Mucho Burrito fresh mexican grill

# 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 |
| Quesdilla - 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 |
| Quesdilla - Snack Size | Chipotle 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 | Chipotle 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 | Chipotle 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 | Chipotle 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 | Chipotle 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 | Chipotle 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 |
| Quesdilla - Snack Size | Fajita Veggies | 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 Veggies | 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 Veggies | 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 Veggies | 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 Veggies | 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 Veggies | 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 | Beef Brisket | 50 | 160.0 | 11.9 | 4.8 | 0.9 | 41.7 | 392.9 | 0.0 | 0.0 | 0.0 | 11.9 | 0.0 | 0.0 | 0.0 | 3.6 |
| Mucho Burrito | Beef Brisket | 150 | 460.0 | 35.7 | 14.3 | 2.7 | 125.0 | 1178.6 | 0.0 | 0.0 | 0.0 | 35.7 | 0.0 | 0.0 | 0.0 | 10.7 |
| Regular Burrito, Bowl, Salad, Quesadilla | Beef Brisket | 100 | 310.0 | 23.8 | 9.5 | 1.8 | 83.3 | 785.7 | 0.0 | 0.0 | 0.0 | 23.8 | 0.0 | 0.0 | 0.0 | 7.1 |
| Small Burrito | Beef Brisket | 75 | 230.0 | 17.9 | 7.1 | 7.1 | 62.5 | 589.3 | 0.0 | 0.0 | 0.0 | 17.9 | 0.0 | 0.0 | 0.0 | 5.4 |
| 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 | 400.0 | 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 | 270.0 | 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 | 200.0 | 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 | 130.0 | 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 |
| Small Burrito | Ghost Pepper Bacon | 15 | 60.0 | 4.8 | 1.7 | 0.0 | 15.4 | 196.4 | 0.2 | 0.0 | 0.2 | 5.6 | 1.4 | 0.0 | 0.2 | 0.9 |
| Regular Burrito, Bowl, Salad, Quesadilla | Ghost Pepper Bacon | 30 | 130.0 | 9.6 | 3.4 | 0.0 | 30.9 | 392.9 | 0.3 | 0.0 | 0.4 | 11.2 | 2.7 | 0.0 | 0.3 | 1.7 |
| Mucho Burrito | Ghost Pepper Bacon | 45 | 190.0 | 14.3 | 5.0 | 0.0 | 46.3 | 589.3 | 0.5 | 0.0 | 0.6 | 16.9 | 4.1 | 0.0 | 0.5 | 2.6 |
| Kids, Taco, Quesadilla Snack Size | Ghost Pepper Bacon | 15 | 60.0 | 4.8 | 1.7 | 0.0 | 15.4 | 196.4 | 0.2 | 0.0 | 0.2 | 5.6 | 1.4 | 0.0 | 0.2 | 0.9 |
