

The Market										Fall 2020
Burritos	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protien (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Bean & Cheese Burrito (Refried Beans, Cheese, Tortilla)	1 Burrito	479	23	51	1.5	17				Wheat, Milk, Soy
Beef Burrito (Ground Beef, Refried Beans, Cheese, Tortilla)	1 Burrito	683	39	51	1.5	32				
Fajita Steak Burrito (Steak, Refried Beans, Cheese, Tortilla)	1 Burrito	674	36	51	1.5	37				Wheat, Milk, Soy
Chicken Carnita Burrito (Chicken Carinta, Refried Beans, Cheese, Tortilla)	1 Burrito	568.5	28.5	52	1.5	26				Wheat, Milk, Soy
Chicken Fajita Burrito (Chicken Fajita, Refried Beans, Cheese, Tortilla)	1 Burrito	599.5	27.5	55	4.5	33				
Pork Carnita Burrito (Chicken Fajita, Refried Beans, Cheese, Tortilla)	1 Burrito	597	29	51	1.5	33				Wheat, Milk, Soy, Pork
Add on Toppings										
Guacamole	2oz	96	8	4	2	2	✓	✓	✓	
Jalapeno	2oz	0	0	0	0		✓	✓	✓	
Lettuce	2oz	10	0	1.5	0.6	1	✓	✓	✓	
Pico de gallo	1oz	7	0	1.5	0	0	✓	✓	✓	
Sour Cream	2oz	114	10	4	0	2		✓	✓	Milk
Salsa	2oz	28	0	5	2	2	✓	✓	✓	
Shredded Cheese	2oz	226	18	2	0	14		✓	✓	Milk, Soy
Bowls (Build Your Own)	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protien (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Basic Burrito Bowl (Rice, Beans, Lettuce, Cheese)	1 ct	425.5	20	44.5	1	16		✓		Wheat, Milk, Soy
Chicken Carnita Bowl (Rice, Beans, Lettuce, Cheese, Chicken)	1 ct	561.9	28	46.5	1	30				Wheat, Milk, Soy
Chicken Fajita Bowl (Rice, Beans, Lettuce, Cheese, Chicken)	1 ct	544	25	48	1	32				Wheat, Milk, Soy
Beef Fajita Bowl (Rice, Beans, Lettuce, Cheese, Steak)	1 ct	621.1	33	44.5	0	36				Wheat, Milk, Soy
Ground Beef Bowl (Rice, Beans, Lettuce, Cheese, Beef)	1 ct	629.3	36	44.5	1	32				Wheat, Milk, Soy
Pork Carnita Bowl (Rice, Beans, Lettuce, Cheese, Pork)	1 ct	543.9	26	44.5	1	32				Wheat, Milk, Soy, Pork
Proteins	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protien (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Refried Beans	2 oz	152	2	32.5	0.5	1	✓	✓	✓	
Chicken Carnita	3 oz	85	5	1	0	9			✓	Milk, Soy
Ground Beef	3 oz	204	16	0	0	15			✓	
Chicken Fajita	3 oz	120.5	4.5	4	0	16			✓	
Fajita Steak	3 oz	197	13	0	0	20			✓	
Pork Carnita	3 oz	118	6	0	0	16			✓	Pork
Meatless Crumble	~3oz	50.5	0.5	3.25	2	8.25	✓	✓	✓	Soy
Vegan Plant Protein Strip	~3oz	158.5	2.5	6	1	28	✓	✓		Wheat, Barley, Soy

