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
- Turkey Sausage 40 cals
- Seasoned Potato Wedges 100 cals
- Toasted English Muffin 140 cals
- Homemade Muesli 210 cals
- Whole Fruit 40–80 cals

### COMBO #2 – RAVEN'S VEGAN BREAKFAST
- Chickpea Scramble Wrap 280 cals
- Seasoned Potato Wedges 100 cals
- Sautéed Kale 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 100 cals
- Seasoned Potato Wedges 210 cals
- Homemade Muesli 60 cals
- Fruit Salad 40–80 cals
- Whole Fruit 40–80 cals

### COMBO #4 – RAVEN'S BREAKFAST SANDWICH
- Turkey Bagel 250 cals
- Seasoned Potato Wedges 100 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.

<table>
<thead>
<tr>
<th>COMBO #1 – RAVEN'S LUNCH</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>BBQ Chicken</td>
<td>160 cals</td>
</tr>
<tr>
<td>Potato Wedges</td>
<td>180 cals</td>
</tr>
<tr>
<td>Roasted Brussels Sprouts</td>
<td>70 cals</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>COMBO #2 – CHEF'S FEATURE</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Baked Penne Bolognese / Primavera</td>
<td>260 / 230 cals</td>
</tr>
<tr>
<td>Garlic Bread</td>
<td>170 cals</td>
</tr>
<tr>
<td>Caesar Salad</td>
<td>40 cals</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>COMBO #3 – VEGAN / VEGETARIAN</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegan Shepherd's Pie</td>
<td>220 cals</td>
</tr>
<tr>
<td>Roasted Vegetables</td>
<td>170 cals</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>COMBO #4 – DELI</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Rodney's Burger</td>
<td>500 cals</td>
</tr>
<tr>
<td>Fries</td>
<td>420 cals</td>
</tr>
</tbody>
</table>

### Salads
- Spinach, Corn & Quinoa Salad | 280 cals |
- Market Greens | 15 cals |

### Desserts
- Carrot Cake | 210 cals |
- Coffee Cake | 150 cals |

### Soup
- Cream of Mushroom | 220 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 DINNER**
- Grilled Sausage
- Perogies w/ Bacon, Sauteed Cabbage & Sour Cream
- 190 cals
- 610 cals

**COMBO #2 – CHEF'S FEATURE**
- Red Thai Chicken Curry
- Coconut Jasmine Rice
- 170 cals
- 190 cals

**COMBO #3 – VEGAN / VEGETARIAN**
- Red Lentil Dal
- Seasoned Pita Chips
- Jasmine Rice
- Spinach
- 160 cals
- 400 cals
- 100 cals
- 15 cals

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

---

**Salads**
- Spinach, Corn & Quinoa Salad
- Market Greens
- 280 cals
- 15 cals

**Soup**
- Cream of Mushroom
- 220 cals

**Desserts**
- Black Forest Cake
- Coffee Cake
- 280 cals
- 150 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.