

Willy's_Mexicana

Menu Item	Serv	Org			Cal	Tfat	Sfat	Fib	Pro	Carb	Sug
		SPts	Pts +	Pts							
Add: Lettuce	n/a	0	0	0	6	0	0	0	0	1	1
Adobe Chicken Burrito	n/a	27	23	21	930	33.5	15.5	16	59	97	4
Adobe Chicken Kid Taco	n/a	7	6	5	236	12	6	4	20	12.5	2
Adobe Chicken Quesadilla	n/a	16	16	13	570	30	14	5	53	35	0
Adobe Chicken Salad	n/a	19	16	14	618	31	12	11	45	40	10
Adobe Chicken Taco	n/a	7	6	5	241	12	6	5	20	13.5	2
Adobe Kid Burrito	n/a	14	12	10	473	15	7	9	30	54	1
BBQ Pork Kid Burrito	n/a	14	12	10	496	16	7	9.5	31	55	3
Black Beans - bowl	n/a	8	8	6	342	4	0	24	24	62	0
Black Beans - cup	n/a	4	4	3	171	2	0	12	12	31	0
Burrito Add: Black Olives	n/a	1	1	1	44	4	0	1	0	3	0
Burrito Add: Corn Salsa	n/a	1	1	1	30	0	0	0	0	6	2
Burrito Add: Grilled Peppers & Onions	n/a	1	0	1	30	0	0	0	0	4	2
Burrito Add: Guacamole	n/a	2	1	1	50	4	0.5	2	1	4	1
Burrito Add: Roasted Red Peppers	n/a	0	0	0	10	0	0	0	0	2	0
Burrito Add: Sour Cream	n/a	5	3	3	100	12	7	0	2	2	2
Burrito Ingredient: Adobe Chicken	n/a	5	5	5	210	11	3	0	25	1	0
Burrito Ingredient: Black Beans	n/a	2	2	1	100	1	0	7	7	18	0
Burrito Ingredient: Cheese	n/a	9	6	6	220	18	12	0	14	0	0
Burrito Ingredient: Chipotle BBQ Pork	n/a	6	6	6	250	13	4	1	26	4	2
Burrito Ingredient: Cilantro-Garlic Steak	n/a	4	4	4	180	8	4	0	26	0	0
Burrito Ingredient: Flour Tortilla 12	n/a	8	7	5	280	3	0.5	7	10	54	1
Burrito Ingredient: Pico Salsa	n/a	1	0	0	20	0	0	1	1	4	3
Burrito Ingredient: Pinto Beans	n/a	2	2	1	100	1	0	6	6	18	0
Burrito Ingredient: Rice	n/a	3	2	2	100	0.5	0	1	2	20	0
Burrito Ingredient: Sinaloa Chicken	n/a	3	4	4	170	5	1	0	29	2	1
Burrito Ingredient: SinaloaTofu	n/a	3	4	3	150	10	0	3	14	3	0
Cheese Dip - bowl	n/a	37	24	24	900	72	48	0	48	12	6
Cheese Dip - cup	n/a	18	12	12	450	36	24	0	24	6	3
Cheese Dip - side	n/a	6	4	4	150	12	8	0	8	2	1
Cheese Quesadilla	n/a	13	10	9	390	20	12	5	20	34	0
Chili D'Arbol Sauce - bowl	n/a	9	8	7	300	18	0	6	12	24	6
Chili D'Arbol Sauce - cup	n/a	4	4	3	150	9	0	3	6	12	3
Chili D'Arbol Sauce - side	n/a	1	1	1	50	3	0	1	2	4	1
Chipotle BBQ Pork Burrito	n/a	29	24	22	970	35.5	16.5	17	60	100	6
Chipotle BBQ Pork Kid Taco	n/a	8	6	5	253	13	7	4.5	20	14	3
Chipotle BBQ Pork Quesadilla	n/a	19	16	14	604	32	16	6	42	38	2
Chipotle BBQ Pork Salad	n/a	21	16	15	658	33	13	12	46	43	12
Chipotle BBQ Pork Taco	n/a	8	6	5	258	13	7	5.5	20	15	3
Chipotle Salsa - bowl	n/a	4	2	1	90	0	0	6	6	18	12
Chipotle Salsa - cup	n/a	2	1	0	45	0	0	3	3	9	6
Chipotle Salsa - side	n/a	1	0	0	15	0	0	1	1	3	2
Chips (4 oz)	n/a	18	15	13	590	27	4	12	8	74	0
Chocolate Chip Cookie	n/a	9	5	4	190	10	6	1	2	24	16
Cinatro-Garlic Steak Burrito	n/a	27	22	20	900	30.5	16.5	16	60	96	4
Cinatro-Garlic Steak Kid Taco	n/a	7	5	4	223	10	7	4	20	12	2
Cinatro-Garlic Steak Quesadilla	n/a	17	14	12	544	26	15	5	42	34	0
Cinatro-Garlic Steak Salad	n/a	18	15	13	588	28	13	11	46	39	10

