The general nutrition advice is 1,200-1,400 calories a day for kids ages 4-8 and 1,400-2,000 calories a day for kids ages 9-13, but caloric needs may vary.

Kids LiveWell approved option: Moo Moo Mr. Cow with choice of all-natural chicken, grass-fed beef or tofu with pinto beans, rice, a side of black beans and apple juice.

Seasoned Rice
Shredded Cheese
Sour Cream

Beans

Black Beans
Pinto Beans

Pico
Pico de Gallo
Roasted Corn Pico

Grilled Peppers
Grilled Mushrooms
Grilled Onions

Fresh Veggies

Black Olives
Cilantro
Cucumbers
Diced Tomatoes
Diced Onions

Fresh Jalapeños
Romaine Lettuce
Pickled Jalapeños
Shredded Lettuce

Sauce / Dressings

Hard Rock 'n' Roll Sauce
Chipotle Ranch
Southwest Vinaigrette

Drinks

Fountain ........................................ 0-365 Cal
Iced Tea .......................................... 15-245 Cal, 15-355 Cal

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**FREE CHIPS & SALSA**
with every order

**WELCOME TO MOE’S**

**MAKE IT A MEAL**
Add a 22 oz. drink and a side of queso or guac for an additional 55-555 calories.

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### Nachos

- **Alright, Alright, Alright**
  - Chicken, Tofu, or Ground Beef
  - Served in a bowl with queso, beans, and pico
  - Calories: 1235-1325 Cal, 1240-1325 Cal, 1115-1165 Cal

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### Tacos

- **Three Amigos**
  - Choose THREE: 324-510 Cal
  - Choose TWO: 216-340 Cal
  - Served in soft corn shells with crunchy cabbage, avocado lime crema, house-pickled red onions, queso fresco, cilantro, and fresh lime wedges (also available in soft flour or crispy tortilla shells).

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### Burritos

- **Homewrecker (with guac)**
  - Chicken, Tofu, or Ground Beef
  - Calories: 895-1015 Cal, 905-1015 Cal, 775-855 Cal

- **Junior**
  - 555-625 Cal

- **Joey Bag of Donuts**
  - Chicken, Tofu, or Ground Beef
  - Calories: 845-965 Cal, 845-965 Cal, 715-795 Cal

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### Bowls

- **Earmuffs**
  - Chicken, Tofu, or Ground Beef
  - Calories: 745-875 Cal, 755-875 Cal, 625-715 Cal

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### Quesadillas

- **First Rule of Chicken Club**
  - Chicken
  - Calories: 925 Cal

- **John Coctostan**
  - Chicken, Tofu, or Ground Beef
  - Calories: 785-875 Cal, 785-875 Cal, 655-705 Cal

**Sides**

- **Moe’s Famous Queso**
  - Side: 145 Cal, 575 Cal, 855 Cal

- **Handcrafted Guac**
  - Side: 55 Cal, 245 Cal, 315 Cal

### Add-ons

- **Extra Meat**
  - 125-165 Cal

- **Bacon**
  - 255 Cal

- **Queso**
  - 140 Cal

- **Guac**
  - 55 Cal

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2,000 Calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.