

NUTRITION FACTS



FRESCO TACO BAR

Bean Burrito

Nutrition Facts

Serving Size 1 portion

| Amount | % Daily Value |
|---------------------------|---------------|
| Calories 990 | |
| Fat 45 g | 69 % |
| Saturated 20 g | |
| + Trans 0 g | 100 % |
| Cholesterol 40 mg | |
| Sodium 2570 mg | 107 % |
| Carbohydrate 103 g | 34 % |
| Fibre 10 g | 40 % |
| Sugars 6 g | |
| Protein 31 g | |
| Vitamin A | 25 % |
| Vitamin C | 45 % |
| Calcium | 60 % |
| Iron | 40 % |

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INGREDIENTS

Beans, vegetable oil, cheese, brown rice, sour cream, lettuce, wheat flour tortilla, soybean oil, corn starch, tomatoes, onion, yellow pepper, cilantro, jalapeno pepper, lime juice concentrate, brown sugar, salt, spices.

ALLERGENS

CONTAINS GLUTEN, MILK, SOY, WHEAT.



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NUTRITION FACTS



FRESCO TACO BAR

Bean & Cheese Quesadilla

| Nutrition Facts | |
|--------------------------|---------------|
| Serving Size 1 portion | |
| Servings Per Container | |
| Amount | % Daily Value |
| Calories 740 | |
| Fat 52 g | 80 % |
| Saturated 25 g | |
| + Trans 0.1 g | 126 % |
| Cholesterol 65 mg | |
| Sodium 1900 mg | 79 % |
| Carbohydrate 33 g | 11 % |
| Fibre 5 g | 20 % |
| Sugars 9 g | |
| Protein 24 g | |
| Vitamin A | 30 % |
| Vitamin C | 10 % |
| Calcium | 70 % |
| Iron | 10 % |

INGREDIENTS

Wheat flour tortilla, nacho cheese blend, 7 bean salad mix, sour cream, green pepper, red pepper, jalapeno pepper, onion, tomatoes, water, canola and soybean oil, lime juice concentrate, garlic, cilantro, brown sugar, salt, spices.

ALLERGENS

CONTAINS GLUTEN, MILK, WHEAT, SOY.

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NUTRITION FACTS



FRESCO TACO BAR

Bean Taco

| Nutrition Facts | |
|--------------------------|---------------|
| Serving Size 1 taco | |
| Amount | % Daily Value |
| Calories 100 | |
| Fat 3 g | 5 % |
| Saturated 1 g | 5 % |
| + Trans 0 g | |
| Cholesterol 5 mg | |
| Sodium 210 mg | 9 % |
| Carbohydrate 14 g | 5 % |
| Fibre 3 g | 12 % |
| Sugars 1 g | |
| Protein 4 g | |
| Vitamin A | 2 % |
| Vitamin C | 6 % |
| Calcium | 2 % |
| Iron | 4 % |

INGREDIENTS

Beans, vegetable oil, corn tortilla, sour cream, lettuce, tomatoes, onion, yellow pepper, cilantro, jalapeno pepper, garlic, lime juice concentrate, canola oil, salt, spices.

ALLERGENS

MILK.

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NUTRITION FACTS



FRESCO TACO BAR

Beef Burrito

Nutrition Facts

Serving Size 1 burrito

| Amount | % Daily Value |
|--------------------------|---------------|
| Calories 730 | |
| Fat 26 g | 40 % |
| Saturated 9 g | 47 % |
| + Trans 0.4 g | |
| Cholesterol 55 mg | |
| Sodium 1670 mg | 70 % |
| Carbohydrate 92 g | 31 % |
| Fibre 9 g | 36 % |
| Sugars 6 g | |
| Protein 28 g | |
| Vitamin A | 15 % |
| Vitamin C | 50 % |
| Calcium | 10 % |
| Iron | 45 % |

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INGREDIENTS

Beans, vegetable oil, beef, brown rice, sour cream, lettuce, onion, wheat flour tortilla, canola oil, soybean oil, tomato powder, garlic powder, onion powder, colour, cornstarch, tomatoes, bell pepper, garlic, cilantro, jalapeno pepper, lime juice concentrate, brown sugar, salt, spices.

ALLERGENS

CONTAINS GLUTEN, MILK, SOY, WHEAT.



