



# NUTRITION CHART

INGREDIENTS	CALS (KCAL)	FAT (G)	SATFAT (G)	TRANSFAT (G)	CHOL (MG)	SOD (MG)	CARB (G)	TOTAL FIBER (G)	SUGAR (G)	PROT (G)
<b>TORTILLA CHIPS</b>										
Tortilla Chips, Side	350	18	3	0	0	188	45	3	0	5
Tortilla Chips, Cup	700	36	5	0	0	376	90	5	0	10
Tortilla Chips, Bowl	1050	54	8	0	0	564	135	8	0	15
<b>PROTEINS</b>										
Adobo Chicken, Small (Tacos, Kids)	50	2	1	0	40	255	1	1	0	7
Adobo Chicken, Medium	100	5	2	0	80	510	1	1	0	14
Adobo Chicken, Double	200	10	4	0	160	1020	2	2	0	28
White Meat Chicken, Small	55	2	0	0	40	160	2	0	0	9
White Meat Chicken, Medium	110	3	1	0	80	320	3	1	0	18
White Meat Chicken, Double	220	6	1	0	160	640	6	2	0	36
Hand Cut Steak, Small	65	4	2	0	23	250	2	0	0	6
Hand Cut Steak, Medium	130	8	4	0	45	500	4	0	0	11
Hand Cut Steak, Double	260	16	8	0	90	1000	8	0	0	22
Ground Beef, Small	75	5	2	0	15	250	3	1	1	5
Ground Beef, Medium	150	9	4	0	30	500	5	2	2	10
Ground Beef, Double	300	18	8	0	60	1000	10	4	4	20
Tofu, Small	55	4	1	0	0	130	1	1	1	5
Tofu, Medium	110	7	1	0	0	260	2	1	1	9
Tofu, Large	220	14	2	0	0	520	4	2	2	18
<b>QUESO</b>										
Queso, Side	200	16	10	1	45	770	5	0	1	8
Queso, Cup	410	32	21	2	95	1590	11	0	2	17
Queso, Bowl	750	59	40	3	175	2940	20	0	3	31
Queso, Add-On	130	10	7	0	30	490	3	0	0	5
Queso, Add-On, Small	50	4	3	0	10	210	1	0	0	2
<b>GUAC</b>										
Guac, Side	110	10	2	0	0	460	7	5	1	2
Guac, Cup	250	22	3	0	0	1040	15	10	2	3
Guac, Bowl	410	36	5	0	0	1730	26	17	3	6
Guac, Add-On	60	6	1	0	0	270	4	3	1	1
Guac, Add-On, Small	40	4	1	0	0	170	3	2	0	1
<b>SEASONED RICE</b>										
Seasoned Rice, Ingredient for Jr. Burrito	94	2	0	0	0	226	18	0	0	2
Seasoned Rice, Ingredient for Burrito	150	3	0	0	0	339	27	0	0	3
Seasoned Rice, Cup and Burrito Bowl	300	6	0	0	0	678	54	0	0	6
Seasoned Rice, Bowl	500	10	0	0	0	1130	90	0	0	10
<b>CILANTRO LIME RICE</b>										
Cilantro Lime Rice, Ingredient for Jr. Burrito	93	2	0	0	0	154	18	0	0	2
Cilantro Lime Rice, Ingredient for Burrito	140	3	0	0	0	231	27	0	0	3
Cilantro Lime Rice, Cup and Burrito Bowl	280	6	0	0	0	462	54	0	0	6
Cilantro Lime Rice, Bowl	470	10	0	0	0	770	90	0	0	10
<b>BLACK BEANS</b>										
Black Beans Jr. Ingredient portion/taco fresh free modifier	30	0	0	0	0	120	6	2	0	2
Black Beans, Ingredient portion for Burrito, Bowl, Nacho, Quesadilla, Stack	60	0	0	0	0	240	12	3	0	3
Black Beans, Cup	120	0	0	0	0	480	24	6	0	6
Black Beans, Bowl	220	0	0	0	0	800	40	10	0	10

**PROTEINS**    **SMALL:** TACOS, KIDS MEAL    **MEDIUM:** BURRITO, BOWLS, SALADS, NACHOS, QUESADILLAS, STACKS    **DOUBLE:** DOUBLE PROTEIN (PROTEIN CLAIM ITEMS)



