

Sam's SUB									Updated	Fall 2020
Location/Food										
Breakfast Options	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protien (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Breakfast Bowl (Egg, Cheese, Beans, Potatoes, Choice of Meat)	1 Bowl No Meat	385	23	38	7.5	2.5			✓	Milk, Egg, Soy
Breakfast Burrito (12" Flour Tortilla, Egg, Cheese, Beans, Potatoes, Choice of Meat)	1 Burrito No Meat	695	31	90	12.5	11.5				Wheat, Milk, Egg, Soy
Breakfast Quesadilla (12" Flour Tortilla, Egg, Cheese, Beans, Potatoes, Choice of Meat)	1 Quesadilla No Meat	385	23	38	7.5	2.5				Wheat, Milk, Egg, Soy
Breakfast Taco (6" Flour Tortilla, Egg, Cheese)	1 Taco No Meat	316	18	18.5	1	20				Wheat, Milk, Egg, Soy
Breakfast Taco (6" Corn Tortilla, Egg, Cheese)	1 Corn Taco No Meat	288.5	16.5	16	1	19			✓	Milk, Egg, Soy
Breakfast Meat Options										
Bacon	2 slices	76	6	0	0	5.5			✓	Pork
Chorizo	2oz	149	13	3	0	5				Wheat
Sausage	2oz	246	22	0.5	0	11.5			✓	Soy, Pork
Refried Beans	3oz	119	3	18	5	6	✓	✓	✓	
Toppings and Add Ons										
Bacon	2 slices	77	6	<2	0	5.5			✓	Pork
Black Beans	3oz	75	0	13	6	5	✓	✓	✓	
Cheese	1oz	111	8	1	0	7		✓	✓	Milk
Chorizo	2oz	150	13	3	0	5				Wheat
Corn Tortillas (6")	2 Tortillas	130	1.5	25	2	3	✓	✓	✓	Soy
Liquid Egg	3.5oz	122	7.5	2.5	0	10.5		✓	✓	Milk, Egg
Jalapenos	1oz	5	0	1	0	0	✓	✓	✓	
Onions	1/2 oz	6	0	1.5	0.5	0	✓	✓	✓	
Pico de Gallo	1oz	5	0	1	0	0	✓	✓	✓	
Potatoes	3.5oz	117	4.5	16.5	2.5	2.5	✓	✓	✓	Soy
Refried Beans	3oz	119	3	18	5	6	✓	✓	✓	
Red Salsa	2 oz	12	0	3	0	0	✓	✓	✓	
Sausage	3oz	370	33	1	0	17			✓	Soy, Pork
Wheat Tortilla	12"	290	7	50	6	9	✓	✓		Wheat, Soy
Flour Tortilla	12"	310	8	52	5	9	✓	✓		Wheat, Soy
Queso	4oz	65	4	5	0	1		✓	✓	Milk, Soy
Burritos	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protien (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Bean & Cheese Burrito (Tortilla, Beans, Cheese)	1 Burrito	479	23	51	1.5	17		✓		Wheat, Milk, Soy
Chicken Burrito (Tortilla, Chicken Carnita, Beans, Cheese)	1 Burrito	568.5	28.5	52	1.5	26				Wheat, Milk, Soy
Beef Burrito (Tortilla, Ground Beef, Beans, Cheese)	1 Burrito	683	39	51	1.5	32				Wheat, Milk, Soy
Fajita Steak Burrito (Tortilla, Steak, Beans, Cheese)	1 Burrito	674	36	51	1.5	37				Wheat, Milk, Soy
Quesadillas										
Cheese Quesadilla (Tortilla and Cheese)	1 ct	622	34	50	1	29		✓		Wheat, Milk, Soy
Bean & Cheese Quesadilla (Tortilla, Beans, and Cheese)	1 ct	774	36	82.5	1.5	30		✓		Wheat, Milk, Soy
Chicken Quesadilla (Tortilla, Cheese, and Chicken Carnita)	1 ct	715.5	39.5	51.5	1	38.5				Wheat, Milk, Soy
Beef Quesadilla (Tortilla, Cheese, and Beef)	1 ct	716.5	44.5	50	1	29				Wheat, Milk, Soy
Steak Fajita Quesadilla (Tortilla, Cheese, and Steak)	1 ct	717	39	51.5	2	40				Wheat, Milk, Soy

