

Please choose one breakfast meal option.

COMBO #1 – RAVEN'S BREAKFAST

Scrambled Eggs with Cheese 	150 cal
Bacon 	40 cal
Raven's Home Fried Potato Rounds  	260 cal
Toasted English Muffin 	140 cal
Homemade Muesli 	210 cal
Whole Fruit  	40-80 cal

COMBO #2 – RAVENS VEGAN BREAKFAST

Gochujang Tofu Scramble  	120 cal
Raven's Home Fried Potato Rounds  	160 cal
Roasted Zucchini  	40 cal
Baked Beans  	200 cal
Fruit Salad  	60 cal
Whole Fruit  	40-80 cal

COMBO #3 – RAVENS VEGETARIAN BREAKFAST

Waffles 	370 cal
Raven's Home Fried Potato Rounds  	160 cal
Hard Boiled Egg 	70 cal
Homemade Muesli 	210 cal
Fruit Salad  	60 cal
Whole Fruit  	40-80 cal

COMBO #4 – RAVENS BREAKFAST SANDWICH

Bacon & Egg Sandwich	340 cal
Raven's Home Fried Potato Rounds  	160 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.

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W1-SUN-L

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

COMBO #1 – RAVEN'S LUNCH

Chicken Cacciatore  	270 cals
Ricotta Basil Penne 	360 cals

COMBO #2 – CHEF'S FEATURE

Crispy Fish Tacos	100 cals
Pico de Gallo  	40 cals
Spicy Mayo 	40 cals

COMBO #3 – VEGAN / VEGETARIAN

Spicy Thai Tofu Noodle Bowl  	280 cals
Bok Choy  	90 cals




COMBO #4 – DELI

Buffalo Cauliflower Wrap 	310 cals
Coleslaw  	120 cals
Fries  	420 cals

Salads

Red Potato Salad 	170 cals
Market Greens  	110 cals

Desserts

Caramel Swirl Coffee Cake 	300 cals
Berry Bar  	620 cals


Soup

Corn Chowder  	250 cals
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COMBO #1 – RAVEN'S DINNER

Baked Salmon 	80 cals
Roasted Vegetables w/ Creamy Dill	Chef's Feature
Rice Pilaf	Chef's Feature

COMBO #2 – CHEF'S FEATURE

Sweet & Sour Chicken  	170 cals
Fried Rice 	200 cals

COMBO #3 – VEGAN / VEGETARIAN

Plant-Based Meatballs 	200 cals
Garlic Roasted Mushrooms	80 cals
& Green Beans  	

COMBO #4 – PIZZA

Chef's Feature	Chef's Feature
Chef's Feature Vegetarian	Chef's Feature

Salads

Red Potato Salad 	170 cals
Market Greens  	110 cals

Desserts

Red Velvet Cake 	140 cals
Berry Bar  	620 cals

Soup

Corn Chowder  	250 cals
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