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INGREDIENTS	CALS (KCAL)	FAT (G)	SATFAT (G)	TRANSFAT (G)	CHOL (MG)	SOD (MG)	CARB (G)	TOTAL FIBER (G)	SUGAR (G)	PROT (G)
<b>PINTO BEANS</b>										
Pinto Beans Jr. Ingredient portion/taco fresh free modifier	30	0	0	0	0	100	6	2	0	2
Pinto Beans, Ingredient for Burrito, Bowl, Nacho, Quesadilla, Stack	60	0	0	0	0	200	12	3	0	3
Pinto Beans, Cup	120	0	0	0	0	400	24	6	0	6
Pinto Beans, Bowl	200	0	0	0	0	670	40	10	0	10
<b>FRESH INGREDIENTS</b>										
Grilled Onions and Peppers	25	0	0	0	0	0	5	1	3	1
Roasted Corn Salsa	80	3.5	0	0	0	250	9	2	3	1
Oaxaca Cheese	130	9	5	0	30	280	2	0	2	10
New Pico	10	0	0	0	0	190	3	1	2	0
Guac	80	7	1	0	0	320	5	3	1	1
Sour Cream	60	5	3.5	0	20	15	1	0	1	1
Romaine Lettuce	5	0	0	0	0	0	1	1	0	0
Onions, Diced	10	0	0	0	0	0	3	0	1	0
Jalapenos, Pickled	5	0	0	0	0	260	1	1	1	0
Jalapenos, Fresh	10	0	0	0	0	0	2	1	1	0
Black Olives	40	4	1	0	0	230	0	0	0	0
Moe's Sauce	110	11	2	0	15	410	3	0	2	1
Poblano Crema	40	3	2	0	10	200	2	1	1	1
Chili Lime Sauce	100	9	2	0	5	330	4	0	3	0
Hard Rock	10	0	0	0	0	100	1	1	0	0
Chipotle Ranch	140	15	3	0	5	140	2	0	1	1
SW Vin	130	13	2	0	0	350	3	0	0	0
House-Made Salsa	10	0	0	0	0	160	2	0	1	0
Tomatillo Salsa	10	0	0	0	0	150	1	1	1	0
12" Flour Tortilla	310	8	3	0	0	320	51	1	1	8
8" Flour Tortilla	100	3	1	0	0	180	17	0	0	2
6" Flour Tortilla	70	2	0	0	0	120	11	0	0	2
6" Crispy Corn Tortilla/Stack Shell	40	3	1	0	0	25	3	0	0	1
Tortilla Chips	140	7	1	0	0	75	18	1	0	2
Bacon	180	13	5	0	50	710	0	0	0	17
Potatoes	200	8	2	0	0	220	29	3	0	3
Chocolate Chunk Cookie	170	8	4	0	10	140	23	1	15	2
Spicy Red Salsa	10	0	0	0	0	250	2	0	1	0
<b>DRINKS</b>										
Coca Cola Zero, Kids	5	0	0	0	0	65	1	1	1	0
Coca Cola Zero, Regular	10	0	0	0	0	85	1	1	1	0
Coca Cola Zero, Large	15	0	0	0	0	160	2	1	2	1
Sprite, Kids	140	0	0	0	0	70	36	1	36	0
Sprite, Regular	180	0	0	0	0	90	49	1	49	0
Sprite, Large	340	0	0	0	0	170	91	1	91	0
Diet Coke, Kids	5	0	0	0	0	115	1	1	1	0
Diet Coke, Regular	10	0	0	0	0	160	1	1	1	0
Diet Coke, Large	15	0	0	0	0	290	2	1	2	1
Coca-Cola, Kids	140	0	0	0	0	40	39	1	39	0
Coca-Cola, Regular	190	0	0	0	0	55	52	1	52	0
Coca-Cola, Large	360	0	0	0	0	100	97	1	97	0

**PROTEINS** SMALL: TACOS, KIDS MEAL MEDIUM: BURRITO, BOWLS, SALADS, NACHOS, QUESADILLAS, STACKS DOUBLE: DOUBLE PROTEIN (PROTEIN CLAIM ITEMS)



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