



Breakfast

Baked Beans  	120 cal
Scrambled Tofu Breakfast Burrito  	290 cal
Lentils  	140 cal
Scrambled Eggs with Cheese 	150 cal
Hard Boiled Eggs 	70 cal
Eggs Made to Order  	80-200 cal
Turkey Sausage	40 cal
Eggs Benny	230 cal
Sausage & Egg'r Sandwich 	400 cal
Pancakes	140 cal
Rapini  	25 cal
White Steamed Rice  	80 cal
Hash Brown Patty  	120 cal
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 	
Double Chocolate Muffin 	280 cal
Vanilla Scone 	160 cal
Croissant 	90 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.








































Farmer's Kitchen	Pork Souvlaki 	210 cals
	Tzatziki  	40 cals
	Naan Bread 	100 cals
	Mushroom Swiss Burger	560 cals
	Fries  	420 cals
Pasta & Pizza	Butternut Squash Ravioli  	230 cals
	Rotini with Spicy Italian Sausage	310 cals
	Chef Feature Vegan Pizza 	
	Pepperoni Pizza	180 cals
	Roasted Garlic & Potato Leek Pizza 	210 cals
	Mediterranean Pizza 	170 cals
Global Kitchen + Deli	Tandoori Chicken	200 cals
	Vegetable Korma with Sweet Potato 	150 cals
	White Rice  	100 cals
	Chicken with Honey Mustard Sub	260 cals
	Salmon Salad on a Baguette	120 cals
Vegan Station	Vegan Poutine Bar 	330 cals
Salad Station	Crudite  	30 cals
	Hard Eggs  	60 cals
	Market Greens  	110 cals
	Jalapeno Coleslaw  	100 cals
	Bulgur with Roasted Curried Vegetables 	170 cals
Soups	Chicken & White Rice Soup  	130 cals
	Cauliflower Cheddar Soup   	310 cals
	Vegetable Chili  	150 cals
Bakery Items	Chocolate Chip Banana Bread  	240 cals
	Carrot Pineapple Loaf 	110 cals
	Chocolate Brownie 	260 cals
	Whole Grain Sugar Cookie 	110 cals

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Dinner

W3-SAT-D

Farmer's Kitchen	Country Meatloaf 	160 cals
	Mashed Potatoes 	120 cals
	Fresh Green Beans  	40 cals
	Chicken Shawarma 	110 cals
	Homemade Tahini Dressing  	180 cals
Pasta & Pizza	Penne Bolognese	270 cals
	Penne Marinara	230 cals
	Pepperoni Pizza	180 cals
	Roasted Garlic & Potato Leek Pizza 	210 cals
	Mediterranean Pizza 	170 cals
	Chef Feature Vegan Pizza 	
Global Kitchen + Deli	Chicken Satay Rice Bowl 	200 cals
	Tofu Satay Rice Bowl  	200 cals
	Chicken with Honey Mustard Sub	260 cals
	Salmon Salad on a Baguette	120 cals
Vegan Station	Sauteed Garden Vegetable 	50 cals
	Vegan Pulled Pork 	240 cals
	Chickpea Tagine  	60 cals
	Basmati Rice  	80 cals
Salad Station	Crudite  	30 cals
	Hard Eggs  	60 cals
	Market Greens  	110 cals
	Black Bean & Corn Salad  	180 cals
	Bulgur with Roasted Curried Vegetables 	170 cals
Soups	Chicken & White Rice Soup  	130 cals
	Cauliflower Cheddar Soup   	310 cals
	Vegetable Chili  	150 cals
Bakery Items	Chocolate Chip Banana Bread  	240 cals
	Butter Tart 	340 cals
	Chocolate Brownie 	260 cals
	Whole Grain Sugar Cookie 	110 cals

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