| 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 | Pico de Gallo | 80 | 20.0 | 0.0 | 0.0 | 0.0 | 0.0 | 383.3 | 4.2 | 0.7 | 2.7 | 0.5 | 15.4 | 27.2 | 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 |
| Chips & Salsa - Combo | Pico de Gallo | 80 | 20.0 | 0.0 | 0.0 | 0.0 | 0.0 | 383.3 | 4.2 | 0.7 | 2.7 | 0.5 | 15.4 | 27.2 | 0.0 | 0.0 |

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| Chips & Salsa - serves 2 | Pico de Gallo | 80 | 20.0 | 0.0 | 0.0 | 0.0 | 0.0 | 383.3 | 4.2 | 0.7 | 2.7 | 0.5 | 15.4 | 27.2 | 0.0 | 0.0 |
| Chips & Salsa - serves 3 | Pico de Gallo | 160 | 40.0 | 0.0 | 0.0 | 0.0 | 0.0 | 766.5 | 8.4 | 1.4 | 5.4 | 1.1 | 30.9 | 54.5 | 0.0 | 0.0 |
| Quesadillas | Medium Salsa | 113 | 50.0 | 1.3 | 0.1 | 0.0 | 0.0 | 441.4 | 6.9 | 1.1 | 4.6 | 1.5 | 13.1 | 13.8 | 5.4 | 1.5 |
| 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 | 1.2 | 0.2 | 0.8 | 0.3 | 2.3 | 2.4 | 1.0 | 0.3 |
| 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 |
| Chips & Salsa - Combo | Medium Salsa | 113 | 50.0 | 1.3 | 0.1 | 0.0 | 0.0 | 441.4 | 6.9 | 1.1 | 4.6 | 1.5 | 13.1 | 13.8 | 5.4 | 1.5 |
| Chips & Salsa - serves 2 | Medium Salsa | 113 | 50.0 | 1.3 | 0.1 | 0.0 | 0.0 | 441.4 | 6.9 | 1.1 | 4.6 | 1.5 | 13.1 | 13.8 | 5.4 | 1.5 |
| Chips & Salsa - serves 3 | Medium Salsa | 227 | 100.0 | 2.5 | 0.2 | 0.0 | 0.0 | 886.7 | 13.8 | 2.2 | 9.2 | 3.1 | 26.3 | 27.7 | 10.9 | 3.0 |
| Quesadillas | Hot Salsa | 113 | 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 |
| Chips & Salsa - Combo | Hot Salsa | 113 | 70.0 | 3.7 | 0.2 | 0.0 | 0.0 | 663.2 | 8.4 | 1.1 | 6.6 | 0.9 | 3.3 | 37.0 | 7.1 | 0.2 |
| Chips & Salsa - serves 2 | Hot Salsa | 113 | 70.0 | 3.7 | 0.2 | 0.0 | 0.0 | 663.2 | 8.4 | 1.1 | 6.6 | 0.9 | 3.3 | 37.0 | 7.1 | 0.2 |
| Chips & Salsa - serves 3 | Hot Salsa | 227 | 130.0 | 7.4 | 0.5 | 0.0 | 0.0 | 1332.2 | 16.8 | 2.2 | 13.3 | 1.9 | 6.6 | 74.4 | 14.3 | 0.4 |
| Small Burrito | Chipotle Coleslaw | 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 | Chipotle Coleslaw | 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 | Chipotle Coleslaw | 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 | Chipotle Coleslaw | 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 | Charred 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 | Charred 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 | Charred 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 | Charred 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 | In-House Pickled Red 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 | In-House Pickled Red 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 | In-House Pickled Red 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 | In-House Pickled Red 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 | Harvest Apple Medley | 40 | 40.0 | 1.7 | 0.1 | 0.0 | 0.0 | 4.9 | 5.7 | 1.0 | 2.7 | 0.3 | 12.0 | 5.4 | 0.7 | 1.0 |
