

LuLu's

Menu Item	Serv	Org			Cal	Tfat	Sfat	Fib	Pro	Carb	Sug
		Spts	Pts +	Pts							
Al Pastor: Marinated Pork in a traditional far	2 oz	4	4	4	141	9	3	0	13	1	0
Albanil: Ground Beef, Chorizo, Bacon, Onion	2 oz	6	5	5	183	14	5	0	12	2	1
Barbacoa: Beef in Guajillo Sauce	2 oz	3	3	3	126	7	3	0	12	3	0
Bean & Cheese Burrito w/ refried beans	1 each	36	32	29	1149	77	16	24	38	79	5
Bean Cheese & Rice Burrito	1 each	30	27	24	969	56	15	20	39	80	5
Beef Enchiladas Rojas Plate	1 svg	n/a	n/a	17	763	26	7	6	n/a	94	n/a
Beef Enchiladas Verdes Plate	1 svg	n/a	n/a	17	753	27	7	6	n/a	91	n/a
Beef Fajita Plate: Beef sauteed with bell pep	n/a	n/a	n/a	17	790	17	0	7	n/a	109	n/a
Beef Fajitas Burrito	1 each	n/a	n/a	17	770	15	0	7	n/a	107	n/a
Beef Nachos	1 svg	n/a	n/a	32	1306	69	7	8	n/a	97	n/a
Beef Nachos - small	1 svg	n/a	n/a	16	653	35	4	4	n/a	48	n/a
Beef Quesadilla	1 each	n/a	n/a	15	687	25	0	3	n/a	62	n/a
Brown Rice	1/2 cup	3	3	2	119	1	0	2	3	24	0
Carne Asada (Grilled Angus steak):	n/a	n/a	n/a	15	656	18	0	4	n/a	62	n/a
Carne Asada: Grilled Angus Steak	2 oz	2	2	2	83	4	1	0	12	0	0
Carnitas (Crispy yet tender pork):	n/a	n/a	n/a	23	978	46	0	5	n/a	97	n/a
Carnitas c/tortilla apt.	1 each	n/a	n/a	12	492	21	0	4	n/a	53	n/a
Carnitas: Slow Roasted Prairie Fresh Pork	2 oz	5	5	5	178	14	4	0	13	0	0
Cheese Nachos	1 svg	n/a	n/a	28	1131	63	7	8	n/a	97	n/a
Cheese Nachos - small	1 svg	n/a	n/a	14	566	31	4	4	n/a	48	n/a
Cheese Quesadilla	1 each	n/a	n/a	12	557	21	0	3	n/a	62	n/a
Cheese Red Enchiladas Plate	1 svg	n/a	n/a	18	778	29	7	6	n/a	96	n/a
Cheese Verde Enchiladas Plate	1 svg	n/a	n/a	18	768	29	7	6	n/a	93	n/a
Chicken Enchiladas Rojas (2)	2 each	n/a	n/a	9	393	21	7	3	n/a	32	n/a
Chicken Enchiladas Rojas Plate	1 svg	n/a	n/a	17	745	25	7	6	n/a	94	n/a
Chicken Enchiladas Verdes (2)	2 each	n/a	n/a	9	386	21	7	3	n/a	30	n/a
Chicken Enchiladas Verdes Plate	1 svg	n/a	n/a	17	735	25	7	6	n/a	91	n/a
Chicken Fajita Plate: Chicken sauteed with	n/a	n/a	n/a	16	744	12	0	7	n/a	109	n/a
Chicken Fajitas Burrito	1 each	n/a	n/a	15	723	11	0	7	n/a	107	n/a
Chicken Mole Verde: Chicken breast simme	n/a	n/a	n/a	12	576	6	0	4	n/a	89	n/a
Chicken Nachos	1 svg	n/a	n/a	31	1259	65	7	8	n/a	97	n/a
Chicken Nachos - small	1 svg	n/a	n/a	15	630	32	4	4	n/a	48	n/a
Chicken Quesadilla	1 each	n/a	n/a	14	652	22	0	3	n/a	62	n/a
Chicken Rice Soup	1 svg	n/a	n/a	4	223	4	1	2	n/a	15	n/a
Chicken Tamales	2 each	n/a	n/a	11	506	11	4	9	n/a	73	n/a
Chicken Tortilla Soup	1 svg	n/a	n/a	7	302	12	0	1	n/a	7	n/a
Chicken Vegetable Soup	1 svg	n/a	n/a	5	240	4	0	6	n/a	27	n/a
Chile Relleno (Roasted poblano pepper with	n/a	n/a	n/a	17	775	23	4	4	n/a	105	n/a
