

Please choose one breakfast meal option.

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### 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 – RAVEN'S 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 – RAVEN'S VEGETARIAN BREAKFAST SANDWICH

Chef's Feature Vegetarian Sandwich 	Chef's Feature
Hash Brown Patty  	130 cal
Homemade Muesli 	210 cal
Fruit Salad  	60 cal
Whole Fruit  	40-80 cal

### COMBO #4 – RAVEN'S BREAKFAST SANDWICH

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

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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.

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## 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

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### Salads

Gazpacho  	60 cal
Market Greens  	15 cal

### Desserts

Chocolate Chip	130 cal
Cookies 	
Tiramisu Cake  	140 cal

### Soup

Cauliflower Cheddar  	310 cal
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# OASIS

W1-SAT-D

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## 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

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### Salads

Gazpacho   60 cals

Market Greens   15 cals

### Desserts

Cinnamon Bun  140 cals

Tiramisu Cake   140 cals

### Soup

Cauliflower Cheddar   310 cals

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