

menu items	serving (g)	calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Carbohydrates (g)	Fiber (g)	sugar (g)	Protein (g)	sodium (mg)
Tacos												
Crispy Taco –Beef	92	170	90	10	4	0	25	11	2	1	9	290
Crispy Taco –Sirloin Steak	92	160	70	8	3	0	25	10	1	1	10	300
Softshell Taco-Beef	113	210	90	10	4	0	25	21	3	1	11	470
Softshell Taco-Chicken	113	180	50	5	2.5	0	30	20	3	2	13	520
Softshell Taco –Sirloin Steak	113	200	70	8	3	0	25	20	2	1	13	480
Street Taco-Sirloin Steak	92	180	70	8	2	0	20	17	1	1	9	360
Street Taco-Chicken	92	170	60	6	1.5	0	25	17	1	2	10	380
Taco Bravo® - Beef	184	320	110	13	4.5	0	25	36	7	2	14	640
Taco Bravo® - Chicken	184	320	100	11	3.5	0	40	35	0	3	18	750
Taco Bravo® - Sirloin Steak	184	300	100	11	3.5	0	25	35	0	2	16	650
Stuffed Grilled Taco –Beef	189	450	190	21	9	0.5	40	47	4	3	17	960
Stuffed Grilled Taco –Sirloin Steak	189	440	170	19	0	0	45	46	3	3	19	970
The Taco Perfecto – Beef	137	230	110	12	6	0.5	35	17	3	1	13	450
The Taco Perfecto – Chicken	130	230	90	9	4	0	55	16	1	2	18	520
The Taco Perfecto – Sirloin Steak	137	220	90	10	4	0	40	16	2	1	15	460
Quesadilla Taco –Beef	148	360	150	17	7	0.5	40	33	0	2	15	700
Quesadilla Taco –Chicken	148	390	180	20	7	0	55	33	2	3	17	740
Quesadilla Taco –Sirloin Steak	148	350	140	16	7	0	45	33	2	2	17	750
Burritos												
Super Burrito –Beef	251	440	160	18	8	0.5	40	51	7	4	19	940
Super Burrito –Sirloin Steak	265	450	160	17	7	0	50	50	6	4	23	1010
Meat & Potato Burrito –Beef	237	510	210	24	7	0	30	59	6	4	15	1240
Meat & Potato Burrito –Chicken	237	480	170	19	6	0	35	58	5	4	17	1290
Meat & Potato Burrito –Crunchy Chicken	251	580	230	25	7	0	30	68	5	4	18	1420
Meat & Potato Burrito –Sirloin Steak	251	520	210	23	7	0	45	58	5	4	19	1310
Grilled Burrito-Beef	276	740	400	45	20	1.5	80	54	6	3	31	1680
Grilled Burrito-Chicken	247	600	260	29	11	0.5	85	52	4	4	31	1650
Grilled Burrito –Sirloin Steak	247	610	290	32	11	0	65	52	4	3	27	1520
Bean Burrito	187	360	90	10	4.5	0	10	54	8	3	14	830
Beef Burrito	187	440	180	20	8	1	45	43	5	2	21	890
Combination Burrito	187	400	130	15	6	0	30	48	7	3	18	860
The Boss, Burrito –Sirloin Steak, Pico de Gallo	477	470	170	19	8	0	65	48	8	5	27	1870
The Boss, Burrito –Sirloin Steak, Roasted Corn & Pepper Salsa	477	470	170	19	8	0	65	49	8	5	27	1860
The Boss, Burrito –Chicken, Pico de Gallo	477	450	140	15	7	0	80	48	8	6	30	2000
The Boss, Burrito –Chicken, Roasted Corn & Pepper Salsa	477	460	140	15	7	0	80	50	8	6	31	1980
Specialties*												
Taco Salad w/o dressing –Beef	361	540	300	33	13	1	55	45	6	6	22	920
