



We believe in good food. Like using fresh avocados for guac, and blending that famous punch ourselves. We flame-broil meats. Infuse rice. Roast peppers. We prepare food, from scratch, right here. What we never do is microwave anything. Even better? All that real food for you provides hot meals for hungry children around the world. So eat up, friends, and let's do good together.



# NUTRITION GUIDE

	Calories	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Total Dietary Fiber	Total Sugars	Protein	
<b>TACOS</b>												
<b>D G</b> Fajita Chicken	350	170	19	7	0	100	640	20	2	3	23	
<b>D G</b> Grilled Chicken	400	210	23	7	0	100	720	23	1	2	23	
<b>D G</b> Mango Habanero	290	120	13	3.5	0	85	600	22	3	4	22	
<b>DEG</b> Chicken Bacon Ranch	480	280	32	8	0	100	770	23	1	2	25	
<b>DEGS</b> Fried Chicken	490	260	29	4.5	0	65	1040	45	2	18	15	
<b>D G</b> Classic Beef	500	320	36	13	0	75	840	24	2	2	20	
<b>DEGS</b> Korean BBQ Steak	340	170	20	4	0	35	1060	27	less than 1 g	6	15	
<b>DEGS</b> Chipotle Steak	480	300	34	7	0	50	1210	25	2	3	18	
<b>D G</b> Carnitas	450	320	36	11	0	70	700	25	2	3	25	
<b>DEGS</b> Spicy Chorizo	400	200	22	7	0	55	1460	31	2	3	20	
<b>DEG</b> Blackened Mahi-Mahi	270	130	15	3	0	30	620	20	1	3	16	
<b>D G</b> Hawaiian Shrimp with Grilled Shrimp	240	90	10	3.5	0	80	990	27	2	8	11	
<b>D GS</b> Hawaiian Shrimp with Fried Shrimp	250	110	12	4	0	55	560	26	2	8	8	
<b>GS</b> Seared Tofu	330	160	18	3	0	0	720	32	6	6	13	
<b>DEGS</b> Crispy Eggplant	650	500	59	8	0	0	1350	32	5	5	6	
<b>NOT TACOS</b>												
<b>DE</b> Mexican Cobb Salad	630	390	45	11	0	35	1810	47	13	14	19	
<b>DE</b> Southwest Rice Bowl	1910	970	112	16	0	35	2570	202	14	15	37	
<b>DE</b> Southwest Half and Half	1270	680	79	13	0	35	2190	125	13	14	28	
Tropical Bowl w/ Citrus Vin Dressing	1610	910	105	10	0	160	980	123	5	17	53	
Tropical Half & Half w/ Citrus Vin Dressing	1160	690	80	8	0	160	700	72	5	17	47	
Tropical Salad	710	470	54	6	0	160	420	22	4	17	41	
<b>DEGS</b> Korean BBQ Bowl	840	310	36	6	0	75	2280	97	1	18	33	
<b>D</b> Ultimate Nachos	1000	520	59	21	0.5	85	1960	90	16	12	24	
<b>D</b> Chicken and Queso Rice Bowl	1080	340	38	13	0.5	205	1590	125	4	5	57	
<b>DEGS</b> Quesadilla without Side	770	540	60	15	0	90	1680	42	7	7	15	
<b>DEG</b> Chicken Bacon Ranch Quesadilla without Side	890	490	57	18	0	230	1530	42	6	6	54	
<b>DIPS + SHARE-ABLES</b>												
<b>D</b> Ultimate Trio	1340	700	79	20	0.5	60	2960	131	25	12	28	
<b>D</b> Large Queso	1260	640	73	25	1	95	2440	117	16	9	32	
<b>D</b> Small Queso	590	320	36	14	0.5	60	1370	48	6	5	18	
Large Guac	1240	670	76	11	0	0	2170	131	31	6	16	
Small Guac	540	300	34	5	0	0	1040	55	14	3	7	
Large Salsa	920	370	42	6	0	0	1520	120	17	9	13	
Small Salsa	370	140	17	2.5	0	0	690	49	7	4	5	
Extra Chips	860	360	42	6	0	0	690	109	15	3	11	
<b>SIDES</b>												
Black Beans	120	0	0	0	0	0	620	22	6	2	7	
<b>D</b> Refried Black Beans	210	70	8	3.5	0	15	710	24	6	2	9	
Cilantro Pesto Rice	270	110	13	1	0	0	160	35	less than 1 g	less than 1 g	4	
<b>DEG</b> Mexican Creamed Corn	200	100	11	3	0	10	560	25	3	8	6	
<b>D</b> House Salad	80	35	4	1.5	0	5	180	6	2	2	4	
<b>D</b> Queso Rice	210	40	5	2.5	0	10	340	35	0	2	6	