Willy's_Mexicana

Cinatro-Garlic Steak Taco	n/a	7	5	5	228	10	7	5	20	13	2
Corn Salsa - bowl	n/a	8	6	5	240	6	0	6	6	42	12
Corn Salsa - cup	n/a	4	3	2	120	3	0	3	3	21	6
Corn Salsa - side	n/a	1	1	1	40	1	0	1	1	7	2
Dressing: Chipotle Ranch (2 oz)	n/a	7	5	5	180	18	3	0	0	2	2
Dressing: Lite Tomatillo Ranch (2 oz)	n/a	5	3	4	140	12	2	0	2	2	2
Dressing: South West Vinaigrette (2 oz)	n/a	11	9	9	300	36	6	0	0	0	0
Fajita Steak Salad	n/a	15	11	11	453	22	13	0	37	19	11
Grande Adobe Quesadilla	n/a	30	24	22	930	50	27.5	7	63	55	1
Grande BBQ Pork Quesadilla	n/a	32	25	23	970	52	28.5	8	64	58	3
Grande Cheese Quesadilla	n/a	25	19	17	720	39	24.5	7	38	54	1
Grande Sinaloa Chicken Quesadilla	n/a	28	23	21	890	44	25.5	7	67	56	2
Grande Sinaloa Tofu Quesadilla	n/a	28	23	21	870	49	24.5	10	52	57	1
Grande Steak Quesadilla	n/a	29	23	21	900	47	28.5	7	64	54	1
Grande Veggie Quesadilla	n/a	28	21	19	830	40	24.5	14	45	74	1
Guacamole - side	n/a	2	1	1	50	4	0.5	2	1	4	1
Guacamole - bowl	n/a	10	8	7	300	24	3	12	6	24	6
Guacamole - cup	n/a	5	4	3	150	12	1.5	6	3	12	3
Habanera Salsa - bowl	n/a	4	2	1	90	0	0	6	6	18	12
Habanera Salsa - cup	n/a	2	1	0	45	0	0	3	3	9	6
Habanera Salsa - side	n/a	1	0	0	15	0	0	1	1	3	2
Nachos Add: Adobe Chicken	n/a	5	5	5	210	11	3	0	25	1	0
Nachos Add: Black Olives	n/a	1	1	1	44	4	0	1	0	3	0
Nachos Add: Chipotle BBQ Pork	n/a	6	6	6	250	13	4	1	26	4	2
Nachos Add: Cilantro-Garlic Steak	n/a	4	4	4	180	8	4	0	26	0	0
Nachos Add: Corn Salsa	n/a	1	1	1	30	0	0	0	0	6	2
Nachos Add: Grilled Peppers & Onions	n/a	1	0	1	30	0	0	0	0	4	2
Nachos Add: Roasted Red Peppers	n/a	0	0	0	10	0	0	0	0	2	0
Nachos Add: Sinaloa Chicken	n/a	3	4	4	170	5	1	0	29	2	1
Nachos Add: Sinaloa Tofu	n/a	3	4	3	150	10	0	3	14	3	0
Pico Salsa - cup	n/a	1	1	0	30	0	0	3	3	9	6
Pico Salsa - bowl	n/a	3	2	0	60	0	0	6	6	18	12
Pico Salsa- side	n/a	0	0	0	10	0	0	1	1	3	2
Pinto Beans - bowl	n/a	8	8	6	342	4	0	20	25	62	0
Pinto Beans - cup	n/a	4	4	3	171	2	0	10	10	31	0
Quesadilla Add: Black Beans	n/a	2	2	1	100	1	0	7	7	18	0
Quesadilla Add: Black Olives	n/a	1	1	1	44	4	0	1	0	3	0
Quesadilla Add: Corn Salsa	n/a	1	1	1	30	0	0	0	0	6	2
Quesadilla Add: Grilled Peppers & Onions	n/a	1	0	1	30	0	0	0	0	4	2
Quesadilla Add: Guacamole	n/a	2	1	1	50	4	0.5	2	1	4	1
Quesadilla Add: Pinto Beans	n/a	2	2	1	100	1	0	6	6	18	0
Quesadilla Add: Roasted Red Peppers	n/a	0	0	0	10	0	0	0	0	2	0
Quesadilla Grande Add: Black Beans	n/a	2	2	1	100	1	0	7	7	18	0
Quesadilla Grande Add: Black Olives	n/a	1	1	1	44	4	0	1	0	3	0
Quesadilla Grande Add: Corn Salsa	n/a	1	1	1	30	0	0	0	0	6	2
Quesadilla Grande Add: Grilled Peppers &	n/a	1	0	1	30	0	0	0	0	4	2
Quesadilla Grande Add: Guacamole	n/a	2	1	1	50	4	0.5	2	1	4	1
Quesadilla Grande Add: Pinto Beans	n/a	2	2	1	100	1	0	6	6	18	0
Quesadilla Grande Add: Roasted Red Peppers	n/a	0	0	0	10	0	0	0	0	2	0
Quesadilla Grande Ingredient: Adobe Chicken	n/a	5	5	5	210	11	3	0	25	1	0