Taco Salad w/o dressing –Chicken	361	500	250	27	11	0	60	44	5	7	24	980
Taco Salad w/o dressing –Crunchy Chicken	383	630	320	36	12	0.5	50	58	5	6	26	1170
Taco Salad w/o dressing –Sirloin Steak	361	520	270	31	12	0	60	43	5	6	24	930
Super Nachos – Beef	358	800	380	43	14	1	60	82	10	3	23	1620
Super Nachos, Small – Beef	192	420	210	23	8	0	35	42	6	2	13	860
Super Nachos – Sirloin Steak	372	810	380	42	13	0	70	81	9	3	27	1690
Super Nachos, Small – Sirloin Steak	192	410	190	22	7	0	35	41	5	2	14	870
Super Potato Olés®	478	1090	600	67	21	1	60	98	14	3	24	3300
Super Potato Olés®, Small	277	650	360	40	12	0.5	35	59	9	2	14	1940
Quesadilla –Cheese	161	480	230	26	14	0.5	45	41	3	2	20	990
Quesadilla –Chicken	250	570	250	27	15	0.5	75	50	5	4	31	1270
Quesadilla –Beef	246	590	260	31	16	1	60	51	6	4	27	1180
Quesadilla – Sirloin Steak	260	570	250	28	13	0.5	85	48	5	4	31	1340
Crunchy Chicken w/ Ranch	185	510	300	33	5.5	0	60	31	0	1	23	1270
The Boss, Bowl –Sirloin Steak, Pico de Gallo	475	550	180	20	8	0	65	63	10	6	30	2160
The Boss, Bowl –Sirloin Steak, Roasted Corn & Pepper Salsa	475	560	180	20	9	0	65	65	11	6	30	2240
The Boss, Bowl –Chicken, Pico de Gallo	475	530	150	17	7	0	80	64	11	7	34	2380
The Boss, Bowl –Chicken, Roasted Corn & Pepper Salsa	475	540	150	17	8	0	80	65	11	7	34	2360
Sauce-a-Lotta Enchiladas, Beef & Red Sauce Platter	481	690	240	27	9	1	55	84	14	5	31	2620
Sauce-a-Lotta Enchiladas, Beef & Red Sauce, 2 Enchiladas	311	490	220	24	9	1	55	48	7	4	22	1720
Sauce-a-Lotta Enchiladas, Chicken & White Queso Platter	481	680	230	25	11	0	100	81	0	8	41	2860
Sauce-a-Lotta Enchiladas, Chicken & White Queso, 2 Enchiladas	332	520	220	25	12	0	110	46	5	8	33	1960
Kid s Menu Items*												
Crispy Taco –Beef	92	170	90	10	4	0	25	11	2	1	9	290
Softshell Taco-Beef	113	210	90	10	4	0	25	21	3	1	11	470
Quesadilla, Kid s Size – Cheesy	63	200	90	10	6	0	25	17	2	1	10	410
Crunchy Chicken w/o sauce, Kid s Size	78	200	90	10	1.5	0	20	16	0	0	12	510
Potato Olés® - Kid s Meal/Breakfast Portion	99	330	170	19	4	0	0	37	4	0	3	970
Churro Bites, Kid s Size	38	140	60	7	1	0	0	18	5	5	1	105
Giant Goldfish® Grahams	26	120	35	4	1	0	0	19	1	6	1	110
Sides*												
Potato Olés® - Kid s Meal/Breakfast Portion	99	330	170	19	4	0	0	37	4	0	3	970
Potato Olés® - Small	142	480	250	27	6	0	0	52	6	1	5	1380
Potato Olés® - Medium	198	670	350	38	8	0	0	73	8	1	7	1930
Potato Olés® - Large	255	860	440	49	11	0	0	94	10	1	9	2490
Chips & Nacho	142	380	180	20	4.5	0	15	45	3	0	7	920
Black Beans & Rice	170	200	25	3	0	0	0	36	7	1	9	910

