

CALORIES

NUTRITIONAL CHART

INGREDIENTS

	SMALL BURRITO	REGULAR BURRITO	MUCHO BURRITO	BURRITO BOWL	TAQUERIA SALADS	SNACK-SIZED 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	110	160	320	160	–	–	–	–	70	–
ANCIENT GRAIN MEDLEY	100	150	290	150	–	–	–	–	70	–
PINTO BEANS	30	35	35	35	35	10	35	–	20	–
BLACK BEANS	20	20	20	20	20	5	20	–	10	–
SAUTEED PEPPERS & ONIONS	25	40	40	40	40	20	40	10	20	–
BEEF BARBACOA	90	130	190	130	130	60	130	60	60	60
PORK CARNITAS	110	140	200	140	140	70	140	70	70	70
STEAK	120	150	230	150	150	80	150	80	80	80
CHICKEN	80	110	160	110	110	50	110	50	50	50
CHORIZO	240	320	480	320	320	160	320	160	160	160
SHRIMP	100	140	210	140	140	60	140	60	60	60
HABANERO BACON	20	40	60	40	40	20	40	20	20	20
VEGGIE CRUMBLE	160	210	310	210	210	100	210	100	100	100
MONTEREY JACK CHEESE	35	70	110	70	70	150	180	35	35	150
COTIJA CHEESE	35	70	110	70	70	–	–	35	35	–
PICO DE GALLO	5	10	15	10	15	10	10	5	5	10
MEDIUM SALSA	15	25	30	25	25	25	25	10	10	25
HOT SALSA	25	35	40	35	35	35	35	10	10	35
JICAMA COLESLAW	15	20	25	20	20	–	–	5	–	–
ROASTED CORN	10	15	20	15	15	–	–	10	–	–
GRILLED PINEAPPLE	10	20	25	20	20	–	–	5	–	–
MANGO SALSA	20	25	35	25	25	–	–	5	–	–
SPICED ASPARAGUS	10	15	20	15	15	–	–	5	–	–
CILANTRO	0	0	0	0	0	–	0	0	–	–
JALAPENO	0	0	0	0	0	–	0	0	–	–
PICKLED ONIONS	15	20	25	20	20	–	–	10	–	–
TOASTED PEPITA SEEDS	50	60	90	60	60	–	–	20	–	–
CRISPY JALAPENO CHIPS	50	60	100	60	60	–	–	20	–	–
FRESH LIME WEDGES	–	–	–	–	–	–	–	5	–	–
ROMAINE LETTUCE	–	–	–	–	15	–	–	–	–	–
SOUR CREAM	60	70	70	70	70	100	100	25	25	100
BURRITO SAUCE	70	90	90	90	90	–	–	35	–	–
GUACAMOLE	80	80	80	80	80	80	80	80	–	–
RANCHERO DRESSING	–	–	–	–	80	–	–	–	–	–
HONEY LIME VINAIGRETTE	–	–	–	–	120	–	–	–	–	–
APRICOT CHILI SAUCE	40	80	110	80	80	–	–	25	–	–
PINEAPPLE JALAPENO SAUCE	15	30	50	30	30	–	–	10	–	–
MANGO CHILI SAUCE	40	80	120	80	80	–	–	25	–	–
MANGO CREMA	25	50	80	50	50	–	–	20	–	–
PINEAPPLE HABANERO CREMA	25	50	80	50	50	–	–	20	–	–
AJI AMARILLO CREMA	20	45	70	45	45	–	–	15	–	–

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