



Nutrition Info

Juan Pollo

Chicken

Chicken Leg

Chicken Thigh

Chicken Breast

½ Chicken

Sides (small)

Rice

Beans

Potato Salad

Green Salad

Serving Size (oz.)	Total Calories (cal.)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
1.8	92	34	4	2	0	45	276	0	0	0	14
3.5	179	66	7	4	0	88	537	0	0	0	28
5.4	256	87	10	5	0	119	416	0	0	0	42
10.7	526	188	21	11	0	252	1229	0.0	0	0	85
4.5	116	21	2	2	0	7	1245	19	0	2	4
6.0	134	73	8	2	6	3	1062	12	3	0	4
6.0	233	149	17	2	14	0	0	19	2	1	2
4.0	44	0	0	0	0	0	200	9	3	0	2



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Entrees

Taco	3.1	196	95	11	4	4	50	320	14	2	1	18
Burrito	17.3	805	287	32	16	10	169	2921	92	4	4	64
Chicken Salad	18.2	335	290	32	19	7	194	1009	10	4	6	61
Chicken Bowl	18.8	879	237	26	13	6	187	3418	92	4	3	72

Salsa & Tortillas

Salsa	3.3	19	2	0.2	0	0	0	348	4	1	2	1
Flour Tortillas (3 ct.)	4.1	360	84	9	3	6	0	774	60	0	3	7
Corn Tortillas (3 ct.)	2.8	177	18	3	0	3	0	54	36	3	0	3



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Beverages (16 oz.)

	Serving Size (oz.)	Total Calories (cal.)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Pepsi	16	200	0	0	0	0	0	40	55	0	55	0
Diet Pepsi	16	0	0	0	0	0	0	50	0	0	0	0
Mist Twst	16	190	0	0	0	0	0	45	52	0	52	0
Brisk Raspberry Tea	16	180	0	0	0	0	0	50	46	0	46	0
Brisk Unsweetened Tea	16	0	0	0	0	0	0	60	0	0	0	0
Tropicana Pink Lemonade	16	210	0	0	0	0	0	210	50	0	50	0
Mug Root Beer	16	210	0	0	0	0	0	85	57	0	57	0
Dr Pepper	16	200	0	0	0	0	0	70	53	0	53	0
Rica Horchata	16	196	0	0	0	0	0	12	50	0	50	0