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.

### COMBO #1 – RAVEN'S BREAKFAST
- Scrambled Eggs with Cheese: 150 cals
- Sausage Patty: 150 cals
- Country Style Diced Potatoes: 270 cals
- Toasted English Muffin: 140 cals
- Homemade Muesli: 210 cals
- Whole Fruit: 40–80 cals

### COMBO #2 – RAVEN'S VEGAN BREAKFAST
- Tofu Breakfast Burrito: 290 cals
- Country Style Diced Potatoes: 270 cals
- Fresh Spinach: 20 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: Chef's Feature
- Country Style Diced Potatoes: 270 cals
- Homemade Muesli: 210 cals
- Fruit Salad: 60 cals
- Whole Fruit: 40–80 cals

### COMBO #4 – RAVEN'S BREAKFAST SANDWICH
- Sausage & Egg'r: 400 cals
- Country Style Diced Potatoes: 270 cals
- Yogurt: 90 cals
- Fruit Salad: 60 cals
- Whole Fruit: 40–80 cals
Combos include choice of one soup or salad, one dessert or fruit, & one beverage.

**COMBO #1 – RAVEN'S LUNCH**
- Shawarma Chicken Salad  🍔  170 cals
- Pita Chips  🍗  90 cals

**COMBO #2 – CHEF'S FEATURE**
- Baked Pasta with Mushrooms & Peas  🍝  270 cals
- Garlic Bread  🍤  170 cals

**COMBO #3 – VEGAN / VEGETARIAN**
- General Tso's Tofu  🍴  150 cals
- Vegan Fried Rice  🍴  140 cals
- Broccoli  🌽  30 cals

**COMBO #4 – DELI**
- Reuben  🍹  220 cals
- Kettle Chips  🍪  240 cals
- Dill Pickles  🍊  90 cals

**Salads**
- Broccoli Penne Pasta Salad  🍲  320 cals
- Market Greens  🍗  15 cals

**Soup**
- Beef Chili  🍲  470 cals

**Desserts**
- Blueberry Bars  🍨  390 cals
- Banana Snickerdoodle  🍪  140 cals

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**COMBO #1 – RAVEN’S DINNER**
- Pork Chops
- Roasted Potatoes

**COMBO #2 – CHEF’S FEATURE**
- Chicken & Rice Enchilada Bowl

**COMBO #3 – VEGAN / VEGETARIAN**
- Chana Masala
- Brown Rice
- Cauliflower

**COMBO #4 – PIZZA**
- Chef's Feature
- Chef's Feature Vegetarian

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**Salads**
- Broccoli Penne Pasta
- Salad
- Market Greens

**Soup**
- Beef Chili

**Desserts**
- Double Chocolate Chip Cookies
- Banana Snickerdoodle

**Calories**
- 190 cals
- 260 cals
- 220 cals
- 320 cals
- 120 cals
- 90 cals
- 130 cals
- 15 cals
- 470 cals
- 120 cals
- 140 cals

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