| Regular Burrito, Bowl, Salad | Harvest Apple Medley | 60 | 60.0 | 2.5 | 0.2 | 0.0 | 0.0 | 7.3 | 8.5 | 1.5 | 4.0 | 0.4 | 18.0 | 8.2 | 1.0 | 1.5 |
| Mucho Burrito | Harvest Apple Medley | 60 | 60.0 | 2.5 | 0.2 | 0.0 | 0.0 | 7.3 | 8.5 | 1.5 | 4.0 | 0.4 | 18.0 | 8.2 | 1.0 | 1.5 |
| Taco | Harvest Apple Medley | 20 | 20.0 | 0.8 | 0.1 | 0.0 | 0.0 | 2.4 | 2.8 | 0.5 | 1.3 | 0.1 | 6.0 | 2.7 | 0.3 | 0.5 |
| Small Burrito | Roasted Cauliflower | 30 | 25.0 | 1.8 | 0.1 | 0.0 | 0.0 | 67.1 | 1.1 | 0.7 | 0.7 | 0.4 | 0.2 | 10.6 | 0.0 | 0.7 |
| Regular Burrito, Bowl, Salad | Roasted Cauliflower | 50 | 40.0 | 3.0 | 0.2 | 0.0 | 0.0 | 111.8 | 1.8 | 1.2 | 1.2 | 0.6 | 0.4 | 17.6 | 0.0 | 1.2 |
| Mucho Burrito | Roasted Cauliflower | 50 | 40.0 | 3.0 | 0.2 | 0.0 | 0.0 | 111.8 | 1.8 | 1.2 | 1.2 | 0.6 | 0.4 | 17.6 | 0.0 | 1.2 |
| Taco | Roasted Cauliflower | 20 | 15.0 | 1.2 | 0.1 | 0.0 | 0.0 | 44.7 | 0.7 | 0.5 | 0.5 | 0.2 | 0.2 | 7.1 | 0.0 | 0.5 |
| Small Burrito | Roasted Chickpeas | 15 | 15.0 | 0.7 | 0.1 | 0.0 | 0.0 | 29.2 | 2.2 | 0.4 | 0.1 | 0.6 | 0.1 | 0.0 | 0.4 | 1.0 |
| Regular Burrito, Bowl, Salad | Roasted Chickpeas | 30 | 35.0 | 1.4 | 0.1 | 0.0 | 0.0 | 58.3 | 4.5 | 0.9 | 0.1 | 1.2 | 0.2 | 0.1 | 0.8 | 2.1 |
| Mucho Burrito | Roasted Chickpeas | 30 | 35.0 | 1.4 | 0.1 | 0.0 | 0.0 | 58.3 | 4.5 | 0.9 | 0.1 | 1.2 | 0.2 | 0.1 | 0.8 | 2.1 |
| Taco | Roasted Chickpeas | 10 | 10.0 | 0.5 | 0.0 | 0.0 | 0.0 | 19.4 | 1.5 | 0.3 | 0.0 | 0.4 | 0.1 | 0.0 | 0.3 | 0.7 |
| Small Burrito | Roasted Red Peppers | 30 | 10.0 | 0.0 | 0.0 | 0.0 | 0.0 | 78.5 | 1.8 | 0.7 | 1.2 | 0.2 | 1.8 | 23.1 | 0.0 | 0.9 |
| Regular Burrito, Bowl, Salad | Roasted Red Peppers | 50 | 15.0 | 0.0 | 0.0 | 0.0 | 0.0 | 130.8 | 3.1 | 1.2 | 1.9 | 0.4 | 3.1 | 38.5 | 0.0 | 1.5 |
| Mucho Burrito | Roasted Red Peppers | 50 | 15.0 | 0.0 | 0.0 | 0.0 | 0.0 | 130.8 | 3.1 | 1.2 | 1.9 | 0.4 | 3.1 | 38.5 | 0.0 | 1.5 |
| Taco | Roasted Red Peppers | 20 | 5.0 | 0.0 | 0.0 | 0.0 | 0.0 | 52.3 | 1.2 | 0.5 | 0.8 | 0.2 | 1.2 | 15.4 | 0.0 | 0.6 |
| Quesadillas | Sour Cream | 113 | 190.0 | 15.1 | 9.4 | 0.4 | 56.5 | 113.0 | 7.5 | 0.0 | 3.8 | 3.8 | 22.6 | 0.0 | 15.1 | 0.0 |
| Mucho Burrito | Sour Cream | 45 | 75.0 | 6.0 | 3.8 | 0.2 | 22.5 | 45.0 | 3.0 | 0.0 | 1.5 | 1.5 | 9.0 | 0.0 | 6.0 | 0.0 |
