












Breakfast

Baked Beans   	120 cal
Gochuchang 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
Bacon, Egg, & Cheese Burrito	290 cal
Pancakes 	140 cal
Roasted Tomato  	10 cal
White Steamed Rice  	80 cal
Raven's Home Fried Potato Rounds  	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 	
Double Chocolate 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	Mediterranean Meatballs 	160 cals
	Grilled Vegetable  	70 cals
	Tomato Rice  	100 cals
	Hamburger Sliders	170 cals
	Macaroni Salad 	170 cals
Pasta & Pizza	Baked Tomato Tortellini	320 cals
	Tortellini Alfredo – Chef Feature	
	Pepperoni Pizza 	180 cals
	Taco Beef Pizza 	190 cals
	Sundried Tomato, Spinach & Goat Cheese Pizza 	160 cals
	Vegan Eggplant Pizza 	210 cals
Global Kitchen + Deli	Shanghai Tofu Noodle Bowl 	310 cals
	Shanghai Chicken Noodle Bowl 	290 cals
	Club Baguette	220 cals
	Egg Salad 	150 cals
Vegan Station	Bean Enchilada with Salsa Verde 	160 cals
	Mexican Quinoa  	130 cals
	Whole Roasted Cauliflower  	90 cals
	Korean BBQ Tofu  	300 cals
Salad Station	Crudite  	30 cals
	Hard Eggs  	60 cals
	Market Greens  	110 cals
	Root Vegetable  	100 cals
	Creamy Chickpea Salad  	170 cals
Soups	Corn & Lentil Soup  	210 cals
	Cocoa Chipotle Beef Chili  	170 cals
	Chickpea Moroccan Soup  	180 cals
Bakery Items	Lemon Coconut Bar  	190 cals
	Coffee Cake 	170 cals
	Marble Brownie 	260 cals
	Whole Grain Sugar Cookie 	120 cals

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.

Dinner

Farmer's Kitchen	Butter Chicken   	120 cals
	Grilled Naan Bread & Basmati Rice 	70 cals
	Roasted Cauliflower  	90 cals
	Fish Taco with Mango Pico De Gallo	170 cals
	Chips & Guacamole 	160 cals
Pasta & Pizza	Fettuccini Alfredo with Chicken	430 cals
	Fettuccini Marinara	250 cals
	Pepperoni Pizza	180 cals
	Taco Beef Pizza 	190 cals
	Sundried Tomato, Spinach & Goat Cheese Pizza 	160 cals
	Vegan Eggplant Pizza 	210 cals
Global Kitchen + Deli	Thai Sweet & Sour Beef Stir Fry 	200 cals
	Jasmine Rice  	100 cals
	Club Baguette	220 cals
	Egg Salad 	150 cals
Vegan Station	Sweet Potato Chickpea Buddha Bowl  	410 cals
	General Tso Tofu  	0 cals
	Roasted Mushrooms   	90 cals
	Sauteed Vegetable Medley  	50 cals
Salad Station	Crudite  	30 cals
	Hard Eggs  	60 cals
	Market Greens  	110 cals
	Root Vegetable  	100 cals
	Creamy Chickpea Salad  	170 cals
Soups	Corn & Lentil Soup  	210 cals
	Cocoa Chipotle Beef Chili  	170 cals
	Chickpea Moroccan Soup  	180 cals
Bakery Items	Lemon Coconut Bar  	190 cals
	Banana Cake with Fudge Frosting 	130 cals
	Marble Brownie 	260 cals
	Whole Grain Sugar Cookie 	120 cals

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.