

<b>Taqueria</b>								
<b>Item</b>	<b>Calories</b>	<b>Fat g</b>	<b>Sat fat g</b>	<b>Carbs g</b>	<b>Fiber g</b>	<b>Protein g</b>	<b>Sodium mg</b>	<b>Notes</b>
<b>Deluxe Burrito</b>								
<b>Chicken</b>	875	39	15	84	10	46	1075	
<b>Steak</b>	930	43	17	84	10	52	1100	
<b>Carnitas</b>	885	42	18	88	10	40	1180	
<b>Vegetarian</b>	760	36	12	87	10	25	1030	
<b>Soft Tacos</b>								
<b>Carnitas</b>	830	33	13	83	5	47	1045	2 tacos
<b>Chicken</b>	775	31	12	83	5	41	1025	
<b>Steak</b>	625	35	13	83	5	47	1050	
<b>Grilled Vegetables</b>	455	28	10	86	5	20	980	
<b>Deluxe Quesadilla</b>								
<b>Chicken</b>	885	38	15	84	5	48	1195	
<b>Steak</b>	940	42	17	84	5	54	1220	
<b>Carnitas</b>	895	41	18	88	5	42	1300	
<b>Vegetables</b>	770	35	12	87	5	27	1150	
<b>Vegetarian Quesadilla</b>								
<b>Chilled Toppings</b>								
<b>Salsa</b>	5	0	0	2	0	0	10	1 oz
<b>Guacamole</b>	45	4	1	2	1.3	0	95	
<b>Sour Cream</b>	50	4	2	2	0	2	20	
<b>Monterey Jack Cheese</b>								
<b>Cheddar</b>	110	9	6	0	0	7	180	
<b>Tomato</b>	20	0	0	1	0.3	0	1	
<b>Shredded Lettuce</b>	15	0	0	1	0.3	0	5	
<b>Red Onions</b>	10	0	0	3	0.5	0	1	