| Regular Burrito, Bowl | Sour Cream | 30 | 50.0 | 4.0 | 2.5 | 0.1 | 15.0 | 30.0 | 2.0 | 0.0 | 1.0 | 1.0 | 6.0 | 0.0 | 4.0 | 0.0 |
| Small Burrito, Kids 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 |
| Taco | Sour Cream | 10 | 15.0 | 1.3 | 0.8 | 0.0 | 5.0 | 10.0 | 0.7 | 0.0 | 0.3 | 0.3 | 2.0 | 0.0 | 1.3 | 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 |
| Burritos, Bowls, Salads, | 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 |
| Quesadillas | Guacamole | 113 | 160.0 | 13.6 | 1.9 | 0.0 | 0.0 | 204.4 | 9.0 | 6.4 | 1.1 | 1.9 | 6.7 | 21.2 | 1.2 | 3.1 |
| Chips & Guac - Combo | Guacamole | 113 | 160.0 | 13.6 | 1.9 | 0.0 | 0.0 | 204.4 | 9.0 | 6.4 | 1.1 | 1.9 | 6.7 | 21.2 | 1.2 | 3.1 |
| Chips & Guac - Serves 2 | Guacamole | 113 | 160.0 | 13.6 | 1.9 | 0.0 | 0.0 | 204.4 | 9.0 | 6.4 | 1.1 | 1.9 | 6.7 | 21.2 | 1.2 | 3.1 |
| Chips & Guac - Serves 3 | Guacamole | 227 | 310.0 | 27.3 | 3.8 | 0.0 | 0.0 | 410.6 | 18.1 | 12.9 | 2.2 | 3.8 | 13.4 | 42.5 | 2.4 | 6.3 |
| Small Burrito | Ghost Pepper Fig Marmalade | 15 | 40.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 29.3 | 0.0 | 8.8 | 0.1 | 8.1 | 0.0 | 0.0 |
| Regular Burrito, Bowl, Salad | Ghost Pepper Fig Marmalade | 30 | 80.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 58.5 | 0.0 | 17.5 | 0.3 | 16.3 | 0.0 | 0.0 |
| Mucho Burrito | Ghost Pepper Fig Marmalade | 45 | 110.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 87.8 | 0.0 | 26.3 | 0.4 | 24.4 | 0.0 | 0.0 |
| Taco | Ghost Pepper Fig Marmalade | 10 | 25.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 19.5 | 0.0 | 5.8 | 0.1 | 5.4 | 0.0 | 0.0 |
| Small Burrito | Ghost Pepper Crema | 15 | 23.7 | 1.9 | 1.2 | 0.0 | 7.1 | 59.0 | 0.9 | 0.0 | 0.5 | 0.5 | 2.8 | 0.0 | 1.9 | 0.0 |
| Regular Burrito, Bowl, Salad | Ghost Pepper Crema | 30 | 47.4 | 3.8 | 2.4 | 0.1 | 14.2 | 118.0 | 1.9 | 0.0 | 0.9 | 0.9 | 5.7 | 0.0 | 3.8 | 0.0 |
| Mucho Burrito | Ghost Pepper Crema | 45 | 71.1 | 5.7 | 3.6 | 0.1 | 21.3 | 177.0 | 2.8 | 0.0 | 1.4 | 1.4 | 8.5 | 0.0 | 5.7 | 0.0 |
| Taco | Ghost Pepper Crema | 10 | 15.8 | 1.3 | 0.8 | 0.0 | 4.7 | 39.3 | 0.6 | 0.0 | 0.3 | 0.3 | 1.9 | 0.0 | 1.3 | 0.0 |
| Small Burrito | Chipotle Apple BBQ Sauce | 15 | 35.0 | 0.2 | 0.0 | 0.0 | 0.0 | 101.0 | 7.3 | 0.0 | 6.8 | 0.1 | 0.0 | 2.9 | 1.0 | 2.0 |
| Regular Burrito, Bowl, Salad | Chipotle Apple BBQ Sauce | 30 | 70.0 | 0.3 | 0.0 | 0.0 | 0.0 | 202.0 | 14.6 | 0.0 | 13.5 | 0.2 | 0.0 | 5.8 | 2.0 | 3.9 |
| Mucho Burrito | Chipotle Apple BBQ Sauce | 45 | 100.0 | 0.5 | 0.0 | 0.0 | 0.0 | 303.0 | 21.9 | 0.1 | 20.3 | 0.3 | 0.0 | 8.7 | 3.0 | 5.9 |
