



# NUTRITIONAL CHART

MENU ITEMS	INGREDIENTS	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans-Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Kids Burrito	Kids' Tortilla	42	120.0	3.5	1.0	0.0	0.0	190.0	19.0	1.0	1.0	3.0	0.0	0.0	4.0	6.0
Small Burrito	Flour tortilla 10"	73	210.0	6.1	2.5	0.0	0.0	436.0	33.5	2.0	2.0	6.1	0.0	0.0	6.1	10.1
Small Burrito	Whole wheat tortilla 10"	72	190.0	6.0	2.0	0.0	0.0	330.0	31.0	3.0	1.0	5.0	0.0	0.0	6.0	8.0
Regular Burrito	Flour tortilla 12"	104	310.0	9.0	3.5	0.0	0.0	620.0	48.0	2.0	2.0	8.0	0.0	0.0	10.0	15.0
Regular Burrito	Whole wheat tortilla 12"	104	270.0	11.0	3.5	0.0	0.0	590.0	36.0	5.0	2.0	7.0	0.0	0.0	10.0	10.0
Mucho Burrito	Tortilla 14" Flour	125	360.0	10.8	3.9	0.0	0.0	639.8	57.1	2.0	1.0	7.9	0.0	0.0	9.8	19.7
Mucho Burrito	Tortilla 14" Whole Wheat	125	330.0	10.8	3.9	0.0	0.0	580.7	53.1	5.9	2.0	8.9	0.0	0.0	9.8	14.8
Tacos	Soft Flour Taco	27	80.0	2.5	1.0	0.0	0.0	160.0	13.0	1.0	1.0	2.0	0.0	0.0	2.0	4.0
Tacos	Soft Corn Taco	13	25.0	0.0	0.0	0.0	0.0	20.0	5.5	0.5	0.0	0.5	0.0	0.0	4.0	1.0
Tacos	Hard Corn Taco	13	40.0	0.0	0.0	0.0	0.0	0.0	7.8	0.0	0.0	0.0	0.0	0.0	2.6	0.0
Mucho Burrito	Brown Rice	220	320.0	5.8	0.7	0.0	0.0	483.1	59.2	2.4	1.7	7.4	2.8	2.8	2.1	0.9
Regular Burrito, Bowl,	Brown Rice	110	160.0	2.9	0.4	0.0	0.0	241.5	29.6	1.2	0.9	3.7	1.4	1.4	1.0	0.4
Small Burrito	Brown Rice	75	110.0	2.0	0.2	0.0	0.0	164.7	20.2	0.8	0.6	2.5	1.0	1.0	0.7	0.3
Kids Burrito	Brown Rice	50	72.0	1.3	0.2	0.0	0.0	109.8	13.5	0.5	0.4	1.7	0.6	0.6	0.5	0.2
Small Burrito	Ancient Grain Medley	75	100.0	2.1	0.2	0.0	0.5	1.5	17.9	1.9	2.7	3.3	0.0	0.9	6.3	0.0
Regular Burrito, Bowl	Ancient Grain Medley	110	150.0	3.1	0.3	0.0	0.7	2.2	26.2	2.9	4.0	4.8	0.0	1.3	9.2	0.0
Mucho Burrito	Ancient Grain Medley	220	290.0	6.3	0.6	0.0	1.3	4.4	52.4	5.7	8.0	9.6	0.0	2.6	18.4	0.0
Quesadilla - Snack Size	Pinto Beans	20	10.0	0.1	0.0	0.0	0.0	31.3	2.1	0.6	0.1	0.7	0.2	0.4	0.6	1.3
Quesadilla	Pinto Beans	60	35.0	0.3	0.1	0.0	0.0	93.8	6.4	1.8	0.4	2.0	0.5	1.2	1.7	4.0
Mucho Burrito	Pinto Beans	60	35.0	0.3	0.1	0.0	0.0	93.8	6.4	1.8	0.4	2.0	0.5	1.2	1.7	4.0