Nutritional Analysis

All information is based on Taco John's International, Inc.'s current standard product formulations and information from product suppliers. Slight variations may occur depending on the quantities used in analysis. A 2,000 calorie daily diet is used as the basis for general nutrition advice, but, individual calorie needs may vary. A 1,200 to 1,400 a day is used for general nutrition advice for children ages 4 to 8, but calorie needs vary. Content and nutrition facts are subject to change. Not all test or limited time menu items are included. Not all listed items may be available. Giant Goldfish® Grahams is a registered trademark of Pepperidge Farms.

menu items	serving (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Sodium (mg)
Sides Cont..*												
Refried Beans	269	320	60	7	4	0	10	45	15	1	18	1050
Side Salad (w/out dressing)	92	40	20	2.5	1.5	0	5	3	1	2	2	50
Chips	57	270	90	11	1.5	0	0	40	3	0	4	210
Desserts*												
Churro, Bites	76	280	120	13	2	0	0	37	10	11	3	210
Mexican Donut Bites	91	290	100	12	3	0	5	47	4	21	4	220
Dips, Condiments & Dressings*												
Mild Sauce, 1 oz. portion	28	10	0	0	0	0	0	1	0	0	0	130
Jalapeno Hot Sauce, 1 oz. portion	28	5	0	0	0	0	0	1	0	1	0	110
Super-Hot Sauce, 1 oz. portion	28	5	0	0	0	0	0	1	0	0	0	140
House Salsa, 1 oz. portion	28	5	0	0	0	0	0	1	0	1	0	220
House Dressing, 1.5 oz. portion	43	70	60	7	1	0	0	2	0	1	0	280
Ranch Dressing, 1.5 oz. portion	43	140	140	15	2.5	0	20	2	0	1	1	350
Bacon Ranch Dressing, 1.5 oz. portion	43	120	80	9	1.5	0	10	10	0	6	1	350
Creamy Italian Dressing, 1.5 oz. portion	43	130	130	14	2.5	0	0	2	0	2	0	320
Pico de Gallo, 1 oz portion	28	10	0	0	0	0	0	2	0	1	0	85
Queso Blanco , 3 oz. portion	85	100	90	10	6	0	20	760	0	2	5	760
Large Queso Blanco , 5.5 oz. portion	156	180	160	18	10	0	35	9	0	4	8	1400
Nacho Cheese Sauce, 3 oz. portion	85	110	80	9	3.5	0	15	5	0	0	3	700
Sour Cream, 2.5 oz. portion	71	140	120	13	8	0	50	4	0	3	3	35
Guacamole, 2.5 oz. . portion	71	90	70	8	1	0	0	6	4	1	1	280
Local Favorites*												
Taco Burger	142	270	100	11	4	0.5	30	28	2	4	3	570
Ranch Burrito	203	440	200	22	7	0.5	40	44	5	4	16	890
Cheese Roll-up	56	180	80	9	5	0	15	18	2	1	8	320
Breakfast*												
Jr. Breakfast Burrito-Bacon	102	190	80	8	2.5	0	165	19	2	2	10	510
Jr. Breakfast Burrito-Sausage	113	230	110	12	4	0	170	20	2	2	10	520
Jr. Breakfast Burrito-Sirloin Steak	113	200	80	8	2.5	0	170	20	2	2	11	480
Meat & Potato Breakfast Burrito-Bacon	217	540	230	25	7	0	230	57	5	4	20	1520
Meat & Potato Breakfast Burrito-Sausage	246	630	310	34	10	0	245	58	5	4	21	1460
Steak & Potato Breakfast Burrito	246	550	220	24	6	0	235	58	5	4	23	1330
Scrambler Breakfast Burrito-Bacon	246	550	230	25	7	0	230	59	5	5	21	1520
Scrambler Breakfast Burrito-Sausage	274	650	290	33	10	0	245	60	5	6	21	1590
Scrambler Breakfast Burrito-Sirloin Steak	274	560	220	24	6	0	235	60	5	5	23	1330
Potato Olés® Scrambler - Bacon	439	1080	610	68	20	0.5	365	86	9	5	31	3510
Potato Olés® Scrambler -Sausage	475	1190	710	79	24	0	375	88	9	5	31	3360