| Taco | Chipotle Apple BBQ Sauce | 10 | 20.0 | 0.1 | 0.0 | 0.0 | 0.0 | 67.3 | 4.9 | 0.0 | 4.5 | 0.1 | 0.0 | 1.9 | 0.7 | 1.3 |
| Small Burrito | Poblano Avocado Crema | 15 | 20.0 | 1.6 | 0.6 | 0.0 | 2.8 | 56.1 | 1.1 | 0.5 | 0.3 | 0.3 | 1.4 | 3.4 | 0.9 | 0.4 |
| Regular Burrito, Bowl, Salad | Poblano Avocado Crema | 30 | 40.0 | 3.3 | 1.2 | 0.0 | 5.6 | 112.1 | 2.2 | 1.0 | 0.7 | 0.7 | 2.8 | 6.8 | 1.7 | 0.8 |
| Mucho Burrito | Poblano Avocado Crema | 45 | 60.0 | 4.9 | 1.8 | 0.1 | 8.4 | 168.2 | 3.4 | 1.5 | 1.0 | 1.0 | 4.3 | 10.2 | 2.6 | 1.2 |
| Taco | Poblano Avocado Crema | 10 | 15.0 | 1.1 | 0.4 | 0.0 | 1.9 | 37.4 | 0.7 | 0.3 | 0.2 | 0.2 | 0.9 | 2.3 | 0.6 | 0.3 |
| Small Burrito | Habanero & Harissa Red Pepper Sauce | 15 | 15.0 | 1.3 | 0.1 | 0.0 | 0.0 | 73.5 | 0.8 | 0.3 | 0.5 | 0.1 | 0.8 | 9.7 | 0.0 | 0.5 |
| Regular Burrito, Bowl, Salad | Habanero & Harissa Red Pepper Sauce | 30 | 30.0 | 2.5 | 0.2 | 0.0 | 0.0 | 147.0 | 1.7 | 0.6 | 1.0 | 0.2 | 1.7 | 19.5 | 0.0 | 0.9 |
| Mucho Burrito | Habanero & Harissa Red Pepper Sauce | 45 | 45.0 | 3.8 | 0.3 | 0.0 | 0.0 | 220.4 | 2.5 | 0.9 | 1.4 | 0.3 | 2.5 | 29.2 | 0.1 | 1.4 |
| Taco | Habanero & Harissa Red Pepper Sauce | 10 | 10.0 | 0.8 | 0.1 | 0.0 | 0.0 | 49.0 | 0.6 | 0.2 | 0.3 | 0.1 | 0.6 | 6.5 | 0.0 | 0.3 |
| Small Burrito | Avocado Hummus | 15 | 35.0 | 3.1 | 0.3 | 0.0 | 0.0 | 46.7 | 1.7 | 0.6 | 0.2 | 0.3 | 0.2 | 1.7 | 1.3 | 0.7 |
| Regular Burrito, Bowl, Salad | Avocado Hummus | 30 | 70.0 | 6.3 | 0.6 | 0.0 | 0.0 | 93.3 | 3.3 | 1.2 | 0.3 | 0.6 | 0.4 | 3.5 | 2.6 | 1.4 |
| Mucho Burrito | Avocado Hummus | 45 | 110.0 | 9.4 | 0.9 | 0.0 | 0.0 | 140.0 | 5.0 | 1.8 | 0.5 | 1.0 | 0.5 | 5.2 | 3.9 | 2.0 |
| Taco | Avocado Hummus | 10 | 25.0 | 2.1 | 0.2 | 0.0 | 0.0 | 31.1 | 1.1 | 0.4 | 0.1 | 0.2 | 0.1 | 1.2 | 0.9 | 0.5 |
| 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 | 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 |
| Chips & Queso - Combo | Queso Cheese Sauce | 113 | 160.0 | 8.5 | 3.4 | 2.5 | 17.3 | 969.7 | 9.0 | 0.1 | 3.9 | 3.7 | 0.9 | 0.5 | 11.2 | 3.4 |
| Chips & Queso - Serves 2 | Queso Cheese Sauce | 113 | 160.0 | 8.5 | 3.4 | 2.5 | 17.3 | 969.7 | 9.0 | 0.1 | 3.9 | 3.7 | 0.9 | 0.5 | 11.2 | 3.4 |
| Chips & Queso - Serves 3 | Queso Cheese Sauce | 227 | 310.0 | 17.2 | 6.9 | 5.0 | 34.7 | 1948.0 | 18.1 | 0.1 | 7.9 | 7.4 | 1.9 | 1.1 | 22.5 | 6.8 |

| | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 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 |
| 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.**