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NUTRITION FACTS



FRESCO TACO BAR

Beef Taco

| Nutrition Facts | |
|--------------------------|---------------|
| Serving Size 1 taco | |
| Amount | % Daily Value |
| Calories 110 | |
| Fat 6 g | 9 % |
| Saturated 3 g | |
| + Trans 0.2 g | 16 % |
| Cholesterol 25 mg | |
| Sodium 110 mg | 5 % |
| Carbohydrate 7 g | 2 % |
| Fibre 1 g | 4 % |
| Sugars 2 g | |
| Protein 6 g | |
| Vitamin A | 2 % |
| Vitamin C | 6 % |
| Calcium | 2 % |
| Iron | 4 % |

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INGREDIENTS

Beef, corn tortilla, sour cream, lettuce, tomatoes, onion, bell pepper, garlic, cilantro, jalapeno pepper, lime juice concentrate, brown sugar, salt, spices.

ALLERGENS

MILK.



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NUTRITION FACTS



FRESCO TACO BAR

Chicken Burrito

| Nutrition Facts | |
|--------------------------|---------------|
| Serving Size 1 burrito | |
| Amount | % Daily Value |
| Calories 680 | |
| Fat 20 g | 31 % |
| Saturated 6 g | 31 % |
| + Trans 0.1 g | |
| Cholesterol 60 mg | |
| Sodium 1820 mg | 76 % |
| Carbohydrate 91 g | 30 % |
| Fibre 9 g | 36 % |
| Sugars 6 g | |
| Protein 30 g | |
| Vitamin A | 15 % |
| Vitamin C | 45 % |
| Calcium | 10 % |
| Iron | 40 % |

INGREDIENTS

Beans, vegetable oil, chicken, sour cream, lettuce, brown rice, tomatoes, wheat flour tortilla, canola oil, soybean oil, sugar, corn starch, onion, hot sauce, cilantro, jalapeno pepper, lime juice concentrate, brown sugar, salt, spices.

ALLERGENS

CONTAINS GLUTEN, MILK, SOY, WHEAT.

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NUTRITION FACTS



FRESCO TACO BAR

Chicken Taco

Nutrition Facts

Serving Size 1 taco

| Amount | % Daily Value |
|--------------------------|---------------|
| Calories 100 | |
| Fat 4 g | 6 % |
| Saturated 1.5 g | 8 % |
| + Trans 0 g | |
| Cholesterol 25 mg | |
| Sodium 190 mg | 8 % |
| Carbohydrate 8 g | 3 % |
| Fibre 1 g | 4 % |
| Sugars 2 g | |
| Protein 7 g | |
| Vitamin A | 4 % |
| Vitamin C | 10 % |
| Calcium | 2 % |
| Iron | 2 % |

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INGREDIENTS

Chicken, lettuce, tomatoes, onion, corn tortilla, sour cream, canola oil, corn starch, yellow pepper, hot sauce, cayenne pepper, garlic, cilantro, jalapeno pepper, lime juice concentrate, brown sugar, salt, spices.

ALLERGENS

MILK.



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NUTRITION FACTS



FRESCO TACO BAR

Chips & Salsa

| Nutrition Facts | |
|---------------------------|---------------|
| Serving Size 1 portion | |
| Amount | % Daily Value |
| Calories 970 | |
| Fat 45 g | 69 % |
| Saturated 3.5 g | 18 % |
| + Trans 0 g | |
| Cholesterol 0 mg | |
| Sodium 540 mg | 23 % |
| Carbohydrate 125 g | 42 % |
| Fibre 12 g | 48 % |
| Sugars 6 g | |
| Protein 12 g | |
| Vitamin A | 6 % |
| Vitamin C | 45 % |
| Calcium | 15 % |
| Iron | 30 % |

INGREDIENTS

Ground corn, canola oil, tomato, onion, bell pepper, jalapeno pepper, cilantro, garlic, lime concentrate juice, colour, salt, spices.

ALLERGENS

NO KNOWN PRIORITY ALLERGENS.

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NUTRITION FACTS



FRESCO TACO BAR

Churro

Nutrition Facts

Serving Size 1 portion
Servings Per Container

| Amount | % Daily Value |
|--------------------------------|---------------|
| Calories 190 | |
| Fat 10 g | 15 % |
| Saturated 1.5 g + Trans 0 g | 8 % |
| Cholesterol 10 mg | |
| Sodium 115 mg | 5 % |
| Carbohydrate 23 g | 8 % |
| Fibre 0 g | 0 % |
| Sugars 10 g | |
| Protein 1 g | |
| Vitamin A | 0 % |
| Vitamin C | 0 % |
| Calcium | 2 % |
| Iron | 2 % |

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INGREDIENTS

Wheat, soybean oil, corn flour, eggs, cornstarch, canola oil, salt, sugar, cinnamon.

ALLERGENS

CONTAINS EGG, GLUTEN, SOY, WHEAT.



