 4 nuggets	120	192	8.6	11.2	2.6	0.0	527	30	19.9	0.9	0.9	0	0	0	2			●			●
CHICKEN QUESADILLA	274	536	32.7	24.3	12.4	0.7	1014	99	45.3	4.2	6.7	25	77	40	25			●	●		●
CHICKEN SALAD no bowl, no dressing	326	251	21.9	9.6	3.7	0.2	502	56	21.6	3.8	7.6	25	95	16	9			●	●		●
CHICKEN SALAD no dressing	404	471	28.9	12.1	4.7	0.2	872	56	65.6	6.8	9.6	25	95	25	32			●	●		●
CHICKEN TACO crisp corn shell	108	187	15.1	8.9	3.6	0.2	294	43	11.5	1.1	1.1	6	6	11	5			●	●		●
CHICKEN TACO soft flour tort	126	218	17.3	7.8	3.7	0.2	452	43	19.4	2.3	2.0	6	6	14	14			●	●		●
CHURRO Apple	each	268	4.0	11.0	1.5	0.0	290	0	38.0	2.1	12.9	0	3	2	13	●		●	●		●
CHURRO Oreo	each	280	3.0	10.0	2.0	0.0	280	0	45.0	2.0	20.0	0	3	2	19	●		●	●		●
CHURRO Traditional	each	210	4.0	10.0	1.0	0.0	180	0	26.0	1.0	1.0	0	0	0	13	●		●	●		●
CRISP BEEF BURRITO	159	406	18.4	21.5	6.2	0.5	977	32	33.3	3.7	2.7	1.7	6	13	25			●	●		●

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CRUSTOS	99	426	6.9	22.1	5.3	0.0	525	0	49.4	2.7	8.5	0.0	0	12	20			●			●	
GUACAMOLE 1oz portion	28	47	0.0	2.8	0.0	0.0	104	0	5.7	0.9	1.0	3.4	14	0	0							
JR BEEF BURRITO	133	245	14.6	10.0	4.5	0.5	584	33	21.7	2.5	2.1	6.6	6	17	16			●	●		●	
JR CHICKEN BURRITO	133	217	17.2	6.8	3.2	0.2	422	43	20.1	1.2	1.8	5.7	6	14	11			●	●		●	
JR BEAN BURRITO	133	472	24.6	56.0	16.5	0.6	40	1173	6.2	3.8	10.0	6.6	23	34	9			●	●		●	
MEXI-FRIES (16)	115	192	1.9	10.7	0.8	0.0	514	0	22.4	2.1	1.0	0.0	5	0	2			●			●	
MEXI-FRIES large (26)	187	312	3.1	17.4	1.3	0.0	835	0	36.4	3.4	1.6	0.0	8	0	4			●			●	
MEXI-FRIES DELUXE	249	349	11.7	19.6	5.1	0.4	1112	34	31.6	3.9	5.4	7.2	18	8	11			●	●		●	
MEXI-FRIES DELUXE large	407	583	14.6	32.9	7.3	0.5	1826	42	58.0	6.2	8.2	9.8	25	11	13			●	●		●	
NACHOS	170	361	5.1	14.8	2.2	0.0	642	2	50.0	4.4	4.3	3.8	20	9	9			●	●		●	
NACHOS large	283	697	9.5	29.1	4.2	0.0	1034	2	95.6	8.5	6.5	5.7	31	16	17			●	●		●	
NACHOS DELUXE	340	604	22.0	26.2	7.1	0.4	1264	43	70.0	11.1	7.3	12.5	25	21	28			●	●		●	
NACHOS DELUXE large	524	1043	33.2	45.4	11.3	0.6	1908	61	123.7	17.9	10.8	18.3	38	33	43			●	●		●	
RANCH CHICKEN BURRITO	260	473	23.4	16.8	2.9	0.0	969	51	56.4	3.8	5.3	5.0	23	13	25	●		●	●		●	
RANCH CHICKEN BURRITO large	463	776	41.7	30.6	5.2	0.3	1638	102	83.7	5.6	8.5	9.9	46	20	38	●		●	●		●	
RICE 2.5oz portion	70	88	2.1	0.4	0.1	0.0	173	0	19.1	0.4	0.8	3.1	20	3	2						●	
RICE TACO crisp corn shell	108	191	5.9	8.1	3.3	0.3	255	14	23.5	1.5	1.3	8.5	18	13	4			●	●		●	
RICE TACO soft flour tortilla	126	222	8.1	7.0	3.4	0.3	413	14	31.4	2.6	2.2	8.5	18	16	13			●	●		●	
SALSA FRESCA 1oz portion	28	6	0.3	0.1	0.0	0.0	62	0	1.4	0.3	1.1	1.5	8	0	1							
SOUR CREAM 1oz portion	28	47	1.1	4.1	2.5	0.0	26	15	1.8	0.3	1.6	4.4	0	3	0				●			
SUPER BEEF BURRITO	225	451	22.3	19.5	8.6	0.6	989	55	45.4	5.4	5.5	12.2	10	26	31			●	●		●	
SUPER BEEF BURRITO large	392	733	39.5	35.9	16.8	1.3	1679	111	61.7	8.8	9.0	24.4	20	46	48			●	●		●	
SUPER CHICKEN BURRITO	225	412	26.0	14.9	6.8	0.3	757	70	43.1	3.7	5.1	10.9	9	23	24			●	●		●	
SUPER CHICKEN BURRITO large	392	653	47.0	26.7	13.1	0.5	1214	141	57.2	5.3	8.1	21.9	18	39	35			●	●		●	
SUPER REFRITO BURRITO	225	403	15.0	14.5	6.4	0.3	664	29	55.1	8.3	4.9	14.0	7	26	29			●	●		●	
SUPER REFRITO BURRITO large	392	636	25.1	26.0	12.3	0.5	1028	58	81.2	14.6	7.9	27.9	15	45	45			●	●		●	
VEGGIE BURRITO	268	426	16.3	13.5	5.4	0.3	685	29	62.1	7.4	5.0	16.2	24	23	22			●	●		●	
VEGGIE BURRITO large	459	652	25.7	23.5	10.9	0.6	1090	58	89.2	11.8	9.0	32.3	49	40	32			●	●		●	
VEGGIE BURRITO BOWL	432	449	13.0	9.7	2.9	0.0	964	16	80.0	9.2	9.7	22.6	83	17	21				●		●	

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