



Breakfast

Baked Beans  	120 cals
Chickpea Scramble Wrap 	280 cals
Edamame  	100 cals
Scrambled Eggs with Cheese 	150 cals
Hard Boiled Eggs 	70 cals
Eggs Made to Order  	80-200 cals
Ham 	20 cals
Turkey, Egg & Cheese Bagel 	250 cals
Mushrooms  	40 cals
White Steamed Rice  	80 cals
Seasoned Potato Wedges  	100 cals
Baked Mixed Berry Oatmeal 	120 cals
Homemade Muesli 	210 cals
Plain Yogurt 	70 cals
Vanilla Yogurt 	90 cals
Fruit Salad  	60 cals
Raspberry Yogurt Muffin 	280 cals
Mini Cinnamon Swirl Danish 	160 cals
Wild Blueberry scone 	100 cals

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 -12) need an average of 1,500 calories a day. However, individual needs vary.

























Lunch

Farmer's Kitchen	Miso Glazed Baked Cod 	50 cals
	Vegetable Fried Basmati Rice 	130 cals
	Roasted Broccoli with Garlic & Ginger   	40 cals
	Pulled Beef Sandwich	290 cals
	Coleslaw 	60 cals
Pasta & Pizza	Chicken Penne Primavera Alfredo	320 cals
	Rainbow Tortellini	370 cals
	Pepperoni Pizza	180 cals
	BBQ Tofu Pizza  	150 cals
	Hawaiian Pizza	150 cals
Global Kitchen + Deli	Spicy Thai Tofu Noodle Bowl 	290 cals
	Spicy Thai Chicken Noodle Bowl 	300 cals
	Assorted Sub	270 cals
	Vegetable Provolone Wrap 	260 cals
Vegan Station	Wild Rice Blend  	140 cals
	Chili Garlic Stir Fry 	170 cals
	Roasted Mushrooms   	190 cals
	Chilean Stew  	80 cals
Salad Station	Crudite  	30 cals
	Hard Eggs  	60 cals
	Market Greens  	110 cals
	Asian Fusion 	120 cals
	Orzo with Roasted Zucchini, Corn & Feta	260 cals
Soups	Hearty Bean Soup  	150 cals
	Italian Wedding Soup 	220 cals
Bakery Items	Pumpkin Spice Scone  	220 cals
	Fruit Cheesecake	440 cals
	Salted Caramel Brownie 	240 cals
	Double Chocolate Chip Cookie 	120 cals

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Dinner

Farmer's Kitchen	Jerk Chicken  	170 cals
	Caribbean Red Bean & Coconut Rice  	160 cals
	Collard Greens with Bacon	90 cals
	Grilled Italian Sausage on Bun w/ Sautéed Onion	600 cals
	Potato Wedges  	100 cals
Pasta & Pizza	Spaghetti & Meatballs	300 cals
	Pepperoni Pizza	180 cals
	BBQ Tofu Pizza  	150 cals
	Hawaiian Pizza	150 cals
Global Kitchen + Deli	Vegetable Black Bean Quesadilla 	330 cals
	Beef Quesadilla 	310 cals
	Assorted Sub	270 cals
	Vegetable Provolone Wrap 	260 cals
Vegan Station	Vegetable Medley  	50 cals
	Jasmine Rice  	100 cals
	Teriyaki Sesame Tofu  	310 cals
	Vegan Burger 	340 cals
Salad Station	Crudite  	30 cals
	Hard Eggs  	60 cals
	Market Greens  	110 cals
	Asian Fusion 	120 cals
	Orzo with Roasted Zucchini, Corn & Feta	260 cals
Soups	Hearty Bean Soup  	150 cals
	Italian Wedding Soup 	220 cals
Bakery Items	Pumpkin Spice Scone  	220 cals
	Vanilla Buttercream Cupcake 	310 cals
	Salted Caramel Brownie 	240 cals
	Double Chocolate Chip Cookie 	120 cals

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