Add on Proteins										
Chicken Carnita	3 oz	136	8	2	0	14			✓	Milk, Soy
Ground Beef	3 oz	134.5	10.5	0	0	10			✓	
Beef Fajita	3 oz	195.2	12.8	0	0	20			✓	
Refried Beans	2 oz	152	2	32.5	0.5	1	✓	✓	✓	
Sides	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protien (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Red Sauce	2 oz	12	0	3	0	0	✓	✓	✓	
Chips	2 oz	207	7	32	2	4	✓	✓	✓	Soy
Cilatro	1g	5	0	1	0	0				
Chipotle Dressing	1oz	130	12	2	0	0				Milk, Soy
Cilantro Lime Dressing	1oz	130	12	2	0	0				
Corn Tortillas (6")	2 Tortillas	130	1.5	25	2	3	✓	✓	✓	Soy
Gucamole	2 oz	122	10	6	4	2	✓	✓	✓	
Lettuce	2 oz	8.8	0	1.7	0.7	0.5	✓	✓		
Mexican Rice	2 oz	38.3	0.3	8.3	0	0.8	✓	✓		Wheat
Refried Beans	2 oz	152	2	32.5	0.5	1	✓	✓	✓	
Black Beans	4oz	75	0	13	6	5	✓	✓	✓	
Brown Rice	4oz	205	2	43	2	4	✓	✓	✓	
Pico De Gallo	1 oz	6	0	1.5	0	0	✓	✓	✓	
Spicy Ranch Dressing	1oz	110	11	2	0	0		✓	✓	Milk, Soy, Egg
Shredded Cheese	2oz	226	18	2	0	14		✓		
Sour Cream	1 pct	53	5	1	0	1		✓		
Queso	4oz	65	4	5	0	1		✓	✓	Milk,Soy
Nachos	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protien (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Nachos (Queso, Chips)	1 ct	555	27	56	3	22		✓	✓	Milk
Bean and Cheese Nachos (Beans, Queso, Chips)	1 ct	707	29	88.5	3	23				Milk, Soy
Chicken Nachos (Chicken, Queso, Chips)	1 ct	691	35	58	3	36				Milk, Soy
Ground Beef Nachos (Ground Beef, Queso, Chips)	1 ct	757	43	56	3	37				
Steak Fajita Nacho (Queso, Beef Fajita, Chips)	1 ct	750.2	39.8	56	3	42			✓	Milk
Add on Proteins										
Chicken Carnita	3 oz	136	8	2	0	14			✓	Milk, Soy
Ground Beef	3 oz	134.5	10.5	0	0	10			✓	
Beef Fajita	3 oz	195.2	12.8	0	0	20			✓	
Refried Beans	2 oz	152	2	32.5	0.5	1	✓	✓	✓	
Bowls										
Bean and Cheese Burrito Bowl (Rice, Beans, Lettuce, Cheese)	1 ct	312	11	43.5	1	9		✓		Milk, Soy
Chicken Carnita Bowl (Rice, Beans, Lettuce, Cheese, Chicken)	1 ct	448	19	45.5	1	23				Milk, Soy
Ground Beef Bowl (Rice, Beans, Lettuce, Cheese, Beef)	1 ct	511	27	43.5	1	29				Milk, Soy
Steak Fajita Bowl (Rice, Beans, Lettuce, Cheese, Steak)	1 ct	504	24	43.5	1	29				Milk, Soy
Tacos										
Bean and Cheese Taco	1 Taco	307	8	33	1	6.5				Wheat, Milk, Soy
Chicken Carnitas Taco	1 Taco	197.5	9.5	17.5	1	10.5				Milk (Whey), Soy
Ground Beef Taco	1 Taco	199	10.5	17	1	9				Wheat, Milk, Soy
Fajita Steak Taco	1 Taco	252	12	18	2	17				Wheat, Milk, Soy
Sides	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protien (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Chocolate Chip Cookie	1 each	251	12	35	1	2		✓		Wheat, Milk, Soy, Egg
Banana Nut Muffin	1 muffin	440	21	57	1	5		✓		Wheat, Egg, Soy, Treenuts
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										