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NUTRITION FACTS



FRESCO TACO BAR

Extreme Fries

Nutrition Facts

Serving Size 1 portion

| Amount | % Daily Value |
|--------------------------|---------------|
| Calories 970 | |
| Fat 59 g | 91 % |
| Saturated 21 g | |
| + Trans 0.3 g | 107 % |
| Cholesterol 55 mg | |
| Sodium 2460 mg | 102 % |
| Carbohydrate 85 g | 28 % |
| Fibre 9 g | 36 % |
| Sugars 5 g | |
| Protein 18 g | |
| Vitamin A | 30 % |
| Vitamin C | 70 % |
| Calcium | 60 % |
| Iron | 15 % |

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INGREDIENTS

Potatoes, canola oil, cornstarch, onion powder, cheese, tomatoes, sour cream, onion, yellow pepper, cilantro, jalapeno pepper, garlic, lime juice, salt, spices.

ALLERGENS

CONTAINS MILK. CROSS-CONTAMINATION WITH WHEAT, EGG IN FRYER.



University
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NUTRITION FACTS



FRESCO TACO BAR

Fish Taco

| Nutrition Facts | |
|--------------------------|---------------|
| Serving Size 1 taco | |
| Amount | % Daily Value |
| Calories 150 | |
| Fat 2.5 g | 4 % |
| Saturated 0.5 g | |
| + Trans 0 g | 3 % |
| Cholesterol 25 mg | |
| Sodium 90 mg | 4 % |
| Carbohydrate 18 g | 6 % |
| Fibre 0 g | 0 % |
| Sugars 4 g | |
| Protein 10 g | |
| Vitamin A | 4 % |
| Vitamin C | 6 % |
| Calcium | 0 % |
| Iron | 2 % |

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INGREDIENTS

Cod, suey choy, bok choy, carrot, mango, wheat flour, cornstarch, canola oil, onion, mayonnaise, soybean oil, egg, vinegar, garlic, pineapple, olive oil, celery, cilantro, jalapeno pepper, tabasco, lemon juice concentrate juice, chipotle pepper, salt, spices.

ALLERGENS

CONTAINS EGG, FISH, GLUTEN, SOY, WHEAT, SULPHITES



University
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NUTRITION FACTS



FRESCO TACO BAR

Fresco Fries

| Nutrition Facts | |
|--------------------------|---------------|
| Serving Size 1 portion | |
| Amount | % Daily Value |
| Calories 500 | |
| Fat 22 g | 34 % |
| Saturated 2 g | |
| + Trans 0.3 g | 12 % |
| Cholesterol 0 mg | |
| Sodium 1420 mg | 59 % |
| Carbohydrate 71 g | 24 % |
| Fibre 7 g | 28 % |
| Sugars 0 g | |
| Protein 4 g | |
| Vitamin A | 0 % |
| Vitamin C | 10 % |
| Calcium | 8 % |
| Iron | 10 % |

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INGREDIENTS

Potatoes, canola oil, corn starch, onion powder, salt.

ALLERGENS

CROSS-CONTAMINATION WITH WHEAT, EGG IN FRYER.



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University
Food Services

NUTRITION FACTS



FRESCO TACO BAR

Mexican Rice

| Nutrition Facts | |
|--------------------------|---------------|
| Serving Size (114 g) | |
| Amount | % Daily Value |
| Calories 130 | |
| Fat 1 g | 2 % |
| Saturated 0.2 g | |
| + Trans 0 g | 1 % |
| Cholesterol 0 mg | |
| Sodium 260 mg | 11 % |
| Carbohydrate 26 g | 9 % |
| Fibre 1 g | 4 % |
| Sugars 1 g | |
| Protein 3 g | |
| Vitamin A | 2 % |
| Vitamin C | 4 % |
| Calcium | 0 % |
| Iron | 2 % |

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INGREDIENTS

Brown rice, tomato juice, crushed tomatoes, jalapeno peppers, onions, vinegar, garlic, salt, spices.

ALLERGENS

NO KNOWN PRIORITY ALLERGENS.



NUTRITION FACTS



FRESCO TACO BAR

Refried Beans

| Nutrition Facts | |
|--------------------------|---------------|
| Serving Size (112 g) | |
| Amount | % Daily Value |
| Calories 130 | |
| Fat 1.5 g | 2 % |
| Saturated 0 g | |
| + Trans 0 g | 0 % |
| Cholesterol 0 mg | |
| Sodium 450 mg | 19 % |
| Carbohydrate 21 g | 7 % |
| Fibre 6 g | 24 % |
| Sugars 1 g | |
| Protein 6 g | |
| Vitamin A | 2 % |
| Vitamin C | 15 % |
| Calcium | 2 % |
| Iron | 10 % |

INGREDIENTS

Refried beans, vegetable oil, crushed tomatoes, jalapeno peppers, onions, vinegar, garlic, cornstarch, salt, spices.

ALLERGENS

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