








Breakfast

Baked Beans 	200 cal
Chickpea Scramble Wrap 	280 cal
Scrambled Eggs  	120 cal
Hard Boiled Eggs 	70 cal
Eggs Made to Order  	80-200 cal
Ham 	20 cal
Cinnamon Swirl French Toast 	170 cal
Ham & Egg'r Sandwich	260 cal
Kidney Beans  	110 cal
Sautéed Kale  	15 cal
Seasoned Potato Wedges  	100 cal
Wild Rice  	140 cal
Baked Apple Oatmeal 	120 cal
Homemade Muesli 	210 cal
Plain Yogurt 	70 cal
Vanilla Yogurt 	90 cal
Fruit Salad  	60 cal
Maple Cinnamon Swirl Muffin 	290 cal
Vanilla Scone 	100 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	Bombay Haddock	80 cal
	Brown Rice with Cilantro	140 cal
	Curry Roasted Cauliflower	210 cal
	Ball Park Hot Dog	420 cal
	Spicy Spiral Fries	410 cal
Pasta & Pizza	Baked Farfalle with Sausage	300 cal
	Cheese Ravioli with Pesto Primavera	250 cal
	Pepperoni Pizza	180 cal
	Cheese Pizza	150 cal
	Margherita Pizza	150 cal
Global Kitchen + Deli	Chicken Shawarma Entrée Salad	110 cal
	Tabouleh	140 cal
	Guacamole Chicken Wrap	200 cal
	Plant Based Meatballs	200 cal
Vegan Station	Lasagna	190 cal
	Caesar Salad	30 cal
	Brussel Sprouts	80 cal
	Seared Tempeh Steak	150 cal
Salad Station	Crudite	30 cal
	Hard Eggs	60 cal
	Market Greens	110 cal
	Asian Fusion Salad	120 cal
	Couscous Tabouleh	160 cal
Soups	Tomato Red Pepper Bisque	140 cal
	Curry Cauliflower Potato Soup	80 cal
Bakery Items	Vegan Tiramisu	150 cal
	Black Forest Cupcake	220 cal
	Smores Brownie	260 cal
	Double Chocolate Chip Cookie	120 cal

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Dinner

Farmer's Kitchen	Roasted Maple, Mustard & Herb Pork Loin 	100 cal
	Scalloped Potatoes 	190 cal
	Chef Feature: Roasted Vegetables   	130 cal
	Grilled Turkey Provolone Sandwich	260 cal
	Potato Chips 	230 cal
Pasta & Pizza	Vegetable Lasagna	250 cal
	Pepperoni Pizza	180 cal
	Cheese Pizza 	150 cal
	Margherita Pizza 	150 cal
Global Kitchen + Deli	Chicken Fusion Poke Bowl 	240 cal
	Tofu Fusion Poke Bowl  	290 cal
	Guacamole Chicken Wrap	200 cal
	Plant Based Meatballs 	200 cal
Vegan Station	Harissa Lentils with Roasted Squash  	230 cal
	Brown Rice  	120 cal
	Roasted Cauliflower  	90 cal
	Plantains  	90 cal
Salad Station	Crudite  	30 cal
	Hard Eggs  	60 cal
	Market Greens  	110 cal
	Asian Fusion Salad 	120 cal
	Couscous Tabouleh 	160 cal
Soups	Tomato Red Pepper Bisque  	140 cal
	Curry Cauliflower Potato Soup   	80 cal
Bakery Items	Vegan Tiramisu  	150 cal
	Butter Tart Square 	220 cal
	Smores Brownie 	260 cal
	Chocolate Chip Cookie 	120 cal

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