FIESTA EXPRESS

Item	Serving Size	Calories	Fat	% Cal. From Fat	Chol.	Protein	Carb.	Fiber	Sodium
BAKED POTATO BAR									
Bacon Bits ▲	1 T.	31	2 g	52%	0 mg	2 g	2 g	0.7 g	124 mg
Baked Potato ▲	1	220	0 g	0%	0 mg	4.6 g	51 g	4.8 g	16 mg
Broccoli (Steamed) ▲	1/2 cup	25	0 g	0%	0 mg	2.8 g	5 g	2.7 g	214 mg
Cheddar Cheese ■	2 T.	57	4.7 g	74%	15 mg	3.5 g	0 g	0 g	88 mg
Cheese Sauce ■	1/4 cup	105	9 g	77%	22 mg	5.6 g	1.2 g	0 g	356 mg
Chili Con Carne	1/4 cup	80	3.5 g	39%	15 mg	5.6 g	6.8 g	2 g	329 mg
Margarine ■	1 T.	101	11 g	98%	0 mg	0 g	0 g	0 g	133 mg
Sour Cream ■	2 T.	51	5 g	88%	11 mg	0.7 g	1 g	0 g	13 mg
ENTREES									
Chicken Burrito	1	585	32 g	49%	125 mg	44.1 g	30.2 g	3.1 g	1095 mg
Mexican Lasagna	1 serving	517	27 g	47%	82 mg	33 g	36 g	0.5 g	1188 mg
Mexican Potato Skins (no filling)	2.5 oz.	219	11.4 g	47%	<5 mg	2.8 g	27.3 g	2.3 g	116 mg
Pork & Chipotle Fajita Filling	2 oz.	108	5.8 g	48%	32 g	11.4 g	2.5 g	0 g	466 mg
Shrimp Fajita Filling	1 serving	134	3.2 g	21%	221 mg	24 g	1.2 g	0 g	665 mg
Steak & Pepper Fajita Filling	2 oz.	133	6.5 g	44%	35 mg	14.7 g	4 g	0 g	771 mg
Tamale Bake	1 piece	572	30 g	53%	54 mg	37 g	23 g	1.2 g	1028 mg
Yuca Root Soup ■	1 bowl	144	14.4 g	90%	48 mg	1.2 g	2.4 g	0 g	84 mg
PANCAKE BAR									
Apple Topping ▲	1/4 cup	65	0 g	0%	0 mg	0 g	17 g	0.6 g	28 mg
Blueberry Topping ▲	1/4 cup	75	0 g	0%	0 mg	0 g	19.5 g	0 g	22 mg
Cherry Topping ▲	1/4 cup	74	0 g	0%	0 mg	0 g	18 g	0 g	12 mg
Margarine ■	1 T.	101	11 g	98%	0 mg	0 g	0 g	0 g	133 mg
Pancakes ■	1	122	2.5 g	18%	6 mg	2.8 g	22 g	0 g	414 mg
Peach Topping ▲	1/4 cup	76	0 g	0%	0 mg	0 g	18 g	0 g	23 mg
Strawberry Topping ▲	1/4 cup	76	0 g	0%	0 mg	0 g	18 g	0.8 g	42 mg
Syrup ▲	1/4 cup	240	0 g	0%	0 mg	0 g	60 g	0 g	66 mg
Whipped Topping ■	2 T.	20	1 g	45%	0 mg	0 g	2 g	0 g	5 mg
STANDARDS									
Beef Taco Meat	1/4 cup	150	11 g	66%	40 mg	10 g	2 g	0 g	235 mg
Fiesta Chicken	1/2 cup	90	2 g	20%	41 mg	17 g	1 g	0 g	274 mg
Flour Tortilla ▲	1	110	2 g	16%	0 mg	3 g	21 g	0.5 g	120 mg
Hard Corn Shells ▲	1	50	2.3 g	41%	0 mg	0.7 g	7 g	0.7 g	0 mg
Jalapeños ▲	1 T.	2	0 g	0%	0 mg	0 g	<1 g	0 g	170 mg
Lettuce ▲	1/2 cup	3	0 g	0%	0 mg	0.3 g	0.6 g	0 g	3 mg
Meatless “Burger Crumbles” ▲	1/3 cup	45	1.5 g	30%	0 mg	5 g	2 g	1 g	130 mg
Nacho Cheese Sauce ■	1/4 cup	105	9 g	77%	22 mg	5.6 g	1.2 g	0 g	356 mg
Nacho Chips ▲	12	140	7 g	45%	0 mg	2 g	18 g	1 g	120 mg
Refried Beans ▲	1/4 cup	68	0.5 g	7%	0 mg	3 g	11 g	3 g	185 mg
Rice—White ▲	1/2 cup	100	0 g	0%	0 mg	2 g	22 g	0 g	92 mg
Salsa ▲	1/4 cup	9	0 g	0%	0 mg	0.4 g	2 g	0.5 g	139 mg
Shredded Cheese ■	2 T.	57	4.7 g	74%	15 mg	3.5 g	0 g	0 g	88 mg
Sour Cream ■	2 T.	51	5 g	88%	11 mg	0.7 g	1 g	0 g	13 mg
Tomato—Diced ▲	1/4 cup	10	0 g	0%	0 mg	0 g	2 g	0.5 g	4 mg
Vegetarian Chili ▲	6 oz.	120	1 g	7%	0 mg	6 g	21 g	7.2 g	1200 mg

■ *These items contain no meat, poultry or fish, but may contain eggs, milk or cheese.*
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