

**Food Menu Report: Cocina**

Item Name	Serving Size	Calories	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
<b>Burritos</b>											
Chicken Burrito	1 burrito	560	23	5	0	65	740	56	2	1	31
Beef Burrito	1 burrito	470	16	5	0	60	930	52	1	0	27
Pork Burrito	1 burrito	460	15	5	0	60	570	53	3	1	26
Tofu Chorizo Burrito	1 burrito	430	17	4	0	0	600	54	3	1	16
<b>Burrito Bowls</b>											
Beef Burrito Bowl with Chili Lime Rice	1 burrito bowl	530	12	3	0	70	1930	72	2	2	31
Beef Burrito Bowl with Cilantro Rice	1 burrito bowl	530	14	2	0	60	1190	70	2	0	26
Chicken Burrito Bowl with Chili Lime Rice	1 burrito bowl	620	19	3	0	75	1740	76	2	2	34
Chicken Burrito Bowl with Cilantro Rice	1 burrito bowl	620	21	2.5	0	65	990	75	2	1	29
Pork Burrito Bowl with Chili Lime Rice	1 burrito bowl	520	12	3	0	70	1570	73	3	3	30
Pork Burrito Bowl with Cilantro Rice	1 burrito bowl	520	13	2	0	60	830	72	3	1	25
Tofu Choriz Burrito Bowl with Chili Lime Rice	1 burrito bowl	480	13	2	0	10	1600	74	3	3	19
Tofu Chorizo Burrito Bowl with Cilantro Rice	1 burrito bowl	480	15	1	0	0	860	72	3	1	15
<b>Street Tacos</b>											
Beef Street Tacos	3 tacos	560	19	6	0	90	1220	54	1	0	38
Chicken Street Tacos	3 tacos	690	30	7	0	100	930	60	2	1	43
Pork Street Tacos	3 tacos	540	18	6	0	90	680	56	4	2	36
Tofu Chorizo Street Tacos	3 tacos	490	21	4.5	0	0	720	57	4	2	20
<b>Quesadillas</b>											
Beef Quesadilla	1 quesadilla	470	16	5	0	60	930	52	1	0	27
Chicken Quesadilla	1 quesadilla	560	23	5	0	65	740	56	2	1	31
Pork Quesadilla	1 quesadilla	460	15	5	0	60	570	53	3	1	26
Tofu Chorizo Quesadilla	1 quesadilla	430	17	4	0	0	600	54	3	1	16
<b>Toppings</b>											
Chili Lime Rice	4 oz	180	3	0	0	5	680	34	1	1	5
Cilantro Rice	4 oz	180	3.5	0	0	0	310	33	1	0	2
Black Beans	4 oz	90	0	0	0	0	420	20	5	1	6
Pinto Beans	4 oz	110	1	0	0	0	360	20	6	1	5
Shredded Romaine Lettuce	1 oz	5	0	0	0	0	10	1	0	0	0
Chihuahua Cheese	1 oz	100	9	5	0	20	160	0	0	0	6
Shredded Monterey Cheddar Cheese	1 oz	110	9	5	0	30	180	1	0	0	7
Diced Jalapeno	1 oz	10	0	0	0	0	0	2	1	1	0

Diced Sweet Peppers	1 oz	5	0	0	0	0	0	1	0	1	0
Tomato	1 oz	5	0	0	0	0	0	1	0	1	0
Diced Red Onion	1 oz	10	0	0	0	0	0	3	0	1	0
Chopped Cilantro	1 oz	5	0	0	0	0	15	1	1	0	1
Pico de Gallo	1 oz	5	0	0	0	0	110	1	0	1	0
Fire-Roasted Tomato Salsa	1 oz	10	0	0	0	0	70	2	0	1	0
Corn Salsa	1 oz	25	0.5	0	0	0	100	5	1	2	1
Pineapple Mango Salsa	1 oz	10	0	0	0	0	50	3	0	2	0
Salsa Verde	1 oz	10	0	0	0	0	190	2	--	1	0
Sour Cream	1 oz	60	4.5	3.5	0	20	15	1	0	1	1
Lime Wedge	1 wedge	5	0	0	0	0	0	1	0	0	0
Add Ons											
Fajita Vegetables	2 oz	35	2	0	0	0	150	4	1	2	1
Guacamole	1 oz	60	4.5	1	0	0	85	3	2	0	1
Diced Avocado	1 oz	45	4	0.5	0	0	0	2	2	0	1
Extra Queso	1 oz	35	2.5	0	0	--	190	3	0	1	1
Salsa Con Queso Monterey Jack Dip	1 oz	35	2.5	0	0	--	190	3	0	1	1
Extra Chicken	2 oz	130	7	1	0	35	190	4	0	0	12
Extra Beef	2 oz	90	3.5	1	--	30	290	2	0	0	11
Extra Pork	2 oz	80	3	1	--	30	105	3	1	1	10
Extra Tofu Chorizo	2 oz	60	4	0	0	0	120	3	1	1	5
Extras											
Chips and Corn Salsa	5 oz chips, 4 oz salsa	810	35	3.5	0	0	800	110	11	8	14
Chips and Fire-Roasted Tomato Salsa	5 oz chips, 4 oz salsa	740	33	3.5	0	0	680	99	8	4	13
Chips and Pineapple Mango Salsa	5 oz chips, 4 oz salsa	750	33	3.5	0	0	600	102	9	7	12
Chips and Salsa Verde	5 oz chips, 4 oz salsa	740	33	3.5	0	0	1150	99	8	4	11
Chips and Guacamole	5 oz chips, 4 oz guacamole	930	52	7	0	0	740	103	15	0	15
Chips and Queso	5 oz chips, 4 oz queso	850	42	5	0	0	1170	103	8	4	15