Regular Burrito, Bowl, Salad	Pinto Beans	60	35.0	0.3	0.1	0.0	0.0	93.8	6.4	1.8	0.4	2.0	0.5	1.2	1.7	4.0
Small Burrito	Pinto Beans	50	30.0	0.2	0.1	0.0	0.0	78.2	5.3	1.5	0.3	1.7	0.4	1.0	1.4	3.3
Kids Burrito	Pinto Beans	30	20.0	0.1	0.0	0.0	0.0	46.9	3.2	0.9	0.2	1.0	0.3	0.6	0.9	2.0
Quesadilla - Snack Size	Black Beans	20	5.0	0.1	0.0	0.0	0.0	84.8	4.6	1.0	1.4	1.0	0.0	0.3	0.8	2.8
Quesadilla	Black Beans	60	20.0	0.4	0.1	0.0	0.0	254.4	13.7	3.1	4.3	3.1	0.0	1.0	2.4	8.4
Mucho Burrito	Black Beans	60	20.0	0.4	0.1	0.0	0.0	254.4	13.7	3.1	4.3	3.1	0.0	1.0	2.4	8.4
Regular Burrito, Bowl, Salad	Black Beans	60	20.0	0.4	0.1	0.0	0.0	254.4	13.7	3.1	4.3	3.1	0.0	1.0	2.4	8.4
Small Burrito	Black Beans	50	20.0	0.3	0.1	0.0	0.0	212.0	11.4	2.6	3.6	2.6	0.0	0.8	2.0	7.0
Kids Burrito	Black Beans	30	10.0	0.2	0.0	0.0	0.0	127.2	6.8	1.6	2.2	1.6	0.0	0.5	1.2	4.2
Quesadilla - Snack Size	Fajita Mix	30	20.0	1.1	0.1	0.0	0.0	56.7	2.3	0.7	1.1	0.4	10.1	36.7	0.4	0.9
Quesadilla	Fajita Mix	60	40.0	2.2	0.2	0.0	0.0	113.3	4.6	1.3	2.1	0.7	20.2	73.5	0.9	1.8
Mucho Burrito	Fajita Mix	60	40.0	2.2	0.2	0.0	0.0	113.3	4.6	1.3	2.1	0.7	20.2	73.5	0.9	1.8
Regular Burrito, Bowl, Salad	Fajita Mix	60	40.0	2.2	0.2	0.0	0.0	113.3	4.6	1.3	2.1	0.7	20.2	73.5	0.9	1.8
Small Burrito	Fajita Mix	40	25.0	1.5	0.1	0.0	0.0	75.6	3.0	0.9	1.4	0.5	13.5	49.0	0.6	1.2
Kids	Fajita Mix	30	20.0	1.1	0.1	0.0	0.0	56.7	2.3	0.7	1.1	0.4	10.1	36.7	0.4	0.9
Taco, Kids', Quesadilla Snack Size	Beef Barbacoa	50	60.0	2.0	0.7	0.0	26.7	362.3	1.2	0.0	0.6	9.9	2.5	2.5	1.0	9.0
Mucho Burrito	Beef Barbacoa	150	190.0	6.0	2.2	0.0	80.0	1087.0	3.6	0.0	1.7	29.8	7.5	7.5	3.0	27.0
Regular Burrito, Bowl, Salad, Quesadilla	Beef Barbacoa	100	130.0	4.0	1.5	0.0	53.3	724.7	2.4	0.0	1.1	19.9	5.0	5.0	2.0	18.0
Small Burrito	Beef Barbacoa	75	90.0	3.0	1.1	0.0	40.0	543.5	1.8	0.0	0.9	14.9	3.8	3.8	1.5	13.5
Taco, Kids', Quesadilla Snack Size	Pork Carnitas	50	70.0	3.0	1.0	0.0	28.7	334.3	1.0	0.5	0.6	13.0	1.4	3.5	0.8	3.7
Mucho Burrito	Pork Carnitas	150	210.0	9.1	3.1	0.0	86.0	1003.0	3.0	1.4	1.8	39.0	4.3	10.5	2.4	11.2