Potato Olés® Scrambler -Sirloin Steak	475	1080	590	65	18	0	370	88	9	4	34	3190
Potato Olés® Scrambler, Small -Bacon	269	660	370	41	12	0	240	53	6	3	20	2110
Potato Olés® Scrambler, Small -Sausage	298	750	450	50	15	0	250	54	6	3	20	2050
Potato Olés® Scrambler -Small, Sirloin Steak	298	670	360	40	11	0	245	54	6	3	22	1920
Breakfast Egg Burrito	187	410	170	19	9	0	230	45	3	4	19	800
Breakfast Egg Burrito-Bacon	201	470	210	23	10	0	250	45	3	4	24	1190
Breakfast Egg Burrito-Sausage	232	570	290	32	13	0	260	47	3	5	25	1140
Breakfast Egg Burrito-Sirloin Steak	230	480	200	22	9	0	255	46	3	4	27	1000
Spicy Chorizo Breakfast Burrito	232	500	240	27	8	0	245	45	4	5	20	1280
\$1, \$2, \$3 Menu*												
Chicken Snack Quesadilla	71	190	70	7	3	0	30	17	1	1	12	400
Cheesy Bacon Ranch Nachos	128	360	190	21	5	0	25	34	2	1	8	1030
Street Taco- Chicken Bacon Guac	99	200	80	9	1.5	0	30	18	2	2	12	590
Spicy Potato Ole Griller - Chicken	163	410	170	19	4.5	0	35	44	4	2	16	1200
Potato Ole Griller - Sirloin Steak	163	420	190	21	5	0	30	44	4	2	14	1120
Cheesy Bacon Ranch Loaded Potato Oles	248	730	420	46	11	0	25	67	7	1	11	2440
Cinnamon Sugar Tortilla Crisps	78	260	50	5	1	0	0	47	9	14	5	290
Queso Blanco Menu*												
The Boss, Bowl Queso Blanco -Sirloin Steak, Pico de Gallo	517	640	270	30	14	0	85	66	1	7	34	2690
The Boss, Bowl Queso Blanco -Sirloin Steak, Roasted Corn & Pepper Salsa	517	650	270	30	14	0	85	67	1	7	34	2680
The Boss, Bowl Queso Blanco -Chicken, Pico de Gallo	517	620	230	26	13	0	100	66	1	8	38	2820
The Boss, Bowl Queso Blanco -Chicken, Roasted Corn & Pepper Salsa	517	630	230	26	13	0	100	68	1	8	38	2800
The Boss, Bowl Queso Blanco -Beef, Pico de Gallo	517	660	300	33	16	1	80	67	1	7	32	2670
The Boss, Bowl Queso Blanco -Beef, Roasted Corn & Pepper Salsa	517	670	300	33	16	1	80	69	1	7	32	2660
The Boss, Burrito Queso Blanco -Sirloin Steak, Pico de Gallo	505	540	250	28	14	0	85	47	0	6	31	2230
The Boss, Burrito Queso Blanco -Sirloin Steak, Roasted Corn & Pepper Salsa	505	550	250	28	14	0	85	49	0	6	31	2220
The Boss, Burrito Queso Blanco -Chicken, Pico de Gallo	505	520	230	25	13	0	100	48	0	7	34	2360
The Boss, Burrito Queso Blanco -Chicken, Roasted Corn & Pepper Salsa	505	530	230	25	13	0	100	50	0	7	35	2340
The Boss, Burrito Queso Blanco -Beef, Pico de Gallo	505	560	290	32	16	1	80	49	0	6	28	2210
The Boss, Burrito Queso Blanco -Beef, Roasted Corn & Pepper Salsa	505	570	290	32	16	1	80	51	1	6	28	2200
Queso Blanco Nachos - Chicken	312	650	280	31	10	0	70	73	6	6	27	1850
Queso Blanco Nachos - Sirloin Steak	312	660	300	33	11	0	60	72	6	5	24	1750
Pepsi												
	No. Servings											
Kid s size - 12 oz.	1	150	0	0	0	0	0	42	0	42	0	30
Small - 20 oz.	1	250	0	0	0	0	0	70	0	70	0	50
Medium - 30 oz.	1	380	0	0	0	0	0	105	0	105	0	75
Large - 40 oz.	1	500	0	0	0	0	0	140	0	140	0	100
Diet Pepsi & Caffeine Free Diet Pepsi												
	No. Servings											
Kid s size - 12 oz.	1	0	0	0	0	0	0	0	0	0	0	40
Small - 20 oz.	1	0	0	0	0	0	0	0	0	0	0	70
Medium - 30 oz.	1	0	0	0	0	0	0	1	0	0	0	105
Large - 40 oz.	1	0	0	0	0	0	0	1	0	0	0	140

