



# nutritional information

| item                   | serving size |         | calories | calories from fat (fat cal) | total fat (g) | saturated fat (g) | trans fat (g) | cholesterol (mg) | sodium (mg) | total carbohydrates (g) | dietary fiber (g) | sugars (g) | protein (g) |
|------------------------|--------------|---------|----------|-----------------------------|---------------|-------------------|---------------|------------------|-------------|-------------------------|-------------------|------------|-------------|
| <b>kids menu</b>       |              |         |          |                             |               |                   |               |                  |             |                         |                   |            |             |
| Quesadilla Cheese      | 1            | Serving | 300      | 128                         | 14            | 8                 | 0             | 25               | 550         | 28                      | 0                 | 0          | 13          |
| Quesadilla Beef        | 1            | Serving | 370      | 170                         | 19            | 9                 | 0             | 45               | 760         | 30                      | 0                 | 2          | 20          |
| Quesadilla Chicken     | 1            | Serving | 370      | 160                         | 18            | 9                 | 0             | 75               | 770         | 28                      | 0                 | 0          | 23          |
| Cucumbers              | 1            | Serving | 35       | 0                           | 0             | 0                 | 0             | 0                | 0           | 7                       | 4                 | 4          | 4           |
| Steamed Broccoli       | 1            | Serving | 110      | 90                          | 10            | 6                 | 0             | 25               | 380         | 4                       | 2                 | 1          | 3           |
| Oaxaca Cheese Snack    | 1            | Serving | 270      | 190                         | 21            | 14                | 0             | 60               | 0           | 60                      | 0                 | 0          | 21          |
| Quesadilla Black Beans | 1            | Serving | 330      | 130                         | 14            | 8                 | 0             | 25               | 550         | 35                      | 2                 | 0          | 15          |
| Fruit Skewers          | 1            | Serving | 20       | 0.5                         | 0             | 0                 | 0             | 0                | 0           | 6                       | 0                 | 5          | 0           |
| Roast Chicken          | 1            | Serving | 160      | 80                          | 9             | 2.5               | 0             | 110              | 440         | 0                       | 0                 | 0          | 19          |
| Small Tray - 1         | 1            | Serving | 630      | 300                         | 34            | 18                | 0             | 115              | 910         | 54                      | 2                 | 9          | 29          |
| Small Tray - 2         | 1            | Serving | 710      | 360                         | 40            | 20                | 1             | 110              | 1110        | 59                      | 2                 | 12         | 33          |
| Corn Wheels            | 1            | Serving | 150      | 111                         | 12            | 7                 | 0             | 30               | 25          | 11                      | 1                 | 4          | 2           |
| Guacamole w/ 3 chips   | 1            | Serving | 300      | 164                         | 18            | 2                 | 0             | 0                | 490         | 33                      | 9                 | 1          | 4           |
| Baja Fish Taco         | 1            | Serving | 110      | 40                          | 4.5           | 0                 | 0             | 10               | 190         | 14                      | 1                 | 0          | 4           |
| Chicken Taco           | 1            | Serving | 160      | 70                          | 8             | 3.5               | 0             | 60               | 340         | 10                      | 1                 | 0          | 14          |
| Steak Taco             | 1            | Serving | 150      | 65                          | 7             | 3.5               | 0             | 35               | 320         | 10                      | 0                 | 0          | 12          |
| <b>kids drinks</b>     |              |         |          |                             |               |                   |               |                  |             |                         |                   |            |             |
| Sunset                 | 1            | 7 oz    | 180      | 1.22                        | 0             | 0                 | 0             | 0                | 15          | 43                      | 0                 | 32         | 1           |
| Nojito                 | 1            | 7 oz    | 60       | 0                           | 0             | 0                 | 0             | 0                | 10          | 19                      | 2                 | 10         | 0           |
| Limeade                | 1            | 7 oz    | 160      | 2                           | 0.5           | 0                 | 0             | 0                | 5           | 41                      | 1                 | 29         | 0           |
| Clarico (peach)        | 1            | 7 oz    | 140      | 0                           | 0             | 0                 | 0             | 0                | 20          | 35                      | 0                 | 31         | 1           |
| Clarico (mango)        | 1            | 7 oz    | 140      | 1                           | 0             | 0                 | 0             | 0                | 25          | 36                      | 0                 | 32         | 1           |
| Clarico (guava)        | 1            | 7 oz    | 150      | 1                           | 0             | 0                 | 0             | 0                | 25          | 38                      | 1                 | 32         | 1           |
| Clarico (pear)         | 1            | 7 oz    | 150      | 0                           | 0             | 0                 | 0             | 0                | 0           | 37                      | 0                 | 31         | 0           |