

Sneed									Updated	Fall 2023
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
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										
Guacamole Cup	1-2oz Personal Container	119	11	4	2	1	✓	✓	✓	
Chips & Salsa	3-4 oz	235	7	37	4	6	✓	✓	✓	Soy
Queso	2 oz	156	12	4	0	8		✓	✓	Milk
Spanish Rice	4oz	24	0	5	1	1				
Tortilla Chips	3 oz	243	3	48	3	6	✓	✓	✓	
Cilantro Lime Rice	4oz	7	0	2	0	0				
Jalapenos	1oz	8	0	2	1	0	✓	✓	✓	
Pico de Gallo	1oz	7	0	1.5	0	0	✓	✓	✓	
Refried Beans	4oz	304	4	65	0.6	2	✓	✓	✓	
Salsa	1oz	5	0	1	0	0	✓	✓	✓	
Shredded Cheese	1oz	110	9	1	0	7		✓	✓	Milk
Sour Cream	1oz	60	6	2	0	1		✓	✓	Milk
Tomatoes	1oz	5	0	1	1	0	✓	✓	✓	
Nachos										
Bean Nachos (Beans, Chips)	1 Serving	395.0	5.0	80.5	3.3	7.0	✓	✓	✓	Milk
Bean and Cheese Nachos (Beans, Queso, Chips)	1 Serving	707.0	29	88.5	3.3	23		✓	✓	Milk
Chicken Carnita Nachos (Chicken, Queso, Chips)	1 Serving	691.0	35.0	58.0	3.0	36.0			✓	Milk, Soy
Ground Beef Nachos (Ground Beef, Queso, Chips)	1 Serving	757.0	43.0	56.0	3.0	37.0			✓	Milk
Chalupas										
Fried Chalupa Shell (only)	1 6" Corn flat shell	191	7	27	1	5	✓	✓	✓	
Flour Tortilla (only)	1-6" Tortilla	168.5	4.5	27	1	5	✓	✓	✓	Wheat, Wheat Gluten
Bean Chalupa (Chalupa, Beans, Cheese, Lettuce, Tomatoes)	1 Chalupa	312	4	67	2.6	2	✓	✓	✓	Milk, Soy
Bean and Cheese Chalupa (Chalupa, Beans, Cheese, Lettuce, Tomatoes)	1 Chalupa	615	20	95	3.6	14	✓	✓	✓	Milk, Soy
Chicken Carnita Chalupa (Chalupa, Chicken, Beans, Lettuce, Tomatoes, Cheese)	1 Chalupa	353.5	18.5	30.5	3.0	16.5			✓	Milk, Soy
Ground Beef Chalupa (Chalupa, Beef, Beans, Lettuce, Tomatoes, Cheese)	1 Chalupa	321.8	24.8	3	2	22			✓	Milk, Soy
Soft Tacos (Replace nutritional facts with corn tortilla if need)										
Corn Tortilla (only)	1-6" Corn Tortilla	125.5	1.5	25	2	3	✓	✓	✓	Soy
Flour Tortilla (only)	1-6" Flour Tortilla	168.5	4.5	27	1	5	✓	✓	✓	Wheat, Wheat Gluten
Bean Taco (Soft tortilla, Beans, Lettuce, Tomatoes)		326.5	6.5	61	3	6	✓	✓	✓	
Bean and Cheese Taco	1 Taco	438.5	15.5	62	3	13		✓	✓	Wheat, Milk
Chicken Carnita Taco (Soft tortilla, Chicken, Lettuce, Tomatoes, Cheese)	1 6" Taco	424.5	21.5	32	3	26			✓	Wheat, Milk, Soy
Ground Beef Taco (Soft tortilla, Beef, Lettuce, Tomatoes, Cheese)	1 6" Taco	423	24	30	3	22			✓	Wheat, Milk, Soy
All Fried Items have been fried in Canola Fry Oil in Common Fryer with Dairy and Wheat Items										
Yes = ✓										
Indicates a "Smart Choice" lower in fat and packed with nutrients.										
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										