



CALORIE CHART

	OZ.	Calories
CHICKEN	4	180
STEAK	3.5	150
TOFU	4	150
BARBACOA	4	170
CARNITAS	4	210
GROUND BEEF	4	140
WHITE RICE	4	210
BROWN RICE	4	210
BLACK BEANS	4	130
PINTO BEANS	4	130
FAJITA VEGETABLES	2.5	20
PICO	4	25
MEDIUM SALSA VERDE	2	15
HOT RED PEPPER SALSA	2	30
CORN SALSA	4	80

	OZ.	Calories
GUACAMOLE	4	230
QUESO	4	200
CHEESE	1	110
SOUR CREAM	2	110
ROMAIN LETTUCE	1	5
12" BURRITO TORTILLA 1	1PC	320
10" QUESADILLA TORTILLA 1PC	1PC	280
SOFT FLOUR TACO 1	1PC	80
SOFT CORN TACO 1	1PC	70
CRISPY CORN TACO 1	1PC	90
SALAD LETTUCE	4	10
QUESADILLA CHEESE	2.5	275
KIDS QUESDILLA CHEESE	1	110
CHIPS	4	540