Sneed									Updated	Fall 2024
El Comedor										
Menu Item Name	**Serving Size**	**Calories**	**Fat (g)**	**Carbs (g)**	**Fiber (g)**	**Protein (g)**	**Vegan**	**Vegetarian**	**Gluten Free**	**Allergy/Contains**
Quesadillas										
Cheese Quesadilla (Tortilla, Cheese)	1 Quesadilla	393	16	48	1	15		✓		Wheat, Milk, Soy
Bean & Cheese Quesadilla (Tortilla, Cheese, Beans)	1 Quesadilla	545	18	80.5	1.5	16		✓		Wheat, Milk, Soy
Beef Quesadilla (Tortilla, Cheese, Ground Beef)	1 Quesadilla	594	32	48	1	30				Wheat, Milk, Soy
Chicken Carnita Quesadilla (Tortilla, Cheese, and Chicken Carnita)	1 Quesadilla	712	39	51	1	38				Wheat,Milk,Soy
Fajita Chicken Quesadilla	1 Quesadilla	740.5	38.5	53.75	1	44.75				Wheat, Milk, Soy
Burritos										
Bean & Cheese Burrito (Refried Beans, Cheese, Tortilla)	1 Burrito	661	27	82	2	23				Wheat, Milk, Soy
Beef Burrito (Ground Beef, Refried Beans, Cheese, Tortilla)	1 Burrito	865	43	82	2	38				Wheat, Milk, Soy
Bean Burrito (Tortilla, Bean)	1 Burrito	405	9	79.5	1.5	9				
Chicken Carnita Burrito (Chicken Carinta, Refried Beans, Cheese, Tortilla)	1 Burrito	751	32	83	2	32				Wheat, Milk, Soy
Mexican Bowls										
Bean Burrito Bowl (Rice, Beans)	1 Bowl	386	5	81.6	0.6	3.6	✓	✓	✓	May contain wheat and soy
Bean and Cheese Burrito Bowl (Rice, Beans Cheese)	1 Bowl	490	14	83	1	11		✓		Milk, may contain wheat and soy
Chicken Carnita Bowl (Rice, Beans, Lettuce, Cheese, Chicken)	1 Bowl	445.0	19.0	45.5	1.0	23.0			✓	Milk, Soy
Ground Beef Burrito Bowl (Rice, Beans, Lettuce, Cheese, Ground Beef)	1 Bowl	693	30	83	1	26				Milk, may contain wheat and soy
Toppings and Extras										
Avocado Ranch Dressing	2 oz	240	25	3	0	1		✓	✓	Soy, Milk, Eggs
Guacamole Cup	1-2oz	119	11	4	2	1	✓	✓	✓	
Spanish Rice	2oz	74	4	9	0	1	✓	✓		Wheat, Milk, Soy
Jalapenos	1oz	8	0	2	1	0	✓	✓	✓	
Pico de Gallo	1oz	7	0	1.5	0	0	✓	✓	✓	
Black Beans	2 oz	60	0	10	3	3	✓	✓	✓	
Refried Beans	4oz	304	4	65	0.6	2	✓	✓	✓	
Salsa	1oz	5	0	1	0	0	✓	✓	✓	
Lettuce	2oz	10	0	1.5	0.6	1	✓	✓	✓	
Shredded Cheese	1oz	110	9	1	0	7		✓	✓	Milk
Sour Cream	2oz	114	10	4	0	2		✓	✓	Milk
Tomatoes	1oz	5	0	1	1	0	✓	✓	✓	
All Fried Items have been fried in Canola Fry Oil in Common Fryer with Dairy and Wheat Items										
Yes = ✓										
Allergy/Contains Column lists foods that may contain one of the big eight										
food allergies. Wheat, Milk, Soy, Eggs, Fish, Shell Fish, Peanuts, Tree Nuts, Pork and Sesame										