

Please choose one breakfast meal option.

COMBO #1 – RAVEN'S BREAKFAST

Scrambled Eggs with Cheese 	150 cal
Turkey Sausage	40 cal
Hash Brown Patty  	130 cal
Toasted English Muffin 	140 cal
Homemade Muesli 	210 cal
Whole Fruit  	40-80 cal

COMBO #2 – RAVENS VEGAN BREAKFAST

Scrambled Tofu Breakfast Burrito 	290 cal
Hash Brown Patty  	130 cal
Sauteed Rapini  	30 cal
Baked Beans  	200 cal
Fruit Salad  	60 cal
Whole Fruit  	40-80 cal

COMBO #3 – RAVENS VEGETARIAN BREAKFAST

Pancakes with Syrup 	140 cal
Hash Brown Patty  	130 cal
Hard Boiled Egg 	70 cal
Homemade Muesli 	210 cal
Fruit Salad  	60 cal
Whole Fruit  	40-80 cal

COMBO #4 – RAVENS BREAKFAST SANDWICH

Sausage & Egg'r	400 cal
Hash Brown Patty  	130 cal
Yogurt	90 cal
Fruit Salad  	60 cal
Whole Fruit  	40-80 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.

OASIS

W1-SAT-L

Combos include choice of one soup or salad, one dessert or fruit, & one beverage.

COMBO #1 – RAVEN'S LUNCH

Tandoori Chicken  	150 cal
Basmati Rice  	110 cal
Aloo Gobi  	90 cal

COMBO #2 – CHEF'S FEATURE

Pogo	180 cal
French Fries  	420 cal

COMBO #3 – VEGAN / VEGETARIAN

Buffalo Tofu	Chef's Feature
Sauteed Edamame, Corn & Black Beans  	110 cal

COMBO #4 – DELI

Pulled Beef Sandwich	520 cal
Onion Rings 	340 cal

Salads

Gazpacho  	30 cal
Market Greens  	110 cal

Desserts

Chocolate Chip	130 cal
Cookies 	
Tiramisu Cake  	140 cal

Soup

Cauliflower Cheddar  	310 cal
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OASIS

W1-SAT-D

Combos include choice of one soup or salad, one dessert or fruit, & one beverage.

COMBO #1 – RAVEN'S DINNER

Chicken Fingers   430 cals

Fries   420 cals

COMBO #2 – CHEF'S FEATURE

Meatball Sub  750 cals

Caesar Salad 45 cals

COMBO #3 – VEGAN / VEGETARIAN

Sweet Potato & Chickpea Coconut Curry   170 cals

Jasmine Rice   130 cals

Grilled Peppers   100 cals

COMBO #4 – PIZZA

Chef's Feature Chef's Feature

Chef's Feature Vegetarian Chef's Feature

Salads

Gazpacho   30 cals

Market Greens   110 cals

Desserts

Cinnamon Bun  140 cals

Tiramisu Cake   140 cals

Soup

Cauliflower Cheddar   310 cals

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