

## Rosa's

### Breakfast

	Calories	Saturated Fat (g)*	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
Chorizo & Bean Taco	270	3	670	40	2	10
Potato Taco w/ Regular Potatoes	330	3	390	52	5	7

### Meals

	Calories	Saturated Fat (g)*	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
<b>#12</b> Beef or Chicken Fajita						
Beef Fajita	300	5	820	28	1	21
Chicken Fajita	270	3	730	28	1	20
<b>#13</b> Beef or Chicken Fajita with Guacamole						
Beef Fajita	330	5	870	30	2	21
Chicken Fajita	300	3	790	30	2	20
<b>#14</b> Beef or Chicken Fajita with Queso						
Beef Fajita	340	7	990	29	1	23
Chicken Fajita	310	5	900	29	1	22
<b>#15</b> Beef Burrito, Beef Taco Meat, Flour Tortilla						
Beef Burrito	330	4.5	760	34	2	17
<b>#16</b> Bean and Cheese Burrito	300	5	690	41	5	11
<b>#17</b> Combination Burrito						
Bean and Cheese Burrito	300	3	690	41	5	11
<b>#18</b> Crispy Beef or Chicken Taco						

**Meals Cnt.**

Beef Taco	180	3.5	260	13	1	9
Chicken Taco	140	2	90	10	1	13
#18 Soft Beef or Chicken Taco						
Beef Taco	300	5	650	32	2	14
Chicken Taco	250	3.5	450	29	2	18
#19 Guacamole Salad	200	5.5	230	8	4	3
#23 Beef or Chicken Tostada						
Beef Tostada	330	6	690	28	5	16
Chicken Tostada	270	4.5	460	24	4	20
#25 Bean and Cheese Tostada	220	4.5	420	23	4	8

**Salads**

	Calories	Saturated Fat (g)*	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
Fiesta Salads						
Shredded Chicken w/o Sour Cream & Guacamole	430	4.5	400	22	7	31
Picadillo [Taco Meat] w/o Sour Cream & Guacamole	520	5.5	740	27	8	24

**Kids**

	Calories	Saturated Fat (g)*	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
Bean and Cheese Burrito	450	7	1110	68	6	14
Kids Meal Taco						
Crispy Beef Taco	310	4	650	34	7	15
Crispy Chicken Taco	270	3	470	31	7	19

Saturated fat may be slightly higher than if analyzed. Since the restaurant did not provide the data, we estimated 1/3 of total fat to be saturated.