Chile Relleno Burrito	1 each	n/a	n/a	20	894	27	0	6	n/a	115	n/a
Chile Verde (Pork in a tomatillo sauce):	n/a	n/a	n/a	18	812	25	0	4	n/a	104	n/a
Chili Colorado: Pork in a Tomato Sauce with	2 oz	2	2	2	76	5	2	0	7	1	0
Chimichanga w/ carne asada	2 each	12	10	9	371	22	7	6	20	22	2
Chimichanga w/ pollo asada	2 each	11	10	9	379	21	6	6	25	23	2
Chips	25 chips	n/a	n/a	14	582	29	0	6	n/a	71	n/a
Coke	16 fl oz	12	6	4	194	0	0	0	0	54	54
Corn Tortilla	1 each	n/a	n/a	2	98	1	1	2	n/a	20	n/a
Crispy Taco Beef	1 each	n/a	n/a	6	278	12	1	1	n/a	22	n/a
Crispy Taco Carnitas	1 each	n/a	n/a	8	314	18	1	1	n/a	22	n/a
Crispy Taco Chicken	1 each	n/a	n/a	6	261	11	1	1	n/a	22	n/a
Diet coke	16 fl oz	0	0	0	2	0	0	0	0	0	0
Fanta - Grape	16 fl oz	13	6	4	212	0	0	0	0	56	56
Fanta - Orange	16 fl oz	15	7	5	236	0	0	0	0	64	64
Fish Taco (Grilled fish, no sauce)	1 each	9	9	7	330	7	2	6	21	45	3
Flan	6 oz	n/a	n/a	11	496	16	8	0	n/a	66	n/a
Flour Tortilla, 12 inch	12 in	10	9	8	340	10	2	14	14	49	4
Flour Tortilla, 14 inch	14 in	12	12	9	420	13	2	18	17	61	5
Flour Tortilla, 8 inch	8 in	5	4	3	150	5	1	6	6	22	2

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Green Cilantro Rice	1/2 cup	5	5	4	176	3	0	1	3	33	0
Grilled Veggie Burrito	1 each	27	23	21	819	51	11	9	21	78	12
Guacamole	2 fl oz	3	2	2	81	7	1	3	1	5	0
Homemade Chips & Guacamole:	1 svg	23	20	19	743	44	2	13	2	80	1
Homemade Chips & Salsa:	1 svg	19	16	14	604	29	0	7	1	76	3
Light Burrito	1 each	20	17	15	634	26	10	6	32	69	6
Low Carbs Beef Burrito	1 each	n/a	n/a	15	643	23	0	5	n/a	62	n/a
Low Carbs Chicken Burrito	1 each	n/a	n/a	13	596	18	0	5	n/a	62	n/a
Low Carbs Pork Burrito	1 each	n/a	n/a	18	738	37	0	5	n/a	62	n/a
LuLu's Chopped Salad w/ cilantro dressing	Large	n/a	16	15	595	33	4	6	39	35	n/a
Machaca: Shredded Beef	2 oz	4	3	3	125	8	3	0	11	1	1
Mexican French Fries	1 svg	n/a	n/a	38	1543	89	7	5	n/a	149	n/a
Mexican French Fries w/Beef	1 svg	n/a	n/a	41	1672	94	7	5	n/a	149	n/a
Mexican French Fries w/Chick.	1 svg	n/a	n/a	40	1638	90	7	5	n/a	149	n/a
Mexican French Fries w/Pork	1 svg	n/a	n/a	41	1611	104	7	5	n/a	149	n/a
Mini Beef Burrito w/ red rice & pinto beans	1 each	n/a	18	6	305	11	3	3	150	10	18
Mini Chicken Burrito w/ red rice & pinto bear	1 each	n/a	18	6	313	10	2	3	158	10	23
Mini Pork Burrito w/ red rice & pinto beans	1 each	n/a	20	9	376	19	5	3	153	10	19
Natalie's Burrito w/ yogurt sauce	1 each	23	23	21	892	36	11	4	79	64	3
Picadillo: Ground Beef with Vegetables	2 oz	2	2	2	75	4	1	1	6	5	1
Pollo Asado: Grilled All Natural White Meat	2 oz	1	2	2	94	2	1	0	17	1	0
Pollo Hervido: Simmered All Natural White	2 oz	1	1	1	68	1	0	0	12	1	0
Pork Enchiladas Rojas Plate	1 svg	n/a	n/a	19	798	32	7	6	n/a	94	n/a
