



	PRODUCT WEIGHT grams	CALORIES energy	PROTEIN grams	CARBS grams	FAT TOTAL grams	TRANS FAT grams	CHOLESTEROL milligrams	SODIUM milligrams	SATURATED FAT grams	SUGARS grams	CALCIUM % daily value	IRON % daily value	FIBRE grams	EGGS	FISH (including shellfish)	GLUTENS	DAIRY (and all milk products)	NUTS (including tree nuts)	SOY (and all soy products)
CHICKEN FAJITA	218	362	25.8	44.7	8.8	0.00	51	1488	3.6	4.5	13.2	51.9	16.8			•	•		•
LARGE CHICKEN FAJITA	403	574	46.6	60.3	15.0	0.28	102	2736	7.1	7.1	26.4	88.8	30.6			•	•		•
BEEF & CHEESE BURRITO	252	534	32.1	47.6	22.8	1.04	64	1432	9.3	8.8	23.0	51.8	6.8			•	•		•
LARGE BEEF & CHEESE BURRITO	465	918	59.3	66.3	43.1	2.08	128	2625	18.7	15.6	46.0	88.6	10.7			•	•		•
CRISP BEEF BURRITO	159	412	22.9	41.6	16.6	0.68	43	965	6.8	3.1	15.1	28.4	5.2			•	•		•
RANCH CHICKEN BURRITO	278	500	24.0	59.8	20.1	0.00	49	1441	3.1	4.3	7.8	53.7	6.7	•		•	•		•
LARGE RANCH CHICKEN BURRITO	516	849	43.1	90.7	37.7	0.00	98	2641	6.2	6.6	15.5	92.5	10.4	•		•	•		•
SUPER BEAN BURRITO	218	337	12.5	44.9	12.6	0.00	27	630	5.9	4.7	20.2	26.7	8.2			•	•		•
LARGE SUPER BEAN BURRITO	403	525	20.0	60.7	22.8	0.28	54	1020	11.8	7.3	40.3	38.5	13.5			•	•		•
SUPER BEEF BURRITO	218	442	22.1	44.1	19.7	0.59	53	904	8.7	5.4	18.8	26.4	8.2			•	•		•
LARGE SUPER BEEF BURRITO	403	735	39.2	59.1	36.9	1.18	106	1567	17.5	8.8	37.5	37.8	13.4			•	•		•
SUPER CHICKEN BURRITO	218	397	26.4	43.6	13.3	0.00	66	989	6.1	4.5	17.1	50.7	6.4			•	•		•
LARGE SUPER CHICKEN BURRITO	403	643	47.8	58.2	24.0	0.28	132	1737	12.1	7.0	34.2	86.5	9.8			•	•		•
VEGGIE BURRITO	326	484	16.3	69.8	15.5	0.00	27	2783	5.5	7.7	25.3	34.7	13.6			•	•		•
LARGE VEGGIE BURRITO	561	715	24.6	96.6	25.6	0.28	54	3996	11.0	11.4	46.7	49.5	21.3			•	•		•
BEEF TACO	119	269	14.4	23.2	11.7	0.46	30	1033	4.9	1.9	11.7	15.9	5.1			•	•		•
CHICKEN TACO	119	237	17.4	22.9	7.2	0.00	39	1092	3.0	1.3	10.6	33.0	3.9			•	•		•
VEGGIE TACO	119	195	7.7	23.8	6.8	0.00	12	841	2.9	1.4	12.7	16.2	5.2			•	•		•
BEEF SALAD (no bowl or dressing)	291	268	18.5	18.0	12.9	0.59	38	598	5.8	1.7	12.9	11.6	9.6			•	•		•
BEEF SALAD (no dressing)	369	674	19.4	58.3	39.9	0.59	38	850	6.3	3.7	14.9	26.6	12.6			•	•		•