Nutritional Analysis

All information is based on Taco John's International, Inc.'s current standard product formulations and information from product suppliers. Slight variations may occur depending on the quantities used in analysis. A 2,000 calorie daily diet is used as the basis for general nutrition advice, but, individual calorie needs may vary. A 1,200 to 1,400 a day is used for general nutrition advice for children ages 4 to 8, but calorie needs vary. Content and nutrition facts are subject to change. Not all test or limited time menu items are included. Not all listed items may be available. Giant Goldfish® Grahams is a registered trademark of Pepperidge Farms.

*Not available at all locations.

For specific ingredient information, call Taco John's at 800-854-0819. © August 2020

Taco John's International, Inc.

All rights reserved.

08-21-20

menu items	Serving (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Sodium (mg)
Mist TWIST												
	No. Servings											
Kid s size - 12 oz.	1	150	0	0	0	0	0	40	0	40	0	30
Small - 20 oz.	1	250	0	0	0	0	0	66	0	66	0	50
Medium - 30 oz.	1	370	0	0	0	0	0	99	0	99	0	75
Large - 40 oz.	1	500	0	0	0	0	0	135	0	135	0	100
Mountain Dew												
	No. Servings											
Kid s size - 12 oz.	1	170	0	0	0	0	0	43	0	43	0	55
Small - 20 oz.	1	280	0	0	0	0	0	72	0	72	0	90
Medium - 30 oz.	1	410	0	0	0	0	0	109	0	109	0	130
Large - 40 oz.	1	550	0	0	0	0	0	145	0	145	0	180
Diet Mountain Dew												
	No. Servings											
Kid s size - 12 oz.	1	5	0	0	0	0	0	1	0	0	0	55
Small - 20 oz.	1	5	0	0	0	0	0	1	0	0	0	95
Medium - 30 oz.	1	10	0	0	0	0	0	1	0	1	0	140
Large - 40 oz.	1	15	0	0	0	0	0	2	0	1	0	190
Tropicana Lemonade												
	No. Servings											
Kid s size - 12 oz.	1	150	0	0	0	0	0	41	0	41	0	160
Small - 20 oz.	1	250	0	0	0	0	0	68	0	68	0	260
Medium - 30 oz.	1	380	0	0	0	0	0	102	0	102	0	390
Large - 40 oz.	1	510	0	0	0	0	0	136	0	136	0	530
Dr Pepper												
	No. Servings											
Kid s size - 12 oz.	1	140	0	0	0	0	0	39	0	38	0	45
Small - 20 oz.	1	240	0	0	0	0	0	65	0	64	0	68
Medium - 30 oz.	1	360	0	0	0	0	0	98	0	96	0	102
Large - 40 oz.	1	480	0	0	0	0	0	130	0	128	0	137
Lifewater Yumberry Pomegranate												
	No. Servings											
Kid s size - 12 oz.	1	0	0	0	0	0	0	0	0	0	0	45
Small - 20 oz.	1	0	0	0	0	0	0	0	0	0	0	70
Medium - 30 oz.	1	0	0	0	0	0	0	0	0	0	0	105
Large - 40 oz.	1	0	0	0	0	0	0	0	0	0	0	140
Brisk No Calorie Peach Iced Green Tea												
	No. Servings											
Kid s size - 12 oz.	1	0	0	0	0	0	0	0	0	0	0	105
Small - 20 oz.	1	0	0	0	0	0	0	0	0	0	0	180
Medium - 30 oz.	1	0	0	0	0	0	0	0	0	0	0	260
Large - 40 oz.	1	0	0	0	0	0	0	0	0	0	0	350
Brisk Raspberry Iced Tea												
	No. Servings											
Kid s size - 12 oz.	1	70	0	0	0	0	0	19	0	19	0	35
Small - 20 oz.	1	120	0	0	0	0	0	32	0	32	0	60
Medium - 30 oz.	1	190	0	0	0	0	0	49	0	49	0	95
Large - 40 oz.	1	250	0	0	0	0	0	65	0	65	0	125
Pepsi Wild Cherry												
	No. Servings											
Kid s size - 12 oz.	1	150	0	0	0	0	0	42	0	42	0	30
Small - 20 oz.	1	250	0	0	0	0	0	70	0	70	0	50
Medium - 30 oz.	1	380	0	0	0	0	0	105	0	105	0	75
Large - 40 oz.	1	500	0	0	0	0	0	140	0	140	0	100
Mug Root Beer												
	No. Servings											
Kid s size - 12 oz.	1	150	0	0	0	0	0	39	0	39	0	25
Small - 20 oz.	1	250	0	0	0	0	0	65	0	65	0	40
Medium - 30 oz.	1	380	0	0	0	0	0	98	0	98	0	55
Large - 40 oz.	1	500	0	0	0	0	0	130	0	130	0	75
Tropicana Fruit Punch												
	No. Servings											
Kid s size - 12 oz.	1	170	0	0	0	0	0	45	0	45	0	35
Small - 20 oz.	1	280	0	0	0	0	0	75	0	75	0	60
Medium - 30 oz.	1	410	0	0	0	0	0	113	0	113	0	95
Large - 40 oz.	1	550	0	0	0	0	0	150	0	150	0	125
Tropicana Twister Orange												
	No. Servings											
Kid s size - 12 oz.	1	170	0	0	0	0	0	47	0	45	0	35
Small - 20 oz.	1	280	0	0	0	0	0	78	0	75	0	60
Medium - 30 oz.	1	410	0	0	0	0	0	116	0	113	0	95
Large - 40 oz.	1	550	0	0	0	0	0	155	0	150	0	125
Lipton® Iced Tea												
	No. Servings											
Kid s size - 12 oz.	1	0	0	0	0	0	0	0	0	0	0	0
Small - 20 oz.	1	0	0	0	0	0	0	0	0	0	0	0
Medium - 30 oz.	1	0	0	0	0	0	0	0	0	0	0	0
Large - 40 oz.	1	0	0	0	0	0	0	0	0	0	0	0
Lipton® Sweet Tea												
	No. Servings											
Kid s size - 12 oz.	1	160	0	0	0	0	0	42	0	42	0	5
Small - 20 oz.	1	270	0	0	0	0	0	70	0	70	0	10
Medium - 30 oz.	1	410	0	0	0	0	0	105	0	105	0	20
Large - 40 oz.	1	540	0	0	0	0	0	140	0	140	0	25
Dr Pepper												
	No. Servings											
Kid s size - 12 oz.	1	140	0	0	0	0	0	39	0	38	0	45
Small - 20 oz.	1	240	0	0	0	0	0	65	0	64	0	68
Medium - 30 oz.	1	360	0	0	0	0	0	98	0	96	0	102
Large - 40 oz.	1	480	0	0	0	0	0	130	0	128	0	137

