

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  	160 cal
Toasted English Muffin 	140 cal
Homemade Muesli 	210 cal
Whole Fruit  	40-80 cal

COMBO #2 – RAVEN'S VEGAN BREAKFAST

Gochujang Tofu Breakfast Burrito 	120 cal
Raven's Home Fried Potato Rounds  	160 cal
Roasted Tomatoes  	10 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
Raven's Home Fried Potato Rounds  	160 cal
Homemade Muesli 	210 cal
Fruit Salad  	60 cal
Whole Fruit  	40-80 cal

COMBO #4 – RAVEN'S BREAKFAST SANDWICH

Vegetarian Breakfast Burrito 	280 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.