











Breakfast

Baked Beans  	120 cal
Scrambled Tofu Burrito  	290 cal
Scrambled Eggs with Cheese 	150 cal
Hard Boiled Eggs 	70 cal
Eggs Made to Order  	80-200 cal
Sausage Patty 	40 cal
Blueberry Pancakes 	120 cal
Sausage & Egg'r Sandwich	400 cal
French Toast 	110 cal
Black Beans  	120 cal
Roasted Mushrooms   	40 cal
White Steamed Rice  	120 cal
Home Fries with Peppers & Onions   	160 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 	
Raspberry Yogurt Muffin 	280 cal
Mini Cinnamon Swirl Danish 	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.

Lunch

Farmer's Kitchen	Garlic Butter Perogies with Sautéed Onions	330 cals
	Sauteed Cabbage  	60 cals
	Taco Spiced Grilled Chicken  	80 cals
	Nacho Chips 	30 cals
Pasta & Pizza	Mac and Cheese 	460 cals
	Spaghetti Marinara	230 cals
	Pepperoni Pizza	180 cals
	Teriyaki Chicken Pizza 	170 cals
	Tomato, Black Olive, Goat Cheese Pizza 	170 cals
	Vegan BBQ Tofu Pizza 	220 cals
Global Kitchen + Deli	Asian Sesame Kale Salad 	120 cals
	Korean Marinated Beef 	120 cals
	Jerk Chicken Wrap 	190 cals
	Spicy Goat Cheese & Veggie Sub	210 cals
Vegan Station	Grilled Vegetable Lasagna 	180 cals
	Homemade Caesar Salad 	30 cals
	Tomato Rice  	90 cals
	Tofu Eggplant Stew   	130 cals
Salad Station	Crudite  	30 cals
	Hard Eggs  	60 cals
	Market Greens  	110 cals
	Roasted Beet & Goat Cheese  	160 cals
	Greek Style Grain Salad  	150 cals
Soups	Broccoli Cheddar   	130 cals
	Chicken Noodle  	50 cals
	Vegetable Chili  	150 cals
Bakery Items	Vegan Chocolate Cake 	160 cals
	Apple Bread Pudding 	90 cals
	Brownie 	260 cals
	Chocolate Chip Cookie 	120 cals

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Dinner

Farmer's Kitchen	Traditional Beef Stew 	140 cals
	Mashed Potatoes 	120 cals
	Seasonal Vegetable  	50 cals
	Pulled Pork Sandwich	290 cals
Pasta & Pizza	Baked Tortellini	320 cals
	Penne Marinara	230 cals
	Pepperoni Pizza	180 cals
	Teriyaki Chicken Pizza 	170 cals
	Tomato, Black Olive, Goat Cheese Pizza 	170 cals
	Vegan BBQ Tofu Pizza 	220 cals
Global Kitchen + Deli	Chicken Satay Rice Bowl 	200 cals
	Tofu Satay Rice Bowl  	200 cals
	Jerk Chicken Wrap 	190 cals
	Spicy Goat Cheese & Veggie Sub	210 cals
Vegan Station	Tofu Caccatore   	70 cals
	Quinoa & Butternut Squash Casserole  	170 cals
	Rosemary Polenta 	40 cals
	Sauteed Vegetable Medley  	50 cals
Salad Station	Crudite  	30 cals
	Hard Eggs  	60 cals
	Market Greens  	110 cals
	Roasted Beet & Goat Cheese  	160 cals
	Greek Style Grain Salad  	150 cals
Soups	Broccoli Cheddar   	130 cals
	Chicken Noodle  	50 cals
	Vegetable Chili  	150 cals
Bakery Items	Vegan Chocolate Cake 	160 cals
	Chocolate Zucchini Cake 	270 cals
	Brownie 	260 cals
	Chocolate Chip Cookie 	120 cals

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