Nutritional Analysis

All information is based on Taco John's International, Inc.'s current standard product formulations and information from product suppliers. Slight variations may occur depending on the quantities used in analysis. A 2,000 calorie daily diet is used as the basis for general nutrition advice, but, individual calorie needs may vary. A 1,200 to 1,400 a day is used for general nutrition advice for children ages 4 to 8, but calorie needs vary. Content and nutrition facts are subject to change. Not all test or limited time menu items are included. Not all listed items may be available. Giant Goldfish® Grahams is a registered trademark of Pepperidge Farms.

menu items	Serving (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Sodium (mg)
Lifewater Yumberry Pomegranate	No. Servings											
Kid s size - 12 oz.	1	0	0	0	0	0	0	0	0	0	0	45
Small - 20 oz.	1	0	0	0	0	0	0	0	0	0	0	70
Medium - 30 oz.	1	0	0	0	0	0	0	0	0	0	0	105
Large - 40 oz.	1	0	0	0	0	0	0	0	0	0	0	140
Brisk No Calorie Peach Iced Green Tea	No. Servings											
Kid s size - 12 oz.	1	0	0	0	0	0	0	0	0	0	0	105
Small - 20 oz.	1	0	0	0	0	0	0	0	0	0	0	180
Medium - 30 oz.	1	0	0	0	0	0	0	0	0	0	0	260
Large - 40 oz.	1	0	0	0	0	0	0	0	0	0	0	350
Brisk Raspberry Iced Tea	No. Servings											
Kid s size - 12 oz.	1	70	0	0	0	0	0	19	0	19	0	35
Small - 20 oz.	1	120	0	0	0	0	0	32	0	32	0	60
Medium - 30 oz.	1	190	0	0	0	0	0	49	0	49	0	95
Large - 40 oz.	1	250	0	0	0	0	0	65	0	65	0	125
Pepsi Wild Cherry	No. Servings											
Kid s size - 12 oz.	1	150	0	0	0	0	0	42	0	42	0	30
Small - 20 oz.	1	250	0	0	0	0	0	70	0	70	0	50
Medium - 30 oz.	1	380	0	0	0	0	0	105	0	105	0	75
Large - 40 oz.	1	500	0	0	0	0	0	140	0	140	0	100
Mug Root Beer	No. Servings											
Kid s size - 12 oz.	1	150	0	0	0	0	0	39	0	39	0	25
Small - 20 oz.	1	250	0	0	0	0	0	65	0	65	0	40
Medium - 30 oz.	1	380	0	0	0	0	0	98	0	98	0	55
Large - 40 oz.	1	500	0	0	0	0	0	130	0	130	0	75
Tropicana Fruit Punch	No. Servings											
Kid s size - 12 oz.	1	170	0	0	0	0	0	45	0	45	0	35
Small - 20 oz.	1	280	0	0	0	0	0	75	0	75	0	60
Medium - 30 oz.	1	410	0	0	0	0	0	113	0	113	0	95
Large - 40 oz.	1	550	0	0	0	0	0	150	0	150	0	125
Tropicana Twister Orange	No. Servings											
Kid s size - 12 oz.	1	170	0	0	0	0	0	47	0	45	0	35
Small - 20 oz.	1	280	0	0	0	0	0	78	0	75	0	60
Medium - 30 oz.	1	410	0	0	0	0	0	116	0	113	0	95
Large - 40 oz.	1	550	0	0	0	0	0	155	0	150	0	125
Lipton® Iced Tea	No. Servings											
Kid s size - 12 oz.	1	0	0	0	0	0	0	0	0	0	0	0
Small - 20 oz.	1	0	0	0	0	0	0	0	0	0	0	0
Medium - 30 oz.	1	0	0	0	0	0	0	0	0	0	0	0
Large - 40 oz.	1	0	0	0	0	0	0	0	0	0	0	0
Lipton® Sweet Tea	No. Servings											
Kid s size - 12 oz.	1	160	0	0	0	0	0	42	0	42	0	5
Small - 20 oz.	1	270	0	0	0	0	0	70	0	70	0	10
Medium - 30 oz.	1	410	0	0	0	0	0	105	0	105	0	20