Regular Burrito, Bowl, Salad, Quesadilla	Pork Carnitas	100	140.0	6.1	2.1	0.0	57.3	668.7	2.0	0.9	1.2	26.0	2.9	7.0	1.6	7.5
Small Burrito	Pork Carnitas	75	110.0	4.6	1.6	0.0	43.0	501.5	1.5	0.7	0.9	19.5	2.2	5.3	1.2	5.6
Taco, Kids', Quesadilla Snack Size	Steak	50	80.0	3.6	0.8	0.0	21.3	201.4	0.0	0.0	0.0	10.5	0.0	2.4	0.9	4.7
Mucho Burrito	Steak	150	230.0	10.9	2.4	0.1	63.9	604.2	0.0	0.0	0.0	31.6	0.0	7.1	2.8	14.2
Regular Burrito, Bowl, Salad, Quesadilla	Steak	100	150.0	7.2	1.6	0.1	42.6	402.8	0.0	0.0	0.0	21.1	0.0	4.7	1.9	9.5
Small Burrito	Steak	75	120.0	5.4	1.2	0.1	31.9	302.1	0.0	0.0	0.0	15.8	0.0	3.5	1.4	7.1
Taco, Kids', Quesadilla Snack Size	Chicken	50	50.0	1.4	0.2	0.0	17.0	401.1	1.4	0.0	1.2	8.8	0.9	0.5	0.1	0.8
Mucho Burrito	Chicken	150	160.0	4.2	0.6	0.0	51.0	1203.4	4.3	0.0	3.5	26.5	2.7	1.4	0.3	2.4
Regular Burrito, Bowl, Salad, Quesadilla	Chicken	100	110.0	2.8	0.4	0.0	34.0	802.3	2.9	0.0	2.3	17.7	1.8	0.9	0.2	1.6
Small Burrito	Chicken	75	80.0	2.1	0.3	0.0	25.5	601.7	2.2	0.0	1.8	13.3	1.4	0.7	0.1	1.2
Taco, Kids', Quesadilla Snack Size	Chorizo	50	160.0	13.5	4.9	0.0	30.9	440.4	2.4	1.1	0.6	7.7	13.2	0.0	1.8	7.0
Mucho Burrito	Chorizo	150	480.0	40.5	14.8	0.0	92.7	1321.2	7.2	3.2	1.8	23.2	39.5	0.0	5.3	21.1
Regular Burrito, Bowl, Salad, Quesadilla	Chorizo	100	320.0	27.0	9.9	0.0	61.8	880.8	4.8	2.2	1.2	15.5	26.3	0.0	3.5	14.0
Small Burrito	Chorizo	75	240.0	20.3	7.4	0.0	46.4	660.6	3.6	1.6	0.9	11.6	19.7	0.0	2.6	10.5
Taco, Kids', Quesadilla Snack Size	Chili Lime Shrimp	50	60.0	1.7	0.2	0.0	53.6	275.9	2.6	0.1	0.8	7.3	5.3	7.0	1.9	6.5
Mucho Burrito	Chili Lime Shrimp	180	210.0	6.3	0.7	0.0	193.1	993.4	9.3	0.5	2.9	26.4	19.0	25.3	6.9	23.6
Regular Burrito, Bowl, Salad, Quesadilla	Chili Lime Shrimp	120	140.0	4.2	0.5	0.0	128.7	662.2	6.2	0.3	1.9	17.6	12.7	16.9	4.6	15.7
Small Burrito	Chili Lime Shrimp	90	100.0	3.1	0.4	0.0	96.6	496.7	4.6	0.3	1.4	13.2	9.5	12.7	3.4	11.8
Mucho Burrito	Beyond Meat® Crumble	150	401.3	24.3	1.6	0.0	0.0	958.7	19.8	2.4	12.3	24.8	3.8	3.8	3.8	28.2
Regular Burrito, Bowl, Salad, Quesadilla	Beyond Meat® Crumble	100	267.5	16.2	1.0	0.0	0.0	639.2	13.2	1.6	8.2	16.5	2.5	2.5	2.5	18.8
