



# Taco Bell



| Item                                                 | Calories | Saturated Fat (g) | Sodium (mg) | Carbohydrates (g) | Fiber (g) | Protein (g) |
|------------------------------------------------------|----------|-------------------|-------------|-------------------|-----------|-------------|
| <b>Breakfast</b>                                     |          |                   |             |                   |           |             |
| Cheesy Toasted Breakfast Burrito - Fiesta Potato (V) | 340      | 3.5               | 770         | 44                | 3         | 9           |
| Cheesy Toasted Breakfast Burrito - Bacon             | 350      | 5                 | 900         | 38                | 2         | 13          |
| <b>Burritos</b>                                      |          |                   |             |                   |           |             |
| Bean Burrito (V)                                     | 360      | 4.5               | 1080        | 54                | 8         | 13          |
| Cheesy Bean & Rice Burrito                           | 420      | 4.5               | 940         | 55                | 6         | 9           |
| Burrito Supreme - Chicken                            | 370      | 5                 | 1160        | 49                | 6         | 19          |
| Burrito Supreme - Steak                              | 380      | 6                 | 1180        | 49                | 6         | 19          |
| <b>Tacos</b>                                         |          |                   |             |                   |           |             |
| Crunchy Taco                                         | 170      | 4                 | 310         | 13                | 3         | 7           |
| Soft Taco - Beef                                     | 180      | 4                 | 500         | 18                | 3         | 9           |
| Soft Taco - Grilled Chicken                          | 160      | 2.5               | 500         | 16                | 1         | 12          |
| Nacho Cheese Doritos Locos Taco                      | 170      | 4                 | 370         | 13                | 3         | 7           |
| <b>Bowls</b>                                         |          |                   |             |                   |           |             |
| Cantina Chicken Bowl                                 | 480      | 7                 | 1170        | 43                | 10        | 24          |
| Veggie Bowl                                          | 410      | 6                 | 850         | 47                | 11        | 12          |
| <b>Pizza</b>                                         |          |                   |             |                   |           |             |
| Veggie Mexican Pizza (V)                             | 460      | 7                 | 750         | 47                | 6         | 14          |

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|---------------------------------------------------------------------|----------|-------------------|-------------|-------------------|-----------|-------------|
| <b>Chalupas</b>                                                     |          |                   |             |                   |           |             |
| Chalupa Supreme - Chicken                                           | 330      | 4                 | 570         | 29                | 3         | 16          |
| Black Bean Chalupa Supreme                                          | 340      | 3.5               | 460         | 36                | 6         | 10          |
| <b>Sides</b>                                                        |          |                   |             |                   |           |             |
| Black Beans                                                         | 50       | 0                 | 140         | 7                 | 4         | 3           |
| Black Beans & Rice                                                  | 160      | 0                 | 370         | 25                | 5         | 4           |
| Cheesy Fiesta Potatoes                                              | 240      | 2                 | 520         | 28                | 3         | 3           |
| <b>For calorie savings request burritos and tacos "fresco syle"</b> |          |                   |             |                   |           |             |
| (V)=vegetarian                                                      |          |                   |             |                   |           |             |

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