



# Breakfast

Baked Beans  	120 cal
Chickpea Scramble Wrap 	280 cal
Edamame  	100 cal
Scrambled Eggs with Cheese 	150 cal
Hard Boiled Eggs 	70 cal
Eggs Made to Order  	80-200 cal
Ham 	20 cal
Turkey, Egg & Cheese Bagel 	250 cal
French Toast 	110 cal
Mushrooms  	40 cal
White Steamed Rice  	80 cal
Seasoned Potato Wedges  	100 cal
Baked Mixed Berry Oatmeal 	120 cal
Homemade Muesli 	210 cal
Plain Yogurt 	70 cal
Vanilla Yogurt 	90 cal
Fruit Salad  	60 cal
Chef Feature Smoothie	
Daily Vegan Smoothie 	
Raspberry Yogurt Muffin 	280 cal
Mini Cinnamon Swirl Danish 	160 cal
Wild Blueberry scone 	100 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

<b>Farmer's Kitchen</b>	Chicken Cacciatore  	270 cals
	Gnocchi 	300 cals
	Sauteed Vegetable Medley  	50 cals
	Beef Dip Au Jus	180 cals
	Chips 	230 cals
<b>Pasta &amp; Pizza</b>	Penne Primavera Alfredo	370 cals
	Penne Primavera Marinara	230 cals
	Cheese Pizza 	150 cals
	Classic Mushroom & Pepperoni	180 cals
	Pepperoni Pizza	180 cals
	Vegan Garden Vegetable Pizza 	200 cals
<b>Global Kitchen + Deli</b>	Vegan Fried Rice  	150 cals
	Egg Rolls 	150 cals
	Chicken Fried Rice 	200 cals
	Assorted Sub	270 cals
	Vegetable Provolone Wrap 	260 cals
<b>Vegan Station</b>	Hoisin Tofu Spaghetti Squash 	110 cals
	Marrakesh Vegan Stew  	120 cals
	Jasmine Rice  	100 cals
	Coconut Tofu with Sweet Chili Sauce 	190 cals
<b>Salad Station</b>	Crudite  	30 cals
	Hard Eggs  	60 cals
	Market Greens  	110 cals
	Asian Spinach Salad 	90 cals
	Orzo with Roasted Zucchini, Corn & Feta	260 cals
<b>Soups</b>	Split Green Pea Soup  	260 cals
	Italian Wedding Soup 	220 cals
	Hearty Bean Soup  	150 cals
<b>Bakery Items</b>	Pumpkin Spice Scone  	220 cals
	Fruit Cheesecake	440 cals
	Salted Caramel Brownie 	240 cals
	Oatmeal Raisin Cookie 	120 cals

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# Dinner

W3-F-D

<b>Farmer's Kitchen</b>	Rosemary Dijon Roast Beef  	100 cals
	Roasted Red Potatoes  	90 cals
	Roasted Root Vegetables   	100 cals
	Chicken Nuggets 	600 cals
	Fries  	420 cals
<b>Pasta &amp; Pizza</b>	Chicken Alfredo	430 cals
	Primavera Alfredo	370 cals
	Pepperoni Pizza	180 cals
	Cheese Pizza 	150 cals
	Classic Mushroom & Pepperoni	180 cals
	Vegan Garden Vegetable Pizza 	200 cals
<b>Global Kitchen + Deli</b>	Korean BBQ Cauliflower Wrap 	330 cals
	Assorted Sub	270 cals
	Vegetable Provolone Wrap 	260 cals
<b>Vegan Station</b>	Tofu Po Boy  	280 cals
	Kale Lentil Stew  	100 cals
	Roasted Mushrooms   	190 cals
	Wild Rice  	340 cals
<b>Salad Station</b>	Crudite  	30 cals
	Hard Eggs  	60 cals
	Market Greens  	110 cals
	Asian Spinach Salad 	90 cals
	Orzo with Roasted Zucchini, Corn & Feta	260 cals
<b>Soups</b>	Split Green Pea Soup  	260 cals
	Italian Wedding Soup 	220 cals
	Hearty Bean Soup  	150 cals
<b>Bakery Items</b>	Pumpkin Spice Scone  	220 cals
	Vanilla Buttercream Cupcake 	310 cals
	Salted Caramel Brownie 	240 cals
	Oatmeal Raisin Cookie 	120 cals

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