Willy's_Mexicana

Quesadilla Grande Ingredient: Cheese	n/a	17	12	12	440	36	24	0	28	0	0
Quesadilla Grande Ingredient: Chipotle BBQ	n/a	6	6	6	250	13	4	1	26	4	2
Quesadilla Grande Ingredient: Cilantro-Garlic	n/a	4	4	4	180	8	4	0	26	0	0
Quesadilla Grande Ingredient: Flour Tortilla 12	n/a	8	7	5	280	3	0.5	7	10	54	1
Quesadilla Grande Ingredient: Guacamole	n/a	2	1	1	50	4	0.5	2	1	4	1
Quesadilla Grande Ingredient: Pico Salsa	n/a	0	0	0	10	0	0	1	1	3	2
Quesadilla Grande Ingredient: Sinaloa	n/a	3	4	4	170	5	1	0	29	2	1
Quesadilla Grande Ingredient: SinaloaTofu	n/a	3	4	3	150	10	0	3	14	3	0
Quesadilla Grande Ingredient: Sour Cream	n/a	5	3	3	100	12	7	0	2	2	2
Quesadilla Ingredient: Adobe Chicken	n/a	3	6	4	180	10	2	0	33	1	0
Quesadilla Ingredient: Cheese	n/a	9	6	6	220	18	12	0	14	0	0
Quesadilla Ingredient: Chipotle BBQ Pork	n/a	6	5	5	214	12	4	1	22	4	2
Quesadilla Ingredient: Cilantro-Garlic Steak	n/a	3	4	4	154	6	3	0	22	0	0
Quesadilla Ingredient: Flour Tortilla 10	n/a	5	4	3	170	2	0	5	6	34	0
Quesadilla Ingredient: Pico Salsa	n/a	0	0	0	10	0	0	1	1	3	2
Quesadilla Ingredient: Sinaloa Chicken	n/a	2	4	3	146	4	1	0	25	2	1
Quesadilla Ingredient: SinaloaTofu	n/a	3	3	3	130	9	0	3	12	3	0
Quesadilla Ingredient: Sour Cream	n/a	5	3	3	100	12	7	0	2	2	2
Regular Nachos	n/a	40	30	28	1145	72	34	13	43	75	0
Regular Salad (No Meat)	n/a	14	10	9	408	20	9	11	20	39	10
Rice - bowl	n/a	11	10	7	400	2	0	4	8	80	0
Rice - cup	n/a	6	5	4	200	1	0	2	4	40	0
Salad Add: Corn Salsa	n/a	1	1	1	30	0	0	0	0	6	2
Salad Add: Grilled Peppers & Onions	n/a	1	0	1	30	0	0	0	0	4	2
Salad Add: Guacamole	n/a	2	1	1	50	4	0.5	2	1	4	1
Salad Add: Sour Cream	n/a	5	3	3	100	12	7	0	2	2	2
Salad Ingredient: Adobe Chicken	n/a	5	5	5	210	11	3	0	25	1	0
Salad Ingredient: Black Beans	n/a	3	3	2	114	1	0	8	8	21	0
Salad Ingredient: Black Olives	n/a	2	1	1	53	5	0	2	0	3	0
Salad Ingredient: Cheese	n/a	7	5	5	170	14	9	0	11	0	0
Salad Ingredient: Chipotle BBQ Pork	n/a	6	6	6	250	13	4	1	26	4	2
Salad Ingredient: Cilantro-Garlic Steak	n/a	4	4	4	180	8	4	0	26	0	0
Salad Ingredient: Cucumbers	n/a	0	0	0	8	0	0	0	0	2	0
Salad Ingredient: Lettuce	n/a	2	1	1	35	0	0	0	0	7	7
Salad Ingredient: Pico Salsa	n/a	1	0	0	20	0	0	1	1	4	3
Salad Ingredient: Pinto Beans	n/a	3	3	2	114	1	0	7	7	21	0
Salad Ingredient: Roasted Red Peppers	n/a	0	0	0	8	0	0	0	0	2	0
Salad Ingredient: Sinaloa Chicken	n/a	3	4	4	170	5	1	0	29	2	1
Salad Ingredient: SinaloaTofu	n/a	3	4	3	150	10	0	3	14	3	0
Sinaloa Chicken Burrito	n/a	25	22	19	890	27.5	13.5	16	63	98	5
Sinaloa Chicken Kid Burrito	n/a	12	11	9	450	12	6	9	33	54	2
Sinaloa Chicken Kid Taco	n/a	6	5	4	219	9	5.5	4	22	13	2.5
Sinaloa Chicken Quesadilla	n/a	16	14	12	536	24	13	5	45	36	1
Sinaloa Chicken Salad	n/a	17	14	13	578	25	10	11	49	41	11
Sinaloa Chicken Taco	n/a	6	5	4	224	9	5.5	5	22	14	2.5
Sinaloa Tofu Burrito	n/a	26	22	19	870	32.5	12.5	19	48	99	4
Sinaloa Tofu Kid Burrito	n/a	13	11	9	443	15	5	11	24	55	1
Sinaloa Tofu Kid Taco	n/a	7	5	5	216	12	5	5	15	13	2
Sinaloa Tofu Quesadilla	n/a	16	14	12	520	29	12	8	32	37	0
Sinaloa Tofu Salad	n/a	17	14	13	558	30	9	14	34	42	10