Small Burrito	Beyond Meat® Crumble	75	200.6	12.1	0.8	0.0	0.0	479.4	9.9	1.2	6.1	12.4	1.9	1.9	1.9	14.1
Kids, Taco, Quesadilla Snack Size	Beyond Meat® Crumble	50	133.8	8.1	0.5	0.0	0.0	319.6	6.6	0.8	4.1	8.3	1.3	1.3	1.3	9.4
Quesadilla, Nachos	Monterey Jack Cheese	50	180.0	15.0	8.3	0.3	41.7	350.0	1.7	0.0	0.0	11.7	13.3	0.0	33.3	0.0
Kid's Quesadilla	Monterey Jack Cheese	40	150.0	12.0	6.7	0.3	33.3	280.0	1.3	0.0	0.0	9.3	10.7	0.0	26.7	0.0
Mucho Burrito	Monterey Jack Cheese	30	110.0	9.0	5.0	0.2	25.0	210.0	1.0	0.0	0.0	7.0	8.0	0.0	20.0	0.0
Regular Burrito, Bowl, Salad	Monterey Jack Cheese	20	70.0	6.0	3.3	0.1	16.7	140.0	0.7	0.0	0.0	4.7	5.3	0.0	13.3	0.0
Small Burrito, Taco, Kids Burrito	Monterey Jack Cheese	10	35.0	3.0	1.7	0.1	8.3	70.0	0.3	0.0	0.0	2.3	2.7	0.0	6.7	0.0
Small Burrito, Taco	Cotija Cheese	10	35.0	3.0	0.0	0.0	0.0	140.0	0.4	0.0	0.0	2.0	0.0	0.0	7.1	0.0
Regular Burrito, Bowl, Salad	Cotija Cheese	20	70.0	6.0	0.0	0.0	0.0	280.0	0.8	0.0	0.0	4.0	0.0	0.0	14.2	0.0
Mucho Burrito	Cotija Cheese	30	110.0	9.0	0.0	0.0	0.0	420.0	1.2	0.0	0.0	6.0	0.0	0.0	21.3	0.0
Quesadillas, Nachos, Chips & Salsa	Pico de Gallo	40	10.0	0.0	0.0	0.0	0.0	191.6	2.1	0.3	1.4	0.3	7.7	13.6	0.0	0.0
Mucho Burrito	Pico de Gallo	50	15.0	0.0	0.0	0.0	0.0	239.5	2.6	0.4	1.7	0.3	9.6	17.0	0.0	0.0
Regular Burrito, Burrito Bowl, Taqueria Salad	Pico de Gallo	40	10.0	0.0	0.0	0.0	0.0	191.6	2.1	0.3	1.4	0.3	7.7	13.6	0.0	0.0
Small Burrito	Pico de Gallo	25	5.0	0.0	0.0	0.0	0.0	119.8	1.3	0.2	0.8	0.2	4.8	8.5	0.0	0.0
Taco	Pico de Gallo	15	5.0	0.0	0.0	0.0	0.0	71.9	0.8	0.1	0.5	0.1	2.9	5.1	0.0	0.0
Kids Burrito	Pico de Gallo	20	5.0	0.0	0.0	0.0	0.0	95.8	1.1	0.2	0.7	0.1	3.9	6.8	0.0	0.0
Quesadillas, Nachos, Chips & Salsa	Medium Salsa	60	25.0	0.7	0.0	0.0	0.0	234.4	3.7	0.6	2.4	0.8	6.9	7.3	2.9	0.8
Mucho Burrito	Medium Salsa	70	30.0	0.8	0.1	0.0	0.0	273.4	4.3	0.7	2.8	1.0	8.1	8.5	3.4	0.9
Regular Burrito, Bowl, Salad	Medium Salsa	60	25.0	0.7	0.0	0.0	0.0	234.4	3.7	0.6	2.4	0.8	6.9	7.3	2.9	0.8
Small Burrito	Medium Salsa	40	15.0	0.4	0.0	0.0	0.0	156.3	2.4	0.4	1.6	0.5	4.6	4.9	1.9	0.5