Large - 40 oz.	1	540	0	0	0	0	0	140	0	140	0	25
Other Beverages	No. Servings											
Coffee - 16 oz.	1	0	0	0	0	0	0	0	0	0	0	0
Milk, 1% Low Fat - 7 oz.	1	90	20	2	1	0	10	10	0	10	7	90
Chocolate Milk, 1% Low Fat - 7 oz.	1	140	20	2.5	1.5	0	10	23	0	23	7	160
Tropicana Orange Juice - 12 oz.	1	170	0	0	0	0	0	39	0	34	3	20
Nestlé Pure Life Water - 16.9 oz.	1	0	0	0	0	0	0	0	0	0	0	30
Combos, Kid s Meals & other Calorie Ranges*												
	Low Range	Calories	High Range	Calories								
Two Crispy Tacos, Combo	Beef Tacos with 20.oz Diet Pepsi and Chips & Nacho Cheese.	810	Beef Tacos with 20.oz Mountain Dew and Small Potato Olés®	1100								
Super Burrito, Combo	Sirloin Steak Burrito with 20.oz Diet Pepsi and Chips & Nacho Cheese.	830	Beef burrito with 20.oz. Mountain Dew and small Potato Olés®	1200								
Two Softshell, Combo	Sirloin Steak Tacos with 20.oz Diet Pepsi and Chips & Nacho Cheese.	780	Beef Tacos with 20.oz. Mountain Dew and Small Potato Olés®	1180								
Taco Bravo, Combo	Beef Taco with 20.oz Diet Pepsi and Chips & Nacho Cheese.	700	Beef Taco with 20.oz Mountain Dew and Small Potato Olés®	1080								
Meat & Potato Burrito, Combo	Beef Burrito with 20.oz Diet Pepsi and Chips & Nacho Cheese.	890	Beef Burrito with 20.oz. Mountain Dew and small Potato Olés®	1270								
Grilled Chicken Burrito, Combo	20.oz Diet Pepsi and Chips & Nacho Cheese.	980	20.oz. Mountain Dew and small Potato Olés®	1350								
Street Tacos - Sirloin Steak, Combo	20.oz Diet Pepsi and Chips & Nacho Cheese.	920	20.oz. Mountain Dew and small Potato Olés®	1290								
Street Tacos - Chicken, Combo	20.oz Diet Pepsi and Chips & Nacho Cheese.	890	20.oz. Mountain Dew and small Potato Olés®	1260								
Meat & Potato Burrito and Softshell Taco, Combo	Sirloin Steak Burrito and Taco Diet Pepsi and Chips & Nacho Cheese.	1100	Beef Burrito and Taco with 20.oz. Mountain Dew and Small Potato Olés®	1480								
Stuffed Grilled Taco, Combo	Beef with 20.oz Diet Pepsi and Chips & Nacho Cheese.	510	Beef taco with 20.oz Mountain Dew and Small Potato Olés®	1260								
The Taco Perfecto, 2 Tacos-Beef, Combo	Two Beef Tacos with 20.oz Diet Pepsi and Chips & Nacho Cheese.	850	Two Beef Tacos with 20.oz. Mountain Dew and Small Potato Olés®	1210								
Quesadilla Taco, 2 Tacos- Beef, Combo	Two Beef Tacos with 20.oz Diet Pepsi and Chips & Nacho Cheese.	1090	Two Beef Tacos with 20.oz. Mountain Dew and Small Potato Olés®	1470								
Street Taco Trio - Chicken	Three Street Tacos.	510	--	--								
Street Taco Trio- Sirloin Steak	Three Street Tacos.	540	--	--								
Six- Pack And A Pound® - Beef	Six Crispy Tacos-Beef/Pound of Potato Olés®	2530	--	--								
Six- Pack And A Pound® - Beef, Make -It-Larger	Six Crispy Tacos-Beef/Two large Potato Olés®	2720	--	--								