Pork Enchiladas Verdes Plate	1 svg	n/a	n/a	18	788	32	7	6	n/a	91	n/a
Pork Nachos	1 svg	n/a	n/a	33	1402	63	8	8	n/a	97	n/a
Pork Nachos - small	1 svg	n/a	n/a	18	701	42	4	4	n/a	48	n/a
Pork Quesadilla	1 each	n/a	n/a	18	758	36	0	3	n/a	62	n/a
Pork Tamales	2 each	n/a	n/a	14	612	25	4	9	n/a	73	n/a
Pozole	1 svg	n/a	n/a	16	707	26	0	15	n/a	92	n/a
Red Traditional Rice	1/2 cup	5	5	4	183	4	0	1	10	26	1
Refried Pinto Beans	1/2 cup	4	4	3	137	11	1	2	2	7	0
Regular Beef Burrito w/ red rice & pinto bea	1 each	n/a	n/a	18	807	20	0	6	n/a	100	n/a
Regular Chicken Burrito w/ red rice & pinto t	1 each	n/a	n/a	16	760	15	0	6	n/a	100	n/a
Regular Pork Burrito w/ red rice & pinto bea	1 each	n/a	n/a	21	903	34	0	6	n/a	100	n/a
Salsa Fresca	2 fl oz	0	0	0	11	0	0	1	0	2	1
Shrimp Fajita Plate: Shrimp sauteed with be	n/a	n/a	n/a	16	741	12	0	7	n/a	109	n/a
Shrimps Fajitas Burrito	1 each	n/a	n/a	15	721	10	0	7	n/a	107	n/a
Soft Taco Beef	1 each	n/a	n/a	4	178	3	0	1	n/a	24	n/a
Soft Taco Carnitas	1 each	n/a	n/a	5	214	8	0	1	n/a	24	n/a
Soft Taco Chicken	1 each	n/a	n/a	3	161	1	0	1	n/a	24	n/a
Sope Beef	1 svg	n/a	n/a	14	596	27	4	6	n/a	45	n/a
Sope Carnias	1 svg	n/a	n/a	17	692	41	4	6	n/a	45	n/a
Sope Chicken	1 svg	n/a	n/a	13	549	22	4	6	n/a	45	n/a
Spicy Chipotle Sauce	1 fl oz	4	3	3	111	12	3	0	0	1	0
Spinach Tortilla	1 each	10	9	7	320	9	1	3	6	58	1
Sprite	16 fl oz	12	6	4	212	0	0	0	0	54	47
Street Taco with Carne Asada	1 each	8	7	6	267	5	2	5	13	42	2
Street Taco with Chicken	1 each	7	7	6	276	4	1	5	17	42	2
Super Beef Burrito w/ red rice & pinto beans	1 each	n/a	n/a	21	914	31	7	8	n/a	101	n/a
Super Chicken Burrito w/ red rice & pinto be	1 each	n/a	n/a	20	868	27	7	8	n/a	101	n/a
Super Pork Burrito w/ red rice & pinto beans	1 each	n/a	n/a	24	1010	45	7	8	n/a	101	n/a
Taco Salad Beef	1 svg	n/a	n/a	22	971	30	0	12	n/a	114	n/a
Taco Salad Carnitas	1 svg	n/a	n/a	25	1067	44	0	12	n/a	114	n/a
Taco Salad Chicken	1 svg	n/a	n/a	21	925	25	0	12	n/a	114	n/a
Tomato Tortilla	1 each	10	9	7	320	9	1	3	6	58	1
Tostada Beef	1 each	n/a	n/a	14	573	28	4	4	n/a	37	n/a
Tostada Chicken	1 each	n/a	n/a	13	532	24	4	4	n/a	37	n/a

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<i>Menu Item</i>	<i>Serv</i>	<i>Org</i>			<i>Cal</i>	<i>Tfat</i>	<i>Sfat</i>	<i>Fib</i>	<i>Pro</i>	<i>Carb</i>	<i>Sug</i>
		<i>SPts</i>	<i>Pts +</i>	<i>Pts</i>							
Tostada Pork	1 each	n/a	n/a	17	657	41	4	4	n/a	37	n/a
Veggie Burrito	1 each	n/a	n/a	21	909	31	7	7	n/a	127	n/a
Whole Black Beans	1/2 cup	3	3	2	114	0	0	8	8	21	0
Whole Pinto Beans	1/2 cup	3	3	3	123	1	0	8	8	23	0
Whole Wheat Tortilla	1 each	10	9	8	340	10	2	18	15	47	3