

Senor Froggy Nutritional Information

*As verified by SD73 District Nutritionist September, 2008

	Soft Taco Beef	Soft Meat Burrito Beef	Beef and Bean Burrito	Bean and Cheese Burrito	Appy Chicken Quesadilla
Calories	335.36	352.06	349.89	338.76	350.08
Total Fat (g)	12.5	13.83	12.25	9.69	15.53
Saturated (g)	6.3	6.96	5.72	3.83	7.61
Trans (g)	0	0.00	0	0.01	0.01
Cholesterol (mg)	39.83	46.17	33.5	14.5	49
Sodium (mg)	739.24	833.44	739.22	580.19	616.74
Carbohydrates (g)	36.08	37.19	41.96	47.95	32.22
Dietary Fiber (g)	3.1	2.51	3.71	5.24	1.66
Sugars (g)	2.75	0.92	0.98	1.01	0.24
Protein (g)	16.16	17.97	16.68	14.36	18.88
	Soft Taco Chicken	Soft Meat Burrito Chicken	Chicken and Bean Burrito	Super Taco Beef	Appy Cheese Quesadilla
Calories	368.74	422.03	456.74	486.39	284
Total Fat (g)	14.91	19.09	18.29	26.08	11.66
Saturated (g)	5.59	7.58	6.20	12.46	6.63
Trans (g)	0.02	0.03	0.03	0.00	0
Cholesterol (mg)	54.50	71.75	64.50	68.42	29
Sodium (mg)	767.92	912.79	1010.87	939.37	402
Carbohydrates (g)	33.28	33.69	43.01	40.43	31.4
Dietary Fiber (g)	2.41	1.78	3.85	4.20	1.6
Sugars (g)	2.54	0.66	1.21	3.98	0
Protein (g)	21.88	26.87	28.22	21.75	12.4

	Taco Salad Small w/bowl Beef	Taco Salad Small no bowl Beef	Taco Salad large w/bowl Beef	Taco Salad Large no bowl Beef	Super Burrito Beef
Calories	615.97	195.97	726.30	306.30	737.91
Total Fat (g)	41.17	11.17	47.42	17.42	35.63
Saturated (g)	10.33	6.33	13.83	9.83	13.67
Trans (g)	0.00	0.00	0.00	0.00	0.01
Cholesterol (mg)	46.17	46.17	72.42	72.42	68.42
Sodium (mg)	860.01	600.01	1210.11	950.11	1374.86
Carbohydrates (g)	38.55	5.55	41.87	8.87	75.70
Dietary Fiber (g)	2.20	2.20	3.39	3.39	8.94
Sugars (g)	4.85	4.85	7.36	7.36	5.18
Protein (g)	17.54	12.54	24.71	19.71	29.31

Spa-ghet-ti: the Pasta Place

Nutritional Information

	Spaghetti Meat Sauce (W/O Bread Stick)	Spaghetti Alfredo Sauce (W/O Bread Stick)	Spaghetti Marinara Sauce (W/O Bread Stick)	Chicken Parm Meat Sauce	Chicken Alfredo
Calories	610.47	747.05	495.01	1132.12	1029.38
Total Fat	14.28	22.47	6.66	40.12	37.86
Saturated	3.84	3.96	1.26	14.46	7.28
Trans	0.03	0.07	0.03	2.01	1.87
Cholesterol	45.01	121.12	3.18	124.31	146.25
Sodium	653.09	428.40	1118.31	2402.83	916.63
Carbohydrates	89.11	89.83	88.06	128.55	114.89
Dietary Fiber	10.54	8.00	12.58	12.14	8.28
Sugars	13.48	9.25	11.09	19.22	12.17
Protein	27.59	23.70	21.49	59.95	34.90
	Caesar Salad w/bread stick	Chicken Caesar w/bread stick	Bread Stick		
Calories	783.20	947.20	70.88		
Total Fat	60.83	70.83	0.99		
Saturated	11.73	13.73	0.28		
Trans	2.95	2.95	0.14		
Cholesterol	37.46	61.46	0.00		
Sodium	1749.65	2005.65	164.43		
Carbohydrates	40.76	50.76	13.32		
Dietary Fiber	8.13	8.13	0.28		
Sugars	7.90	7.90	1.70		
Protein	15.33	23.33	2.84		