<u>Add on Toppings</u>	<u>Serving Size</u>	<u>Calories</u>	<u>Fat (g)</u>	<u>Carbs (g)</u>	<u>Fiber (g)</u>	<u>Protien (g)</u>	<u>Vegan</u>	<u>Vegetarian</u>	<u>Gluten Free</u>	<u>Allergy/Contains</u>
Guacamole	2oz	96	8	4	2	2	✓	✓	✓	
Jalapeno	2oz	0	0	0	0		✓	✓	✓	
Lettuce	2oz	10	0	1.5	0.6	1	✓	✓	✓	
Pico de gallo	1oz	6	0	1.5	0	0	✓	✓	✓	
Sour Cream	2oz	114	10	4	0	2		✓	✓	Milk
Salsa	2oz	28	0	5	2	2	✓	✓	✓	
Shredded Cheese	2oz	226	18	2	0	14		✓	✓	Milk, Soy
<u>Quesadillas</u>	<u>Serving Size</u>	<u>Calories</u>	<u>Fat (g)</u>	<u>Carbs (g)</u>	<u>Fiber (g)</u>	<u>Protien (g)</u>	<u>Vegan</u>	<u>Vegetarian</u>	<u>Gluten Free</u>	<u>Allergy/Contains</u>
Basic Quesadilla (Tortilla and Cheese)	1 ct	622	34	50	1	29		✓		Wheat,Milk
Bean & Cheese Quesadilla (Tortilla, Beans, and Cheese)	1 ct	774	36	82.5	1.5	30		✓		Wheat,Milk
Beef Quesadilla (Tortilla, Cheese, and Beef)	1 ct	716.5	44.5	50	1	29				Wheat,Milk
Steak Fajita Quesadilla (Tortilla, Cheese, and Steak)	1 ct	717	39	51.5	2	40				Wheat,Milk
Chicken Carnita Quesadilla (Tortilla, Cheese, and Chicken Carnita)	1 ct	715.5	39.5	51.5	1	38.5				Wheat,Milk,Soy
Chicken Fajita Quesadilla (Tortilla, Cheese, and Chicken Fajita)	1 ct	701	37	52.5	1	39.5				Wheat, Milk
Pork Carnita Quesadilla (Tortilla, Cheese, and Pork Carnita)	1 ct	658	38	50	1	29				Wheat,Milk, Pork
<u>Add on Toppings</u>	<u>Serving Size</u>	<u>Calories</u>	<u>Fat (g)</u>	<u>Carbs (g)</u>	<u>Fiber (g)</u>	<u>Protien (g)</u>	<u>Vegan</u>	<u>Vegetarian</u>	<u>Gluten Free</u>	<u>Allergy/Contains</u>
Guacamole	2oz	96	8	4	2	2	✓	✓	✓	
Jalapeno	2oz	0	0	0	0		✓	✓	✓	
Lettuce	2oz	10	0	1.5	0.6	1	✓	✓	✓	
Onion										
Pico de gallo	1oz	6	0	1.5	0	0	✓	✓	✓	
Sour Cream	2oz	114	10	4	0	2		✓	✓	Milk
Salsa	2oz	28	0	5	2	2	✓	✓	✓	
Shredded Cheese	2oz	226	18	2	0	14		✓	✓	Milk, Soy

<u>Desserts</u>	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protien (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
White Chocolate Macadamia	2oz	260	13	33	1	3		✓		Wheat, Milk, Soy, Egg, Tree Nuts
Chocolate Chip Cookie	2oz	250	11	36	1	3		✓		Wheat, Milk, Soy, Egg, Held in Case with Tree Nut Products
M & M Cookie	2oz	160	7	22	0	2		✓		Wheat, Milk, Soy, Egg, Held in Case with Tree Nut Products
Sugar Cookie	2oz	250	11	35	1	3		✓		Wheat, Milk, Egg, Held in Case with Tree Nut Products
Rice Krispie Treat	1 Large Bar	364	20	42	<1	3		✓		Milk(Whey), Soy, Contains Malt(Malt flavoring contains Wheat)
All Fried Items have been fried in Canola Fry Oil in Common Fryer with Dairy and Wheat Items										
Yes = ✓										
Indicates a "Smart Choice" lower in fat and packed with nutrients.										
Allergy/Contains Column lists foods that may contain one of the big eight										
food allergies. Wheat, Milk, Soy, Eggs, Fish, Shell Fish, Peanuts, Tree Nuts, Pork and Sesame										