



Nutritional Facts

Recipe Name	Calories	Total Fat	Saturated Fat	Sodium	Carbohydrates
Chicken Breast W/ Wing Attached	310	17g	4.5g	1350mg	<1g
Chicken Thigh	220	25g	7g	1040mg	0g
Chicken Leg	90	7g	2g	350mg	0g
Ind. Corn Tortilla	60	1g	0g	20mg	12g
Ind. Flour Tortilla	60	1g	0g	120mg	12g
1/2 Chicken, Corn Tortillas	970	42g	10g	2080mg	64g
1/2 Chicken, Flour Tortillas	990	42g	10g	2580mg	64g
Whole Chicken	1240	74g	21g	3470mg	1g
Whole Chicken, 10 Corn Tortillas	1930	84g	21g	4090mg	127g
Whole Chicken, 6 Flour Tortillas	1710	80g	21g	4610mg	79g
2 Whole, 1 Free Chickens, 30 Corn Tortillas	5780	253g	62g	12230mg	381g
2 Whole, 1 Free Chickens, 18 Flour Tortillas	5140	241g	62g	13810mg	237g
Lunch Special, Corn Tortillas	1290	59g	13g	2940mg	99g
Lunch Special, Flour Tortillas	1310	59g	13g	3240mg	99g
Dinner Special, Corn Tortillas	1660	71g	16g	3270mg	154g
Dinner Special, Flour Tortillas	1680	71g	16g	3770mg	154g
Mini Pak Special, 10 Corn Tortillas	2920	134g	29g	5920mg	247g
Mini Pak Special, 6 Flour Tortillas	2710	130g	29g	6450mg	199g
Family Pack, Corn Tortillas	5850	268g	57g	11850mg	494g
Family Pack, Flour Tortillas	5420	260g	57g	12900mg	398g
Jumbo Pack, Corn Tortillas	8770	402g	86g	17770mg	740g
Jumbo Pack, Flour Tortillas	8130	390g	86g	19360mg	596g
Party Pack #1, Corn Tortillas	21680	936g	204g	42080mg	2072g
Party Pack #1, Flour Tortillas	20410	912g	204g	45250mg	1784g
Party Pack #2, Corn Tortillas	32630	1574g	321g	64440mg	2762g



Nutritional Facts

Party Pack #2, Flour Tortillas	35430	1646g	361g	76490mg	3028g
Bean & Cheese Burrito-2oz Cheese & 9oz Beans	1050	39g	17g	2260mg	133g
Juan's Big Burrito-Sm. Potato Salad & Sm. Salsa	1600	80g	24g	3450mg	153g
Chicken Quesadilla-14" Flour Tortilla	1080	59g	28g	2660mg	69g
Chicken Salad, No Dressing	500	33g	16g	1000mg	9g
Chicken Taco	190	18g	7g	590mg	11g
Chicken Taco Order (2)	380	36g	15g	1430mg	25g
Soft Taco (1, With Salsa)	160	16g	7g	800mg	17g
Soft Taco Platter	480	47g	22g	1890mg	45g
Tostada No Chicken	430	18g	9g	850mg	50g
Tostada With chicken	570	26g	11g	1220mg	50g
Juan's Big Bowl, Corn Tortillas	1200	34g	13g	2270mg	161g
Juan's Big Bowl, Flour Tortillas	1210	34g	13g	2570mg	161g
Corn On The Cobb	70	1g	0g	10mg	16g
Corn On The Cobb, Buy 2 Get 1 Free	210	2.5g	0g	30mg	47g
Beans 4oz-Small	190	4.5g	1.5g	260mg	29g
Beans - 8 oz-Medium	380	9g	3g	520mg	58g
Beans 16oz -Large	760	17g	6g	1050mg	115g
Beans 32oz -X-Large	1520	35g	12g	2090mg	230g
Rice - 4oz-Small	210	1.5g	0g	470mg	40g
Rice - 8oz-Medium	410	3.5g	1g	930mg	80g
Rice - 16oz-Large	830	7g	2g	1860mg	160g
Rice - 32oz-Large	1660	14g	3.5g	3720mg	321g
Potato Salad - 4oz-Small	280	22g	3.5g	430mg	19g
Potato Salad - 8oz-Medium	590	46g	7g	910mg	40g



Nutritional Facts

Potato Salad - 16oz-Large	1080	85g	13g	1680mg	73g
Potato Salad - 32oz-Extra Large	2180	173g	26g	3390mg	147g
Salsa, Hot, Side, Small 3.5oz	15	0g	0g	230mg	4g
Salsa, Hot, Side, Medium 5.5oz	25	0g	0g	390mg	6g
Salsa, Hot, Side, Large 12oz	80	1g	0g	1150mg	18g
Salsa, Mild, Side, Small 3.5oz	15	0g	0g	260mg	3g
Salsa, Mild, Side, Medium 5.5oz	25	0g	0g	430mg	6g
Salsa, Mild, Side, Large 12oz	80	0.5g	0g	1270mg	17g
Bag Of Nacho Chips 1.5oz	210	10g	2g	300mg	3.0g
Nachos	1090	55g	21g	3040mg	99.0g
Taquitos	190	9.0g	2.0g	25mg	18.0g
Sour Cream 1.5oz	80	7.0g	4.5g	20mg	1g
Cinnamon Crisp	1275	110g	30g	2228mg	242g
Flan	80	7g	4.5g	20mg	1g
Guacamole 1.5oz	50	6.0g	1g	100mg	1g
Medium Drinks 24oz					
Pepsi	300	0g	0g	60mg	84g
Diet Pepsi	0	0g	0g	75mg	0g
Root Beer	300	0g	0g	45mg	78g
Dr. Pepper	300	0g	0g	105mg	81g
Wild Cherry	300	0g	0g	60mg	84g
Mt. Dew	330	0g	0g	105mg	87g
Pink Lemonade	300	0g	0g	315mg	81g
Orange Slice	330	0g	0g	75mg	93g
Sierra Mist	300	0g	0g	60mg	81g
Hawaiian Punch	330	0g	0g	75mg	90g
Lipton Tea	0	0g	0g	90mg	0g
Raspberry Tea	240	0g	0g	75mg	63g



Nutrional Facts

Peach Tea	240	0g	0g	75mg	63g
Large Drinks 32oz					
Pepsi	400	0g	0g	100mg	112g
Diet Pepsi	0	0g	0g	100mg	0g
Root Beer	400	0g	0g	60mg	104g
Dr. Pepper	400	0g	0g	140mg	108g
Wild Cherry	400	0g	0g	80mg	112g
Mt. Dew	440	0g	0g	140mg	116g
Pink Lemonade	400	0g	0g	420mg	108g
Orange Slice	440	0g	0g	100mg	124g
Sierra Mist	400	0g	0g	80mg	108g
Hawaiian Punch	440	0g	0g	100mg	120g
Lipton Tea	0	0g	0g	120mg	0g
Raspberry Tea	320	0g	0g	100mg	84g
Peach Tea	320	0g	0g	100mg	84g