Willy's_Mexicana

Sinaloa Tofu Taco	n/a	7	5	5	221	12	5	6	15	14	2
Southwest Chicken Salad	n/a	18	15	13	589	24	10.5	11	50	44	14
Steak Kid Burrito	n/a	13	11	9	456	14	7	9	31	53	1
Super Nachos	n/a	42	32	30	1245	73	34	20	50	93	0
Taco Add: Black Olives	n/a	1	1	0	23	2	0	1	0	1	0
Taco Add: Corn Salsa	n/a	1	0	0	15	0	0	0	0	3	1
Taco Add: Grilled Peppers & Onions	n/a	1	0	0	15	0	0	0	0	2	1
Taco Add: Guacamole	n/a	1	1	0	25	2	0.25	1	0.5	2	0.5
Taco Add: Roasted Red Peppers	n/a	0	0	0	5	0	0	0	0	1	0
Taco Add: Sour Cream	n/a	3	2	2	50	6	3.5	0	1	1	1
Taco Ingredient: 2 - Steamed 6 inch Corn	n/a	2	2	1	90	0	0	2	4	18	0
Taco Ingredient: 6 Flour Tortilla Shell	n/a	2	2	1	70	0.5	0	2	3	14	0
Taco Ingredient: Adobe Chicken	n/a	2	2	2	90	5	1	0	11	0.5	0
Taco Ingredient: Black Beans	n/a	1	1	0	58	0	0	4	4	10	0
Taco Ingredient: Cheese	n/a	3	2	2	80	7	5	0	5	0	0
Taco Ingredient: Chipotle BBQ Pork	n/a	3	3	3	107	6	2	0.5	11	2	1
Taco Ingredient: Cilantro-Garlic Steak	n/a	2	2	2	77	3	2	0	11	0	0
Taco Ingredient: Crispy Taco Shell	n/a	2	1	1	60	2	0.5	1	0.5	9	0.5
Taco Ingredient: Lettuce	n/a	0	0	0	3	0	0	0	0	1	1
Taco Ingredient: Pico Salsa	n/a	0	0	0	10	0	0	1	0	2	1
Taco Ingredient: Pinto Beans	n/a	1	1	1	58	1	0	3	3	10	0
Taco Ingredient: Sinaloa Chicken	n/a	1	2	2	73	2	0.5	0	13	1	0.5
Taco Ingredient: SinaloaTofu	n/a	2	2	2	70	5	0	1	6	1	0
Tomatillo Salsa - bowl	n/a	3	1	0	60	0	0	6	0	12	6
Tomatillo Salsa - cup	n/a	1	0	0	30	0	0	3	0	6	3
Tomatillo Salsa - side	n/a	0	0	0	10	0	0	1	0	2	1
Tortilla Soup - Bowl	n/a	14	12	10	450	22	9	5	33	30	6
Tortilla Soup - Cup	n/a	8	7	6	280	13	4.5	3	22	20	4
Veggie Burrito	n/a	23	18	15	720	22.5	12.5	16	34	96	4
Veggie Kid Burrito	n/a	11	9	7	353	9	5	9	16	53	1
Veggie Kid Taco	n/a	5	4	3	146	7	5	4	9	12	2
Veggie Quesadilla	n/a	16	13	11	500	21	12	12	27	54	0
Veggie Taco	n/a	5	4	3	151	7	5	5	9	13	2
White Chocolate Macadamia Nut Cookie	n/a	9	6	5	200	12	6	0	2	23	15