CHICKEN SALAD (no bowl or dressing)	337	244	23.4	21.7	6.5	0.00	51	1741	3.2	3.4	11.6	37.7	21.8			•	•		•
CHICKEN SALAD (no dressing)	415	650	24.2	62.0	33.5	0.14	51	1993	3.7	5.4	13.6	52.7	24.8			•	•		•
BEEF QUESADILLA	291	596	26.2	60.2	27.3	0.73	65	3303	11.1	10.3	30.7	33.3	25.4			•	•		•
CHICKEN QUESADILLA	291	550	30.5	59.7	20.9	0.28	78	3388	8.4	9.4	29.0	57.7	23.6			•	•		•
REGULAR MEXI-FRIES®	113	291	2.4	31.1	17.5	0.35	0	838	1.8	0.0	2.0	2.1	4.0			•	•		•
LARGE MEXI-FRIES®	224	582	4.8	62.1	35.0	0.70	0	502	3.7	0.0	4.0	4.3	8.0			•	•		•
MEXI-FRIES DELUXE®	233	438	11.5	39.7	25.6	0.68	27	1884	5.3	3.5	8.5	10.7	10.4			•	•		•
LARGE MEXI-FRIES DELUXE®	388	772	14.8	74.6	45.9	1.04	35	2913	8.6	5.6	14.5	12.8	14.5			•	•		•
NACHOS	169	231	5.3	44.8	3.0	0.00	2	1416	0.7	3.8	4.7	1.5	28.3			•	•		•
LARGE NACHOS	306	437	10.0	85.1	5.4	0.00	3	2128	1.3	5.6	7.1	2.3	33.4			•	•		•
NACHOS DELUXE	340	452	19.3	57.0	15.5	0.47	43	2108	6.2	6.9	16.3	24.2	31.9			•	•		•
LARGE NACHOS DELUXE	547	751	29.7	102.4	23.3	0.67	62	3100	9.2	10.2	23.7	34.1	38.5			•	•		•
SIDE OF REFRITOS (beans)	184	106	5.3	13.3	3.4	0.00	6	538	1.8	5.3	19.1	37.5	3.9			•	•		•
SIDE OF RICE	184	199	5.4	36.7	3.3	0.00	6	841	1.8	6.3	16.3	19.5	0.9			•	•		•
PLATTER UPGRADE (no dressing)	311	272	8.6	49.8	4.1	0.00	6	1197	1.8	4.5	18.3	24.0	6.7			•	•		•
Jr. BEEF BURRITO (burrito only)	124	258	14.4	23.1	11.4	0.46	30	592	4.9	1.9	11.7	15.9	4.0			•	•		•
CHEESE QUESADILLA (quesadilla only)	78	390	15.5	38.0	17.3	0.42	35	1520	8.5	2.0	28.4	16.0	4.0			•	•		•
CHICKEN NUGGETS	68	184	12.8	12.0	1.6	0.00	28	392	1.6	0.8	3.2	8.0	8.0	•		•			•
KRAFT RANCHERS CHOICE DRESSING	28	130	0.2	1.0	15.5	0.00	10	250	2.3	1.1	1.0	0.5	0.5	•		•			•
KRAFT GOLDEN ITALIAN DRESSING	28	70	0.1	2.0	8.0	0.00	0	320	1.0	2.0	0.0	0.0	0.0			•			•
APPLE EMPANADA	111	277	6.0	57.9	3.0	0.00	0	319	0.6	20.9	3.8	17.6	3.1			•	•		•
CHERRY EMPANADA	111	285	6.0	60.4	3.0	0.00	0	297	0.6	22.9	2.2	15.5	3.8			•	•		•
BAVARIAN CREAM EMPANADA	111	282	6.0	56.9	3.9	0.00	0	422	0.9	18.9	2.9	15.6	3.3			•	•		•
CRUSTOS	100	313	9.0	61.0	4.5	0.00	0	435	0.9	9.9	3.2	23.0	4.6			•	•		•

\* CRISP CORN TACO SHELLS ARE FRIED IN THE SAME OIL AS ITEMS CONTAINING GLUTENS. A TRACE AMOUNT OF GLUTENS MAY TRANSFER TO THE CORN SHELLS.