Taco	Medium Salsa	20	10.0	0.2	0.0	0.0	0.0	78.1								

Kids Burrito	Medium Salsa	20	10.0	0.2	0.0	0.0	0.0	78.1	1.2	0.2	0.8	0.3	2.3	2.4	1.0	0.3
Quesadillas, Nachos, Chips & Salsa	Hot Salsa	60	35.0	2.0	0.1	0.0	0.0	352.1	4.4	0.6	3.5	0.5	1.7	19.7	3.8	0.1
Mucho Burrito	Hot Salsa	70	40.0	2.3	0.2	0.0	0.0	410.8	5.2	0.7	4.1	0.6	2.0	22.9	4.4	0.1
Regular Burrito, Bowl, Salad	Hot Salsa	60	35.0	2.0	0.1	0.0	0.0	352.1	4.4	0.6	3.5	0.5	1.7	19.7	3.8	0.1
Small Burrito	Hot Salsa	40	25.0	1.3	0.1	0.0	0.0	234.7	3.0	0.4	2.3	0.3	1.2	13.1	2.5	0.1
Taco	Hot Salsa	20	10.0	0.7	0.0	0.0	0.0	117.4	1.5	0.2	1.2	0.2	0.6	6.6	1.3	0.0
Kids Burrito	Hot Salsa	20	10.0	0.7	0.0	0.0	0.0	117.4	1.5	0.2	1.2	0.2	0.6	6.6	1.3	0.0
Small Burrito	Citrus Slaw	40	10.0	0.0	0.0	0.0	0.0	128.4	3.1	0.7	2.0	0.5	3.6	24.7	14.7	0.2
Regular Burrito, Bowl, Salad	Citrus Slaw	50	15.0	0.0	0.0	0.0	0.0	160.4	3.9	0.9	2.5	0.6	4.5	30.9	18.4	0.2
Mucho Burrito	Citrus Slaw	75	20.0	0.1	0.0	0.0	0.0	240.7	5.9	1.4	3.8	0.9	6.7	46.3	27.6	0.3
Taco	Citrus Slaw	20	5.0	0.0	0.0	0.0	0.0	64.2	1.6	0.4	1.0	0.2	1.8	12.4	7.4	0.1
Small Burrito	Roasted Corn	10	10.0	0.1	0.0	0.0	0.0	0.3	2.0	0.2	0.3	0.1	0.2	1.0	3.5	0.2
Regular Burrito, Bowl, Salad	Roasted Corn	15	15.0	0.1	0.0	0.0	0.0	0.5	3.0	0.3	0.5	0.2	0.3	1.5	5.3	0.3
Mucho Burrito	Roasted Corn	20	20.0	0.1	0.0	0.0	0.0	0.6	4.0	0.4	0.6	0.2	0.4	2.0	7.0	0.4
Taco	Roasted Corn	7.5	10.0	0.0	0.0	0.0	0.0	0.2	1.5	0.2	0.2	0.1	0.2	0.8	2.6	0.2
Small Burrito	Pickled Onions	15	15.0	0.0	0.0	0.0	0.0	250.3	4.0	0.3	3.6	0.1	0.0	5.4	0.1	0.2
Regular Burrito, Bowl, Salad	Pickled Onions	20	20.0	0.0	0.0	0.0	0.0	333.7	5.3	0.3	4.9	0.2	0.0	7.2	0.2	0.2
Mucho Burrito	Pickled Onions	25	25.0	0.0	0.0	0.0	0.0	417.1	6.6	0.4	6.1	0.2	0.0	9.0	0.2	0.3
Taco	Pickled Onions	10	10.0	0.0	0.0	0.0	0.0	166.9	2.6	0.2	2.4	0.1	0.0	3.6	0.1	0.1
Small Burrito	Peach Salsa	40	15.0	0.1	0.0	0.0	0.0	23.8	4.1	0.5	3.4	0.1	10.4	18.3	0.1	0.3
Regular Burrito, Bowl, Salad	Peach Salsa	60	25.0	0.1	0.0	0.0	0.0	35.8	6.2	0.7	5.1	0.2	15.6	27.4	0.1	0.4
