

Toppings	Quantity For:	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
All Menu Items												
Lime Wedge	1 wedge	0						0	1			0
Cilantro	1 serving	0						0	0			0
Burritos												
Extra - Chimi Style	1 serving	260	260	30	4.5	0						
Extra - Wet Style (Enchilada Sauce)	1 serving	20						420	4		2	1
French Fries	California Burrito	300	180	21	4	0		30	25	2	1	2
Cheese	1 serving	190	140	15	10	0.5	45	310	0			12
Guacamole	1 serving	160	120	14	2		9	400	10	7	2	2
Diced Onions	1 serving	20						0	4		2	1
Shredded Lettuce	1 serving	15	0	0				30	3	1		1
Shredded Cabbage	1 serving	25	0	0				20	6	2	3	1
Diced Tomatoes	1 serving	15	0	0				0	3		1	0
Fajita Veggies	1 serving	25	15	1.5	0			0	3		1	0
Small Burritos												
Extra - Chimi Style	1 serving	110	110	13	2	0						
Cheese	1 serving	90	70	8	5	0	20	160	0			6
Guacamole	1 serving	80	60	7	1			200	5	3		1
Diced Onions	1 serving	10						0	2		1	0
Shredded Lettuce	1 serving	5	0	0				15	1			1
Shredded Cabbage	1 serving	10						10	3	1	2	1
Diced Tomatoes	1 serving	5	0	0				0	1		1	0
Fajita Veggies	1 serving	15	5	1	0			0	2			0
Bean and Cheese Burrito												
Cheese	1 serving	140	100	12	7	0	35	230	0			9
Guacamole	1 serving	40	30	3.5	0			100	2	2		1
Diced Onions	1 serving	10						0	2		1	0
Shredded Lettuce	1 serving	15	0	0				30	3	1		1
Shredded Cabbage	1 serving	25	0	0				20	6	2	3	1
Tacos - Amounts are for 1 Taco												
Cheese	1 serving	90	70	8	5	0	20	160	0			6
Guacamole	1 serving	40	30	3.5	0			100	2	2		1
Diced Onions	1 serving	10						0	2		1	0
Shredded Lettuce	1 serving	5	0	0				15	1			1
Shredded Cabbage	1 serving	10						10	3	1	2	1
Diced Tomatoes	1 serving	5	0	0				0	1		1	0
Fajita Veggies	1 serving	15	5	1	0			0	2			0
Tostada Bowls												
Cheese	1 serving	190	140	15	10	0.5	45	310	0			12
Guacamole	1 serving	40	30	3.5	0			100	2	2		1
Diced Onions	1 serving	10						0	2		1	0
Shredded Lettuce	1 serving	15	0	0				30	3	1		1
Shredded Cabbage	1 serving	25	0	0				20	6	2	3	1
Diced Tomatoes	1 serving	15	0	0				0	3		1	0
Fajita Veggies	1 serving	25	15	1.5	0			0	3		1	0
Salads												
Tortilla Strips	1 serving	3	20	2	0			10	3			0
Cheese	1 serving	90	70	8	5	0	20	160	0			6
Guacamole	1 serving	160	120	14	2		9	400	10	7	2	2
Diced Onions	1 serving	10						0	2		1	0

Diced Tomatoes	1 serving	15	0	0				0	3		1	0
Fajita Veggies	1 serving	25	15	1.5	0			0	3		1	0
Nachos												
Cheese	1 serving	140	100	12	7	0	35	230	0			9
Guacamole	1 serving	40	30	3.5	0			100	2	2		1
Diced Onions	1 serving	20						0	4		2	1
Shredded Lettuce	1 serving	15	0	0				30	3	1		1
Shredded Cabbage	1 serving	25	0	0				20	6	2	3	1
Diced Tomatoes	1 serving	15	0	0				0	3		1	0
Fajita Veggies	1 serving	25	15	1.5	0			0	3		1	0
Fries												
Cheese	1 serving	140	100	12	7	0	35	230	0			9
Guacamole	1 serving	40	30	3.5	0			100	2	2		1
Diced Onions	1 serving	0						0	1			0
Shredded Lettuce	1 serving	15	0	0				30	3	1		1
Shredded Cabbage	1 serving	25	0	0				20	6	2	3	1
Diced Tomatoes	1 serving	15	0	0				0	3		1	0
Fajita Veggies	1 serving	25	15	1.5	0			0	3		1	0
Torta												
Cheese	1 serving	190	140	15	10	0.5	45	310	0			12
Guacamole	1 serving	40	30	3.5	0			100	2	2		1
Diced Onions	1 serving	20						0	4		2	1
Shredded Lettuce	1 serving	15	0	0				30	3	1		1
Shredded Cabbage	1 serving	25	0	0				20	6	2	3	1
Diced Tomatoes	1 serving	15	0	0				0	3		1	0
Fajita Veggies	1 serving	25	15	1.5	0			0	3		1	0
Taquitos - Amounts are for 3 Taquitos												
Cheese	1 serving	190	140	15	10	0.5	45	310	0			12
Guacamole	1 serving	40	30	3.5	0			100	2	2		1
Diced Onions	1 serving	10						0	2		1	0
Shredded Lettuce	1 serving	5	0	0				15	1			1
Shredded Cabbage	1 serving	10						10	3	1	2	1
Flautas - Amounts are for 3 Flautas												
Cheese	1 serving	90	70	8	5	0	20	160	0			6
Guacamole	1 serving	40	30	3.5	0			100	2	2		1
Diced Onions	1 serving	10						0	2		1	0
Shredded Lettuce	1 serving	5	0	0				15	1			1
Shredded Cabbage	1 serving	10						10	3	1	2	1
Quesadillas												
Cheese	1 serving	190	140	15	10	0.5	45	310	0			12
Guacamole	1 serving	40	30	3.5	0			100	2	2		1
Diced Onions	1 serving	10						0	2		1	0
Kids Burritos												
Cheese	1 serving	90	70	8	5	0	20	160	0			6
Guacamole	1 serving	80	60	7	1			200	5	3		1
Diced Onions	1 serving	10						0	2		1	0
Shredded Lettuce	1 serving	5	0	0				0	1		1	0
Shredded Cabbage	1 serving	10						10	3	1	2	1
Diced Tomatoes	1 serving	5	0	0				0	1		1	0
Kids Quesadillas												
Cheese	1 serving	190	140	15	10	0.5	45	310	0			12
Guacamole	1 serving	40	30	3.5	0			100	2	2		1