**D** Contains Dairy    **E** Contains Egg    **G** Contains Gluten    **S** Contains Soy

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<b>KID'S MEALS</b>												
D G	Beef & Cheese Tacos (no drink)	1170	690	77	32	0.5	195	2710	63	6	7	53
D G	Bean & Cheese Burritos (no drink)	810	400	45	20	0.5	85	2160	70	7	6	30
D G	Cheese Quesadilla (no drink)	720	370	42	19	1	85	1980	59	5	6	26
<b>DESSERTS</b>												
DEGS	Chocolate Chunk Cookie	190	80	9	6	0	20	170	25	1	15	3
DEG	Snickerdoodle Cookie	170	50	6	4	0	30	180	25	1	13	3
<b>DRINKS</b>												
	Sweet Tea - 21 oz	300	0	0	0	0	0	20	77	0	76	0
	Sweet Tea - 32 oz	450	0	0	0	0	0	30	117	0	117	0
	Sweet Tea - Kid's	230	0	0	0	0	0	15	58	0	58	0
	Unsweet Tea - 21 oz	0	0	0	0	0	0	20	0	0	0	0
	Unsweet Tea - 32 oz	0	0	0	0	0	0	30	0	0	0	0
	Unsweet Tea - Kid's	0	0	0	0	0	0	15	0	0	0	0
	Jarritos Pineapple	140	0	0	0	0	0	45	35	0	35	0
	Jarritos Mandarin	140	0	0	0	0	0	30	36	0	36	0
	Paradise Punch - 24 oz	310	0	0	0	0	0	25	78	less than 1 g	74	less than 1 g
	Paradise Punch - 32 oz	410	0	0	0	0	0	30	104	less than 1 g	99	less than 1 g
	Paradise Punch - Kid's	200	0	0	0	0	0	15	52	0	50	0
	Diet Dr Pepper	0	0	21	0	0	0	125	0	0	0	0
	Diet Mountain Dew	5	0	16	0	0	0	65	0	0	0	0
	Diet Pepsi	0	0	16	0	0	0	50	0	0	0	0
	Dr Pepper	250	0	21	0	0	0	75	68	0	67	0
	Lemonade Yellow	270	0	21	0	0	0	270	70	0	70	0
	Mountain Dew	220	0	16	0	0	0	70	58	0	58	0
	Orange Crush	290	0	21	0	0	0	80	77	0	76	0
	Pepsi	200	0	16	0	0	0	40	55	0	55	0
	Sierra Mist	190	0	16	0	0	0	45	49	0	49	0
<b>FAMILY PACK MEALS</b>												
D G	Taco Pack with Chicken	4670	1950	219	82	1.5	950	8840	418	27	32	240
D G	Taco Pack with Beef	5470	2790	312	126	1.5	745	10810	432	31	37	212
DEG	Deluxe Taco Pack with Chicken	7630	2300	259	102	1.5	1070	12210	1027	58	488	287
DEG	Deluxe Taco Pack with Beef	8430	3150	353	146	1.5	865	14180	1040	62	493	259
D	Nacho Pack with Chicken	3820	1920	217	73	2	905	8310	245	46	39	216
D	Nacho Pack with Beef	4620	2770	310	117	2	700	10280	259	50	43	188
D	Rice Bowl Pack with Chicken	5470	2670	306	47	0	740	5610	475	23	22	227
D	Rice Bowl Pack with Beef	6270	3520	399	91	0	535	7580	488	27	27	199
<b>MISC.</b>												
G	Soft Flour Tortilla	100	25	2.5	1	0	0	220	16	less than 1 g	0	2
G	Puffy Tortilla	200	100	12	2	0	0	290	20	less than 1 g	0	3
	Crunchy Corn Tortilla	70	40	5	0.5	0	0	0	6	less than 1 g	0	less than 1 g
	Steamed Corn Tortilla	50	5	0.5	0	0	0	5	10	1	0	less than 1 g
	Bed of Lettuce	10	0	0	0	0	0	10	3	1	2	less than 1 g
DE	Southwest Ranch 2 oz	110	100	12	2	0	less than 5 mg	430	3	less than 1 g	2	1
	Salsa 2 oz	15	0	0	0	0	0	210	3	less than 1 g	2	0
	Cilantro Citrus Vinaigrette 2 oz	160	150	17	1	0	0	0	3	0	3	0
DE	Ranch 2 oz	220	200	24	4	0	10	210	3	0	2	1
	Add Chicken 4 oz	240	100	12	2	0	160	370	1	0	less than 1 g	33
	Add Beef 4 oz	440	310	35	13	0	110	860	5	1	2	26
	Add Steak 4 oz	220	110	13	2	0	55	1030	3	0	0	23
	Add Grilled Shrimp	160	90	11	0.5	0	150	1520	2	less than 1 g	0	17
D GS	Add Fried Shrimp	170	120	14	2	0	100	660	1	0	0	12
	Add Mahi-Mahi 4 oz	160	40	4.5	0	0	50	650	0	0	0	28
	Add Guac 1 oz	40	35	3.5	0.5	0	0	160	2	2	0	less than 1 g
	Add Avocado 1 tbsp	30	25	3	0	0	0	0	2	1	0	0
D	Add Queso 1 oz	50	35	4	2.5	0	10	220	1	0	less than 1 g	3
D	Add Sauteed Onions and Peppers 1 oz	15	10	1	0	0	0	30	2	0	less than 1 g	0

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