



Breakfast

Baked Beans  	120 cal
Scrambled Tofu Breakfast Burrito  	290 cal
Lentils  	140 cal
Scrambled Eggs with Cheese 	150 cal
Hard Boiled Eggs 	70 cal
Eggs Made to Order  	80-200 cal
Turkey Sausage	40 cal
Eggs Benny	230 cal
Sausage & Egg'r Sandwich	400 cal
Rapini  	25 cal
White Steamed Rice  	80 cal
Hash Brown Patty  	120 cal
Oatmeal 	120 cal
Homemade Muesli 	210 cal
Plain Yogurt 	70 cal
Vanilla Yogurt 	90 cal
Fruit Salad  	60 cal
Double Chocolate Muffin 	280 cal
Vanilla Scone 	160 cal
Croissant 	90 cal

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	Red Thai Curried Pork  	210 cals
	Basmati Rice  	80 cals
	Sautéed Bok Choy  	40 cals
	Fish Taco	300 cals
	Buffalo Cauliflower Bites 	90 cals
Pasta & Pizza	Penne Primavera	180 cals
	Penne with Meat Sauce	270 cals
	Pepperoni Pizza	180 cals
	Cheese Pizza 	150 cals
	Mediterranean Pizza 	170 cals
Global Kitchen + Deli	Turkey Egg Roll Bowl	200 cals
	Chicken with Honey Mustard Sub	260 cals
	Salmon Salad on a Baguette	120 cals
Vegan Station	Chana Masala  	170 cals
	Baked Sweet Potato  	110 cals
	Cilantro Brown Rice  	140 cals
	Cauliflower with Garlic & Cumin   	30 cals
Salad Station	Crudite  	30 cals
	Hard Eggs  	60 cals
	Market Greens  	110 cals
	Black Bean & Corn Salad  	180 cals
	Bulgur with Roasted Curried Vegetables 	170 cals
Soups	Vegetable Chili  	250 cals
	Cauliflower Cheddar Soup   	310 cals
Bakery Items	Chocolate Chip Banana Bread  	240 cals
	Coffee Cake 	150 cals
	Chocolate Brownie 	260 cals
	Whole Grain Sugar Cookie 	110 cals

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Dinner

Farmer's Kitchen	Herb Roasted Chicken   	200 cal
	Mushroom Barley Pilaf  	200 cal
	Peas & Carrots  	70 cal
	Meatball Sub	360 cal
	Onion Rings 	350 cal
Pasta & Pizza	Chipotle Mac N Cheese	470 cal
	Pepperoni Pizza	180 cal
	Cheese Pizza 	150 cal
	Mediterranean Pizza 	170 cal
Global Kitchen + Deli	Pork Katsu Bowl	300 cal
	Chicken with Honey Mustard Sub	260 cal
	Salmon Salad on a Baguette	120 cal
Vegan Station	Vegetable Stir Fry  	40 cal
	Vegan Fried Rice  	150 cal
	Whole Roasted Vegetable  	130 cal
	Bulgur & Red Lentil Cauliflower Curry 	160 cal
Salad Station	Crudite  	30 cal
	Hard Eggs  	60 cal
	Market Greens  	110 cal
	Black Bean & Corn Salad  	180 cal
	Bulgur with Roasted Curried Vegetables 	170 cal
Soups	Vegetable Chili  	250 cal
	Cauliflower Cheddar Soup   	310 cal
Bakery Items	Chocolate Chip Banana Bread  	240 cal
	Raspberry Bars 	240 cal
	Chocolate Brownie 	260 cal
	Whole Grain Sugar Cookie 	110 cal

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