








































Breakfast

Baked Beans  	120 cal
Gochujang Tofu Scramble   	120 cal
Scrambled Eggs with Cheese 	150 cal
Hard Boiled Eggs 	70 cal
Eggs Made to Order  	80-200 cal
Bacon 	40 cal
Frittata	180 cal
Bacon & Egg'r Sandwich	340 cal
Zucchini   	40 cal
White Steamed Rice  	80 cal
Raven's Home Fried Potato Rounds   	160 cal
Baked Apple Oatmeal 	120 cal
Homemade Muesli 	210 cal
Plain Yogurt 	70 cal
Vanilla Yogurt 	90 cal
Fruit Salad  	60 cal
Caramel Coffee Cake Muffin 	320 cal
Mini Raspberry Danish 	140 cal
Apple Turnover 	220 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	Chicken Pot Pie  	750 cal
	Roasted Potatoes   	130 cal
	Maple Roasted Vegetables  	150 cal
	Grilled Pork Chops 	180 cal
	Corn Salsa  	90 cal
Pasta & Pizza	Beef Lasagna	230 cal
	Spaghetti Marinara 	250 cal
	Pepperoni Pizza	180 cal
	Grilled Eggplant Pizza 	160 cal
	Meat Lovers Pizza 	210 cal
Global Kitchen + Deli	Panang Chicken Curry 	230 cal
	Egg Salad Sandwich  	150 cal
	Chicken Teriyaki Wrap 	190 cal
Vegan Station	Shepherd's Pie 	190 cal
	Whole Roasted Eggplant  	70 cal
	Seven Grain Rice  	150 cal
	Vegetable Blend  	40 cal
Salad Station	Crudite  	30 cal
	Hard Eggs  	60 cal
	Market Greens  	110 cal
	Marinated Mushroom Salad   	60 cal
	Red Potato with Bacon & Blue Cheese Salad 	170 cal
Soups	Corn Chowder  	250 cal
	Roasted Vegetable Soup  	120 cal
Bakery Items	Coffee Cake  	150 cal
	Blueberry Tart 	90 cal
	Sweet & Salty Pretzel Brownie 	300 cal
	Chocolate Chip Cookie 	120 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.



Dinner

Farmer's Kitchen	Paprika Rosemary Roast Beef 	100 cal
	Roasted Sweet Potato Wedges  	150 cal
	Broccoli  	30 cal
	Pulled Pork Sandwich	290 cal
	Red Potato Salad 	120 cal
Pasta & Pizza	Cheese Ravioli	250 cal
	Pepperoni Pizza	180 cal
	Grilled Eggplant Pizza 	160 cal
	Meat Lovers Pizza 	210 cal
Global Kitchen + Deli	Hoisin Tofu Stir Fry 	170 cal
	Basmati Rice  	80 cal
	Egg Salad Sandwich  	150 cal
	Chicken Teriyaki Wrap 	190 cal
Vegan Station	Tofu Bibimap   	180 cal
	Chickpea Curry  	140 cal
	Balsamic Roasted Brussel Sprouts   	90 cal
	Coconut Jasmine Rice  	190 cal
Salad Station	Crudite  	30 cal
	Hard Eggs  	60 cal
	Market Greens  	110 cal
	Marinated Mushroom Salad   	60 cal
	Red Potato with Bacon & Blue Cheese Salad 	170 cal
Soups	Corn Chowder  	250 cal
	Roasted Vegetable Soup  	120 cal
Bakery Items	Coffee Cake  	150 cal
	Dream Bar 	220 cal
	Sweet & Salty Pretzel Brownie 	300 cal
	Chocolate Chip Cookie 	120 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.