

# EL MONTE

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## Nutritional Information





Item	Serving Size (gm)	Serving Size (oz)	Cal	Cal from Fat	% Cal from Fat	Fat (gm)	Sat Fat (gm)	Chol (mg)	Sodium (mg)	Carb (gm)	Fiber (gm)	Sugars (gm)	Protein (gm)	Calcium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)
<b>BEANS &amp; RICE</b>																	
Black Beans	85	3.0	24	6	31.0	01.0	00.00	1	173	03.0	0.7	0.0	01.0	3	0.03	12	0
Peruano Beans	85	3.0	18	1	13.0	00.0	00.00	0	271	03.0	1.0	0.0	01.0	8	0.24	0	0
Cilantro Citrus Brown Rice	85	3.0	88	6	07.0	01.0	00.00	0	51	18.0	1.0	0.0	02.0	8	0.35	21	0
Cilantro Citrus White Rice	85	3.0	87	1	02.0	00.0	00.00	0	51	19.0	0.0	0.0	01.7	9	1.00	21	0
Latin Combo																	
Cheese	28	1.0	110	80	80.0	09.0	05.00	30	170	01.0	0.0	0.0	07.0	200	0.00	300	0
Chipotle Honey Vinaigrette	56	2.0	244	21	83.0	23.0	02.00	0	528	11.0	0.3	10.0	00.0	3	0.13	0	0
Lettuce	36	1.3	5	0	00.0	00.0	00.00	0	10	01.0	0.5	0.3	00.5	10	0.18	2650	3
Bell Pepper Fajitas	85	3.0	41	4	51.0	02.5	00.00	0	266	05.0	1.0	1.8	01.0	8	0.34	1012	107

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<b>SALSA &amp; DIPS</b>																	
3 Alarm Salsa	35	1.2	10	0	00.0	00.0	00.00	0	467	02.0	0.0	1.0	00.0	0	0.00	103	2
Corn Salsa	85	3.0	74	9	11.0	01.0	00.00	0	676	16.5	2.0	6.0	02.5	4	0.43	51	8
Guacamole	85	3.0	129	106	75.0	12.0	01.70	0	345	07.0	5.4	1.0	02.0	11	0.46	190	9
Jicama Orange Salsa	85	3.0	40	1	02.0	00.0	00.00	0	1282	10.0	3.0	6.0	01.0	17	0.30	101	31
Pico de Gallo, Mild	85	3.0	16	1	08.0	00.0	00.00	0	662	03.5	1.0	2.0	01.0	9	0.23	679	12
Sour Cream	30	1.1	60	50	80.0	06.0	03.50	20	45	02.0	0.0	1.0	01.0	40	0.00	200	0
Salsa Verde, Medium	100	3.5	30	5	16.6	01.0	00.00	0	490	05.0	2.0	3.0	01.0	0	0.72	300	21
<b>PROTIEN</b>																	
Carne Asada	85	3.0	193	94	50.5	11.0	4.00	69	133	00.0	0.0	0.0	23.0	5	2.36	0	0
Pollo Asado	85	3.0	151	63	44.0	07.0	2.00	115	134	00.0	0.0	0.0	20.0	9	0.92	24	0
Soyrizo	86	3.0	105	35	39.0	05.0	00.00	0	241	13.0	2.0	1.0	04.0	34	0.96	320	0
<b>TORTILLAS</b>																	
Burrito White	109	3.8	330	70	47.0	07.0	03.50	0	780	55.0	2.0	0.0	09.0	250	2.70	0	0
Soft Taco, Corn	50	1.8	130	15	12.0	01.5	00.00	0	5	25.0	2.0	0.0	03.0	20	0.72	0	0
Soft Taco, White	31	1.1	90	20	22.0	02.0	01.00	0	220	15.0	1.0	0.0	03.0	60	1.08	0	0
Chips	33	1.2	90	10	11.0	01.0	00.00	0	45	19.0	1.0	0.0	02.0	20	0.02	0	0

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