### COMBO #1 – RAVEN'S BREAKFAST
Scrambled Eggs with Cheese 150 cals
Turkey Sausage 40 cals
Hash Brown Patty 130 cals
Toasted English Muffin 140 cals
Homemade Muesli 210 cals
Whole Fruit 40–80 cals

### COMBO #2 – RAVEN'S VEGAN BREAKFAST
Scrambled Tofu Breakfast Burrito 290 cals
Hash Brown Patty 130 cals
Sauteed Rapini 30 cals
Baked Beans 200 cals
Fruit Salad 60 cals
Whole Fruit 40–80 cals

### COMBO #3 – RAVEN'S VEGETARIAN BREAKFAST SANDWICH
Chef's Feature Vegetarian Sandwich 130 cals
Hash Brown Patty 210 cals
Homemade Muesli 60 cals
Fruit Salad 40–80 cals
Whole Fruit 40–80 cals

### COMBO #4 – RAVEN'S BREAKFAST SANDWICH
Sausage & Egg'r 400 cals
Hash Brown Patty 130 cals
Yogurt 90 cals
Fruit Salad 60 cals
Whole Fruit 40–80 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.
Combos include choice of one soup or salad, one dessert or fruit, & one beverage.

COMBO #1 – RAVEN'S LUNCH
- Tandoori Chicken 🍗 150 cals
- Basmati Rice 🍋 110 cals
- Aloo Gobi 🍋 90 cals

COMBO #2 – CHEF'S FEATURE
- Pogo 🍗 180 cals
- French Fries 🍗 420 cals

COMBO #3 – VEGAN / VEGETARIAN
- Buffalo Tofu 🍗 Chef's Feature 🍗
- Sauteed Edamame, Corn & Black Beans 🍗 110 cals

COMBO #4 – DELI
- Pulled Beef Sandwich 🍗 520 cals
- Onion Rings 🍗 340 cals

Salads
- Gazpacho 🍗 60 cals
- Market Greens 🍗 15 cals

Soup
- Cauliflower Cheddar 🍗 310 cals

Desserts
- Chocolate Chip Cookies 🍗 130 cals
- Tiramisu Cake 🍗 140 cals

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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 Vegetarian

### Salads
- Gazpacho 60 cals
- Market Greens 15 cals

### Soup
- Cauliflower Cheddar 310 cals

### Desserts
- Cinnamon Bun 140 cals
- Tiramisu Cake 140 cals

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