Mucho Burrito	Peach Salsa	60	25.0	0.1	0.0	0.0	0.0	35.8	6.2	0.7	5.1	0.2	15.6	27.4	0.1	0.4
Taco	Peach Salsa	20	10.0	0.0	0.0	0.0	0.0	11.9	2.1	0.2	1.7	0.1	5.2	9.1	0.0	0.1
Small Burrito	Roasted Squash	40	20.0	1.6	0.1	0.0	0.0	26.5	1.5	0.5	0.9	0.4	1.1	7.6	2.2	0.4
Regular Burrito, Bowl, Salad	Roasted Squash	60	30.0	2.4	0.2	0.0	0.0	39.7	2.3	0.7	1.4	0.7	1.6	11.4	3.3	0.7
Mucho Burrito	Roasted Squash	60	30.0	2.4	0.2	0.0	0.0	39.7	2.3	0.7	1.4	0.7	1.6	11.4	3.3	0.7
Taco	Roasted Squash	20	10.0	0.8	0.1	0.0	0.0	13.2	0.8	0.2	0.5	0.2	0.5	3.8	1.1	0.2
Small Burrito	Tomato-Cucumber Salad	40	5.0	0.0	0.0	0.0	0.0	44.6	1.5	0.4	1.1	0.4	1.5	6.7	2.1	0.2
Regular Burrito, Bowl, Salad	Tomato-Cucumber Salad	60	10.0	0.1	0.0	0.0	0.0	66.9	2.3	0.6	1.6	0.6	2.3	10.1	3.2	0.4
Mucho Burrito	Tomato-Cucumber Salad	60	10.0	0.1	0.0	0.0	0.0	66.9	2.3	0.6	1.6	0.6	2.3	10.1	3.2	0.4
Taco	Tomato-Cucumber Salad	20	5.0	0.0	0.0	0.0	0.0	22.3	0.8	0.2	0.5	0.2	0.8	3.4	1.1	0.1
Quesadillas	Sour Cream	60	100.0	8.0	5.0	0.2	30.0	60.0	4.0	0.0	2.0	2.0	12.0	0.0	8.0	0.0
Mucho Burrito	Sour Cream	40	70.0	5.3	3.3	0.1	20.0	40.0	2.7	0.0	1.3	1.3	8.0	0.0	5.3	0.0
Regular Burrito, Bowl	Sour Cream	40	70.0	5.3	3.3	0.1	20.0	40.0	2.7	0.0	1.3	1.3	8.0	0.0	5.3	0.0
Small Burrito	Sour Cream	35	60.0	4.7	2.9	0.1	17.5	35.0	2.3	0.0	1.2	1.2	7.0	0.0	4.7	0.0
Taco, Kid's Burrito	Sour Cream	15	25.0	2.0	1.3	0.1	7.5	15.0	1.0	0.0	0.5	0.5	3.0	0.0	2.0	0.0
Mucho Burrito	Burrito Sauce	25	90.0	9.2	1.3	0.1	4.2	241.7	2.5	0.0	1.7	0.2	1.7	8.3	0.0	0.0
Regular Burrito, Bowl, Salad	Burrito Sauce	25	90.0	9.2	1.3	0.1	4.2	241.7	2.5	0.0	1.7	0.2	1.7	8.3	0.0	0.0
Small Burrito	Burrito Sauce	20	70.0	7.3	1.0	0.1	3.3	193.3	2.0	0.0	1.3	0.1	1.3	6.7	0.0	0.0
Taco	Burrito Sauce	10	35.0	3.7	0.5	0.0	1.7	96.7	1.0	0.0	0.7	0.1	0.7	3.3	0.0	0.0
one - size	Guacamole	60	80.0	7.2	1.0	0.0	0.0	108.5	4.8	3.4	0.6	1.0	3.6	11.2	0.6	1.7
Small Burrito	Caramelized Peach Jalapeno Glaze	15	35.0	0.1	0.0	0.0	0.0	22.8	10.0	0.0	7.4	0.0	0.0	0.0	0.0	0.0
Regular Burrito, Bowl, Salad	Caramelized Peach Jalapeno Glaze	30	70.0	0.2	0.0	0.0	0.0	45.5	20.0	0.1	14.8	0.0	0.0	0.0	0.0	0.0
