



Breakfast

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| Baked Beans  | 200 cal |
| Gochuchang Tofu Scramble    | 280 cal |
| Scrambled Eggs   | 120 cal |
| Hard Boiled Eggs  | 70 cal |
| Eggs Made to Order   | 80-200 cal |
| Turkey Sausage  | 40 cal |
| Bacon, Egg, & Cheese Burrito  | 170 cal |
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| Roasted Tomato   | 15 cal |
| Ravens Home Fried Potato Rounds   | 160 cal |
| White Steamed Rice   | 80 cal |
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| Oatmeal  | 120 cal |
| Homemade Muesli  | 210 cal |
| Plain Yogurt  | 70 cal |
| Vanilla Yogurt  | 90 cal |
| Fruit Salad   | 60 cal |
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| Double Chocolate Chip Muffin  | 280 cal |
| Mini Raspberry Danish  | 140 cal |
| Cranberry Lemon Scone  | 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.



Lunch

| | | |
|----------------------------------|---|----------|
| Farmer's Kitchen | Masala Beef   | 140 cals |
| | Jasmine Rice   | 100 cals |
| | Roasted Mushrooms    | 190 cals |
| | Pogo | 180 cals |
| | Coleslaw   | 60 cals |
| Pasta & Pizza | Chicken Fettuccini Alfredo | 300 cals |
| | Fettuccini Alfredo | 380 cals |
| | Pepperoni Pizza | 180 cals |
| | Mediterranean Pizza  | 170 cals |
| | Sundried Tomato, Spinach & Goat Cheese Pizza  | 150 cals |
| Global Kitchen + Deli | Nacho Bar - Chicken  | 390 cals |
| | Vegan Nacho Bar  | 180 cals |
| | Korean BBQ Chicken Wrap  | 270 cals |
| | Egg Salad  | 150 cals |
| Vegan Station | Coconut Tofu with Sweet Chili Sauce   | 190 cals |
| | Green & Yellow Zucchini Sautee   | 40 cals |
| | Chef Feature: Whole Roasted Vegetable   | 130 cals |
| | Caesar Chickpea Wrap  | 290 cals |
| Salad Station | Crudite   | 30 cals |
| | Hard Eggs   | 60 cals |
| | Market Greens   | 110 cals |
| | Vegetable Quinoa Salad   | 190 cals |
| | Greek Rotini Side Salad  | 260 cals |
| Soups | Chickpea Moroccan Soup   | 70 cals |
| | Beef Chili  | 130 cals |
| Bakery Items | Lemon Coconut Bar   | 190 cals |
| | Coffee Cake  | 320 cals |
| | Marble Brownie  | 240 cals |
| | Whole Grain Sugar Cookie  | 110 cals |

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Dinner

| | | |
|----------------------------------|--|---------|
| Farmer's Kitchen | Baked BBQ Chicken    | 190 cal |
| | Country Style Potato Wedges     | 360 cal |
| | Braised Red Cabbage with Bacon   | 120 cal |
| | Ground Beef Gyros | 260 cal |
| | Garlic Potatoes    | 130 cal |
| Pasta & Pizza | Baked Tomato Tortellini | 320 cal |
| | Pepperoni Pizza | 180 cal |
| | Mediterranean Pizza  | 170 cal |
| | Sundried Tomato, Spinach & Goat Cheese Pizza  | 150 cal |
| Global Kitchen + Deli | Honey Garlic Pork Stir Fry | 200 cal |
| | Honey Garlic Pork Stir Fry   | 180 cal |
| | Jasmine Rice    | 100 cal |
| | Korean BBQ Chicken Wrap  | 270 cal |
| | Egg Salad  | 150 cal |
| Vegan Station | Tempeh Reuben Wrap  | 290 cal |
| | Broccoli    | 30 cal |
| | Caribbean Red Beans & Coconut Rice   | 170 cal |
| | Chickpea Tagine   | 70 cal |
| Salad Station | Crudite   | 30 cal |
| | Hard Eggs   | 60 cal |
| | Market Greens   | 110 cal |
| | Vegetable Quinoa Salad   | 190 cal |
| | Greek Rotini Side Salad  | 260 cal |
| Soups | Chickpea Moroccan Soup   | 70 cal |
| | Beef Chili  | 130 cal |
| Bakery Items | Lemon Coconut Bar   | 190 cal |
| | Banana Cake with Fudge Frosting  | 130 cal |
| | Marble Brownie  | 240 cal |
| | Chocolate Chip Cookie  | 120 cal |

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