




























Breakfast

Baked Beans  	120 cal
Gochujang Tofu Scramble   	120 cal
Scrambled Eggs with Cheese 	150 cal
Hard Boiled Eggs 	70 cal
Eggs Made to Order  	80-200 cal
Bacon 	40 cal
Frittata	180 cal
Bacon & Egg'r Sandwich	340 cal
Waffles 	370 cal
Zucchini   	40 cal
Brow Rice  	120 cal
Raven's Home Fried Potato Rounds   	160 cal
Baked Apple 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 	
Caramel Coffee Cake 	320 cal
Mini Raspberry Danish 	140 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

W3-SUN-L

Farmer's Kitchen	Butter Chicken   	120 cals
	Basmati Rice Pilaf & Chickpeas 	180 cals
	Aloo Gobi  	90 cals
	Grilled Corned Beef Wrap	260 cals
Pasta & Pizza	Gnocchi with Kale, Squash, Bacon & Sage	290 cals
	Pepperoni Pizza	180 cals
	Cheese Pizza 	150 cals
	Meatball Pizza	200 cals
	Vegan Mushroom Pizza 	190 cals
Global Kitchen + Deli	General Tso Cauliflower Bowl 	340 cals
	Egg Salad Sandwich  	150 cals
	Chicken Teriyaki Sub 	190 cals
Vegan Station	Crispy Tofu Nuggets 	110 cals
	Sautéed Fresh Vegetable Medley  	50 cals
	Roasted Chickpea & Broccoli Burrito 	390 cals
	Green Bean Casserole  	140 cals
Salad Station	Crudite  	30 cals
	Hard Eggs  	60 cals
	Market Greens  	110 cals
	Superfood Energy Salad   	60 cals
	Red Potato with Bacon & Blue Cheese Salad 	170 cals
Soups	Corn Chowder  	250 cals
	Chickpea Moroccan Soup  	180 cals
	Roasted Vegetable Soup  	130 cals
Bakery Items	Coffee Cake  	150 cals
	Blueberry Tart 	90 cals
	Sweet & Salty Pretzel Brownie 	300 cals
	Chocolate Chip Cookie 	120 cals

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Dinner

W3-SUN-D

Farmer's Kitchen	Roast Ham 	90 cals
	Scalloped Potatoes 	190 cals
	Roasted Carrots  	100 cals
	Lemon Rosemary Grilled Chicken  	410 cals
	Kale, Quinoa & Sweet Potato Salad  	100 cals
Pasta & Pizza	Farfalle with Mushroom & Peas  	540 cals
	Pepperoni Pizza	180 cals
	Cheese Pizza 	150 cals
	Meatball Pizza	200 cals
	Vegan Mushroom Pizza 	190 cals
Global Kitchen + Deli	Meatball Marinara with Polenta 	160 cals
	Lentil Marinara with Polenta 	170 cals
	Egg Salad Sandwich  	150 cals
	Chicken Teriyaki Sub 	190 cals
Vegan Station	Chickpea, Sweet Potato Rice Bowl  	400 cals
	Vegan Mac 'n' Cheese 	400 cals
	Stir Fry Vegetables  	40 cals
	Buffalo Tofu Wrap 	290 cals
Salad Station	Crudite  	30 cals
	Hard Eggs  	60 cals
	Market Greens  	110 cals
	Marinated Mushroom Salad   	60 cals
	Red Potato with Bacon & Blue Cheese Salad 	170 cals
Soups	Corn Chowder  	250 cals
	Chickpea Moroccan Soup  	180 cals
	Roasted Vegetable Soup  	130 cals
Bakery Items	Coffee Cake  	150 cals
	Dream Bar 	220 cals
	Sweet & Salty Pretzel Brownie 	300 cals
	Chocolate Chip Cookie 	120 cals

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