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Baked Beans  	200 cals
Chickpea Scramble Wrap 	280 cals
Scrambled Eggs  	120 cals
Hard Boiled Eggs 	70 cals
Eggs Made to Order  	80-200 cals
Ham 	20 cals
Cinnamon Swirl French Toast 	170 cals
Ham & Egg'r Sandwich	260 cals
Waffles 	370 cals
Kidney Beans  	110 cals
Sautéed Kale  	15 cals
Seasoned Potato Wedges  	100 cals
Wild Rice  	140 cals
Baked Apple Oatmeal 	120 cals
Homemade Muesli 	210 cals
Plain Yogurt 	70 cals
Vanilla Yogurt 	90 cals
Fruit Salad  	60 cals
Chef Feature Smoothie 	
Daily Vegan Smoothie 	
Maple Cinnamon Swirl Muffin 	290 cals
Vanilla Scone 	100 cals
Apple Turnover 	220 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.

Farmer's Kitchen	Bombay Haddock 	80 cals
	Brown Rice with Cilantro  	140 cals
	Curry Roasted Cauliflower   	210 cals
	Ball Park Hot Dog	420 cals
	Spicy Spiral Fries	410 cals
Pasta & Pizza	Baked Farfalle with Sausage	300 cals
	Cheese Ravioli with Pesto Primavera	250 cals
	Pepperoni Pizza	180 cals
	Cheese Pizza 	150 cals
	Margherita Pizza 	150 cals
	Chef Feature Vegan Pizza 	
Global Kitchen + Deli	Chicken Shawarma Entrée Salad 	110 cals
	Tabouleh 	140 cals
	Guacamole Chicken Wrap	200 cals
	Plant Based Meatballs 	200 cals
Vegan Station	Lasagna 	190 cals
	Caesar Salad  	30 cals
	Brussel Sprouts  	80 cals
	Seared Tempeh Steak  	150 cals
Salad Station	Crudite  	30 cals
	Hard Eggs  	60 cals
	Market Greens  	110 cals
	Asian Fusion Salad 	120 cals
	Couscous Tabouleh 	160 cals
Soups	Tomato Red Pepper Bisque  	140 cals
	Curry Cauliflower Potato Soup   	80 cals
	Beef Barley Vegetable 	190 cals
Bakery Items	Vegan Tiramisu  	150 cals
	Black Forest Cupcake 	220 cals
	Smoers Brownie 	260 cals
	Double Chocolate Chip Cookie 	120 cals

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Farmer's Kitchen	Roasted Maple, Mustard & Herb Pork Loin 	100 cals
	Scalloped Potatoes 	190 cals
	Chef Feature: Roasted Vegetables	
	Grilled Turkey Provolone Sandwich	260 cals
	Potato Chips 	230 cals
Pasta & Pizza	Cheese Canneloni	110 cals
	Spaghetti Marinara	250 cals
	Pepperoni Pizza	180 cals
	Cheese Pizza 	150 cals
	Margherita Pizza 	150 cals
	Chef Feature Vegan Pizza 	
Global Kitchen + Deli	Chicken Fusion Poke Bowl 	240 cals
	Tofu Fusion Poke Bowl  	290 cals
	Guacamole Chicken Wrap	200 cals
	Plant Based Meatballs 	200 cals
Vegan Station	Harissa Lentils with Roasted Squash  	230 cals
	Cabbage Roll Casserole  	110 cals
	Roasted Cauliflower  	90 cals
	Plantains  	90 cals
Salad Station	Crudite  	30 cals
	Hard Eggs  	60 cals
	Market Greens  	110 cals
	Asian Fusion Salad 	120 cals
	Couscous Tabouleh 	160 cals
Soups	Tomato Red Pepper Bisque  	140 cals
	Curry Cauliflower Potato Soup   	80 cals
	Beef Barley Vegetable 	190 cals
Bakery Items	Vegan Tiramisu  	150 cals
	Butter Tart Square 	220 cals
	Smores Brownie 	260 cals
	Double Chocolate Chip Cookie 	120 cals

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