Mucho Burrito	Caramelized Peach Jalapeno Glaze	45	100.0	0.3	0.0	0.0	0.0	68.3	30.0	0.1	22.2	0.1	0.0	0.0	0.0	0.0
Taco	Caramelized Peach Jalapeno Glaze	10	25.0	0.1	0.0	0.0	0.0	15.2	6.7	0.0	4.9	0.0	0.0	0.0	0.0	0.0
Small Burrito	Peach Habanero Crema	15	20.0	1.7	1.0	0.0	6.3	22.5	2.5	0.0	2.0	0.4	2.5	0.0	1.7	0.0
Regular Burrito, Bowl, Salad	Peach Habanero Crema	30	40.0	3.3	2.1	0.1	12.5	45.0	5.0	0.0	4.0	0.8	5.0	0.0	3.3	0.0
Mucho Burrito	Peach Habanero Crema	45	60.0	5.0	3.1	0.1	18.8	67.5	7.5	0.0	6.1	1.3	7.5	0.0	5.0	0.0
Taco	Peach Habanero Crema	10	15.0	1.1	0.7	0.0	4.2	15.0	1.7	0.0	1.3	0.3	1.7	0.0	1.1	0.0
Small Burrito	Cilantro & Lime Chimichurri	15	50.0	5.7	0.4	0.0	0.0	115.5	0.6	0.1	0.2	0.1	3.5	4.0	0.2	0.4
Regular Burrito, Bowl, Salad	Cilantro & Lime Chimichurri	30	110.0	11.5	0.8	0.0	0.0	231.1	1.2	0.2	0.4	0.1	7.0	8.0	0.3	0.7
Mucho Burrito	Cilantro & Lime Chimichurri	45	160.0	17.2	1.2	0.0	0.0	346.6	1.8	0.3	0.6	0.2	10.5	11.9	0.5	1.1
Taco	Cilantro & Lime Chimichurri	10	35.0	3.8	0.3	0.0	0.0	77.0	0.4	0.1	0.1	0.0	2.3	2.7	0.1	0.2
Small Burrito	Serrano Chili Sauce	15	25.0	1.9	1.2	0.0	7.1	82.3	1.0	0.0	0.5	0.5	2.8	0.0	1.9	0.0
Regular Burrito, Bowl, Salad	Serrano Chili Sauce	30	50.0	3.8	2.4	0.1	14.2	164.6	2.1	0.0	1.0	1.0	5.7	0.0	3.8	0.1
Mucho Burrito	Serrano Chili Sauce	45	70.0	5.7	3.5	0.1	21.3	246.9	3.1	0.1	1.4	1.5	8.5	0.1	5.7	0.1
Taco	Serrano Chili Sauce	10	15.0	1.3	0.8	0.0	4.7	54.9	0.7	0.0	0.3	0.3	1.9	0.0	1.3	0.0
Small Burrito	Avocado-Tomatillo Sauce	15	15.0	0.7	0.1	0.0	0.0	53.2	2.3	0.9	1.3	0.7	0.6	1.8	1.8	1.3
Regular Burrito, Bowl, Salad	Avocado-Tomatillo Sauce	30	35.0	1.4	0.2	0.0	0.0	106.3	4.6	1.8	2.6	1.4	1.1	3.6	3.6	2.7
Mucho Burrito	Avocado-Tomatillo Sauce	45	50.0	2.0	0.3	0.0	0.0	159.5	6.9	2.7	3.9	2.0	1.7	5.5	5.4	4.0
Taco	Avocado-Tomatillo Sauce	10	15.0	0.5	0.1	0.0	0.0	35.4	1.5	0.6	0.9	0.5	0.4	1.2	1.2	0.9
Salad Taqueria	Rancho Jalapeno Dressing	30	80.0	7.2	0.9	0.0	8.9	291.0	3.8	0.0	3.7	0.2	0.5	0.9	0.0	0.1
Salad Taqueria	Honey Lime Vinaigrette	30	120.0	9.7	0.7	0.0	0.0	37.0	7.9	0.4	6.9	0.1	1.1	5.7	0.1	0.2
