

Fajitas y Mas & Quesadillas

Fajitas y Mas & Quesadillas										Updated	Fall 2020
Burritos	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains	
Ground Beef Burrito (Tortilla, Beans, Cheese, Beef)	1 Burrito	683	39	51	1.5	32					
Chicken Burrito (Tortilla, Beans, Cheese, Chicken)	1 Burrito	568.5	28.5	52	1.5	26				Wheat, Milk, Soy	
Shrimp Burrito(Tortilla, Beans, Cheese, Shrimp)	1 Burrito	566.5	24.5	52	1.5	34.5				Wheat, Milk, Soy, Shellfish	
Meatless Crumble Burrito (Meatless Protein, Beans, Cheese, Shrimp)	1 Burrito	532	24	54	4.5	25				Wheat, Milk, Soy	
Meatless Crumble	3oz	53	1	3	3	8		✓	✓	Soy	
Bowls											
Ground Beef Bowl (Rice, Beans, Lettuce, Cheese, Beef)	1 Bowl	511	27	43.5	1	29				Milk, Soy (May contain Wheat Mexican Rice)	
Chicken Carnita Bowl (Rice, Beans, Lettuce, Cheese, Chicken)	1 Bowl	445	19	45.5	1	23				Milk, Soy (May contain Wheat Mexican Rice)	
Shrimp Bowl (Rice, Beans,Lettuce, Cheese, Shrimp)	1 Bowl	396.5	12.5	44.5	1	26.5				Milk, Soy, Shellfish, (May contain Wheat Mexican Rice)	
Meatless Crumble Bowl (Rice, Beans, Lettuce, Cheese, Meatless Protein)	1 Bowl	362	12	46.5	4	17				Milk, Soy (May contain Wheat Mexican Rice)	
Nachos	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protien (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains	
Sincillo Nachos (Queso, Chips)	1 ct	565	27	57.5	3	23		✓	✓	Milk	
Ground Beef Nachos (Ground Beef, Queso, Chips)	1 ct	757	43	56	3	37					
Chicken Nachos (Chicken, Queso, Chips)	1 ct	691	35	58	3	36				Milk, Soy	
Shrimp Nachos (Shrimp, Queso, Chips)	1 ct	642.5	28.5	57	3	39.5					
Meatless Crumble Nachos (Meatless Protein, Queso, Chips)	1 ct	608	28	59	6	30				Milk, Soy	
Vegetables/Beans/Rice	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains	
Cheese	1oz	110	9	1	0	7		✓	✓	Milk	
Cilatro	1 Tablespoon	5	0	1	0	0					
Jalapenos	1oz	8	0	2	1	0	✓	✓	✓		
Lettuce	1oz	5	0	1	1	0	✓	✓	✓		
Mushrooms	1oz	7	0	1	1	0	✓	✓	✓		
Onions	1oz	10	0	2	1	0	✓	✓	✓		
Pico de Gallo											
Refried Beans	4oz	86	0	15	0	5	✓	✓	✓		
Salsa											
Spanish Rice	4oz	100	1	20	1	2	✓	✓		May contain:Wheat, Soy	
Tomatoes	1oz	5	0	1	1	0	✓	✓	✓		
Sauces/Sides	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains	
Sour Cream	1oz	60	6	2	0	1		✓	✓	Milk	
Salsa	1oz	5	0	1	0	0	✓	✓	✓		
Pico de Gallo	1oz	7	0	1.5	0	0	✓	✓	✓		
Guacamole	1oz	45	4	2	1	1	✓	✓	✓		
Quesadillas	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protien (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains	
Steak Fajita Quesadilla (Tortilla, Cheese, and Steak)	1 ct	717	39	51.5	2	40				Wheat,Milk	
Chicken Quesadilla (Tortilla, Cheese, and Chicken Carnita)	1 ct	715.5	39.5	51.5	1	38.5				Wheat,Milk,Soy	
Shrimp Fajita Quesadilla (Tortilla, Cheese, and Shrimp)	1 ct	679	35	50	1	41				Wheat, Milk, Shellfish	
Bean & Cheese Quesadilla (Tortilla, Cheese, and Beans)	1 ct	774	36	82.5	1.5	30		✓		Wheat,Milk	
Tortilla Options											
12" Tortilla	1 tortilla	290	7	50	6	9	✓	✓		Wheat,Soy	
12" Whole Wheat Tortilla	1 tortilla	300	8	52	6	9	✓	✓			
12" Spinach Tortilla	1 tortilla	304	7	50	2	9	✓	✓			
12" Jalapeño Tortilla	1 tortilla	295	7	51	2	8	✓	✓			
Tacos	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains	
Fajita Steak Taco (6" Flour Tortilla, Lettuce, Tomato, Cheese, Steak)	1 Taco	252	12	18	2	17				Wheat, Milk, Soy	
Fajita Shrimp Taco (6" Flour Tortilla, Lettuce, Tomato, Cheese, Shrimp)	1 Taco	183.5	7.5	17	1	12				Wheat, Milk, Soy, Shellfish	
Chicken Carnitas Taco (6" Flour Tortilla, Lettuce,Tomato, Cheese, Chicken)	1 Taco	197.5	9.5	17.5	1	10.5				Wheat, Milk, Soy	
Ground Beef Taco (6" Flour Tortilla, Lettuce,Tomato, Cheese, Chicken)	1 Taco	199	10.5	17	1	9				Wheat, Milk, Soy	
Corn Tortilla	2 tortilla	130	1.5	25	2	3	✓	✓	✓	Soy	
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											