

Parrillas										Fall 2020
Burritos	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protien (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Bean & Cheese Burrito (Flour Tortilla, Bean, Cheese)	1 Burrito	479	23	51	1.5	17				Wheat, Milk, Soy
Chicken Carnita Burrito (Flour Tortilla, Bean, Cheese, Chicken)	1 Burrito	568.5	28.5	52	1.5	26				Wheat, Milk, Soy
Ground Beef Burrito (Flour Tortilla, Bean, Cheese, Ground Beef)	1 Burrito	683.0	39.0	51.0	1.5	32.0				
Steak Fajita Burrito (Flour Tortilla, Bean, Cheese, Fajita Steak)	1 Burrito	674	36	51	1.5	37				Wheat, Milk, Soy
Shrimp Burrito (Flour, Tortilla, Beans, Cheese, Shrimp)	1 Burrito	566.5	24.5	52.0	1.5	34.5				Wheat, Milk, Soy, Shellfish
Quesadillas	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protien (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Bean & Cheese Quesadilla (Tortilla, Beans, and Cheese)	1 Quesadilla	774.0	36	82.5	1.5	30		✓		Wheat,Milk
Chicken Carnita Quesadilla (Tortilla, Cheese, and Chicken Carnita)	1 Quesadilla	715.5	39.5	51.5	1	38.5				Wheat,Milk,Soy
Ground Beef Quesadilla (Tortilla, Cheese, and Beef)	1 Quesadilla	716.5	44.5	50	1	29				Wheat,Milk
Steak Fajita Quesadilla (Tortilla, Cheese, and Steak)	1 Quesadilla	717	39	51.5	2	40				Wheat,Milk
Shrimp Fajita Quesadilla	1 Quesadilla	679	35	50	1	41				Wheat, Milk, Shellfish
Flautas (Beff/Chicken and Corn Tortillas)	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains:
Flautas (Beef and Corn Tortillas)	1 each	182	8	14.5	1	13			✓	
Flautas (Chicken and Corn Tortillas)	1 each	175	11	9	1	10			✓	Milk, Soy
Queso (Cheese)	4 oz	312.0	24	8	0	16		✓	✓	Milk
Nachos	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains:
Bean and Cheese Nachos (Beans, Queso, Chips)	1 Serving	707.0	29	88.5	3.3	23		✓	✓	Milk
Chicken Nachos (Chicken, Queso, Chips)	1 Serving	691.0	35.0	58.0	3.0	36.0				Milk, Soy
Ground Beef Nachos (Ground Beef, Queso, Chips)	1 Serving	757.0	43.0	56.0	3.0	37.0				
Steak Fajita Nacho (Queso, Steak Fajita, Chips)	1 Serving	750.2	39.8	56	3	42			✓	Milk
Shrimp Fajita Nachos (Shrimp, Queso, Chips)	1 Serving	642.5	28.5	57.0	3.0	39.5				
Tacos	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains:
Vegetarian Taco (6" Flour, Lettuce, Tomato, Cheese)	1 Taco	155	7	17	1	6				Wheat, Milk, Soy
Chicken Carnitas Taco (Flour Tortilla,Chicken, Lettuce, Tomato, Cheese)	1 Taco	197.5	9.5	17.5	1	10.5				Wheat, Milk, Soy
Ground Beef Taco (Flour Tortilla, Ground Beef, Lettuce, Tomato, Cheese)	1 Taco	199	10.5	17	1	9				Wheat, Milk, Soy
Fajita Chicken Taco (Flour Tortilla, Fajita Chicken, Lettuce, Tomato, Cheese)	1 Taco	198.5	8.5	18.5	1	12				Wheat, Milk, Soy
Shrimp Taco (Flour Tortilla, Shrimp, Lettuce, Tomato, Cheese)	1 Taco	183.5	7.5	17	1	12				Wheat, Milk, Soy, Shellfish
Corn Tortilla (Available for Substitution)	2 tortillas	227	3	44	4	6		✓		Soy
Meatless Crumble (Available for Substitution)	4oz	69	1	4.5	3	10.5		✓		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										