Burrito, Nachos, Chips&Queso	Queso Cheese Sauce	60	80.0	4.5	1.8	1.3	9.2	514.9	4.8	0.0	2.1	2.0	0.5	0.3	5.9	1.8
Small Burrito	Crispy Jalapeno Chips	8	50.0	4.0	1.7	0.0	0.0	68.6	3.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Regular Burrito, Bowl, Salad	Crispy Jalapeno Chips	10	60.0	5.0	2.1	0.0	0.0	85.7	4.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Mucho Burrito	Crispy Jalapeno Chips	15	100.0	7.5	3.2	0.0	0.0	128.6	6.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Taco	Crispy Jalapeno Chips	3	20.0	1.5	0.6	0.0	0.0	25.7	1.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Small Burrito	Toasted Pepitas	8	50.0	4.0	0.7	0.0	0.0	0.0	1.1	0.6	0.2	2.4	0.0	0.0	0.3	5.6
Regular Burrito, Bowl, Salad	Toasted Pepitas	10	60.0	5.0	0.9	0.0	0.0	0.0	1.4	0.8	0.2	3.0	0.0	0.0	0.4	7.0
Mucho Burrito	Toasted Pepitas	15	90.0	7.5	1.4	0.0	0.0	0.0	2.1	1.2	0.3	4.5	0.0	0.0	0.6	10.5
Taco	Toasted Pepitas	3	20.0	1.5	0.3	0.0	0.0	0.0	0.4	0.2	0.1	0.9	0.0	0.0	0.1	2.1
Small Burrito	Tri-Coloured Tortilla Strips	8	40.0	2.3	0.0	0.0	0.0	8.0	4.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Regular Burrito, Bowl, Salad	Tri-Coloured Tortilla Strips	10	50.0	2.9	0.0	0.0	0.0	10.0	5.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Mucho Burrito	Tri-Coloured Tortilla Strips	15	75.0	4.3	0.0	0.0	0.0	15.0	8.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Taco	Tri-Coloured Tortilla Strips	5	25.0	1.4	0.0	0.0	0.0	5.0	2.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Salad Taqueria	Romaine Lettuce	100	15.0	0.3	0.0	0.0	0.0	8.0	3.0	2.0	1.0	1.2	44.0	40.0	33.0	1.0
Kids' Meals	Chips	35	70.0	2.2	0.1	0.0	0.0	211.4	9.8	0.0	0.0	1.2	2.5	0.1	2.5	0.0
Chips & Salsa, Queso, Guac	Chips	60	120.0	3.7	0.1	0.0	0.0	362.4	16.8	0.0	0.0	2.1	4.2	0.1	4.2	0.0
	Jalapeno Peppers - Garnish	4	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.1	0.1	0.0	0.6	0.0	0.0	0.2
	Cilantro - Garnish	1	0.0	0.0	0.0	0.0	0.0	0.5	0.0	0.0	0.0	0.0	1.3	0.5	0.0	0.0
Taco	Fresh Limes	9	5.0	0.0	0.0	0.0	0.0	0.2	1.0	0.3	0.2	0.1	0.0	4.4	3.0	0.1

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.