Nutritional Analysis

All information is based on Taco John's International, Inc.'s current standard product formulations and information from product suppliers. Slight variations may occur depending on the quantities used in analysis. A 2,000 calorie daily diet is used as the basis for general nutrition advice, but, individual calorie needs may vary. A 1,200 to 1,400 a day is used for general nutrition advice for children ages 4 to 8, but calorie needs vary. Content and nutrition facts are subject to change. Not all test or limited time menu items are included. Not all listed items may be available. Giant Goldfish® Grahams is a registered trademark of Pepperidge Farms.

Cont - Combos, Kid s Meals & other Calorie Ranges*	Low Range	Calories	High Range	Calories
Breakfast Combo #1 – Meat & Potato Burrito	Black Coffee and Breakfast Size Potato Olés® with Bacon	880	20.oz Mountain Dew and Breakfast Size Potato Olés® with Sausage	1240
Breakfast Combo #2 – Jr. Breakfast Burrito	Black Coffee and Breakfast Size Potato Olés® with Bacon	730	20.oz Mountain Dew and Breakfast Size Potato Olés® with Sausage	1070
Breakfast Combo #3 – Scrambler Burrito	Black Coffee and Breakfast Size Potato Olés® with Bacon	880	20.oz Mountain Dew and Breakfast Size Potato Olés® with Sausage	1260
Breakfast Combo #4 – Spicy Chorizo Burrito	Black Coffee and Breakfast Size Potato Olés®	830	20.oz Mountain Dew and Breakfast Size Potato Olés®	1110
Steak & Potato Burrito, Combo	Black Coffee and Breakfast Size Potato Olés®	1030	20.oz Mountain Dew and Breakfast Size Potato Olés®	1290
Small Add-on	20.oz Diet Pepsi & Small Potato Olés®	480	20.oz Mountain Dew & Small Potato Olés®	750
Medium Add-on	20.oz Diet Pepsi & Medium Potato Olés®	670	20.oz Mountain Dew & Medium Potato Olés®	1080
Large Add-on	20. oz. Diet Pepsi & Large Potato Olés®	860	20.oz Mountain Dew & Large Potato Olés®	1440
Crunchy Chicken w/ dip	20. oz. Diet Pepsi/ Potato Olés®, Kid s size / Kid s Treat / Nacho Cheese	700	20. oz. Mountain Dew/ Potato Olés®, Kid s size / Kid s Treat/ Ranch Dressing	940
Cheesy Quesadilla	20. oz. Diet Pepsi/ Potato Olés®, Kid s size / Kid s Treat	670	20. oz. Mountain Dew/ Potato Olés®, Kid s size / Kid s Treat	830
Beef Taco	Crispy Taco 20. oz. Diet Pepsi/ Potato Olés®, Kid s size / Kid s Treat	620	Softshell Taco 20. oz. Mountain Dew/ Potato Olés®, Kid s size /Kid s Treat	850

Nutritional Analysis

All information is based on Taco John's International, Inc.'s current standard product formulations and information from product suppliers. Slight variations may occur depending on the quantities used in analysis. A 2,000 calorie daily diet is used as the basis for general nutrition advice, but, individual calorie needs may vary. A 1,200 to 1,400 a day is used for general nutrition advice for children ages 4 to 8, but calorie needs vary. Content and nutrition facts are subject to change. Not all test or limited time menu items are included. Not all listed items may be available. Giant Goldfish® Grahams is a registered trademark of Pepperidge Farms.