

Please choose one breakfast meal option.

COMBO #1 – RAVEN'S BREAKFAST

660–700 cals

Scrambled Eggs with Cheese 	150 cals
Ham 	20 cals
Seasoned Potato Wedges  	100 cals
Toasted English Muffin 	140 cals
Homemade Muesli 	210 cals
Whole Fruit  	40–80 cals

COMBO #2 – RAVENS VEGAN BREAKFAST

720–760 cals

Chickpea Scramble Wrap 	280 cals
Seasoned Potato Wedges  	100 cals
Roasted Mushrooms   	190 cals
Baked Beans  	200 cals
Fruit Salad  	60 cals
Whole Fruit  	40–80 cals

COMBO #3 – RAVENS VEGETARIAN BREAKFAST

850–890 cals

Waffles 	370 cals
Seasoned Potato Wedges  	100 cals
Hard Boiled Egg 	70 cals
Homemade Muesli 	210 cals
Fruit Salad  	60 cals
Whole Fruit  	40–80 cals

COMBO #4 – RAVENS BREAKFAST SANDWICH

550–590 cals

Ham & Egg Sandwich	260 cals
Seasoned Potato Wedges  	100 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.

OASIS

W2-F-L

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

COMBO #1 - RAVEN'S LUNCH

Chili Dog 400 cal

Fries   420 cal

COMBO #2 - CHEF'S FEATURE

General Tso's Chicken   170 cal

Steamed Noodles  120 cal

COMBO #3 - VEGAN / VEGETARIAN

Mac & Cheese  / Vegan Mac & Cheese  460 / 390 cal

BBQ Tofu   150 cal

Baked Beans   150 cal

Cornbread  240 cal

COMBO #4 - DELI

Chicken Quesadilla  230 cal

Nacho Chips & Guacamole Chef's Feature

Soup

Chef's Feature

Chef's Feature

Salads

Chef's Feature

Chef's Feature

Desserts

Chef's Feature

Chef's Feature

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OASIS

W2-F-D

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

COMBO #1 - RAVEN'S DINNER

Country Style Meatloaf  160 cals

Mashed Potatoes   120 cals

COMBO #2 - CHEF'S FEATURE

Fettuccine Alfredo 380 cals

with Chicken, Mushrooms & Parmesan 430 cals

COMBO #3 - VEGAN / VEGETARIAN

Mezze Salad  180 cals

Seared Tempeh   150 cals

COMBO #4 - PIZZA

Chef's Feature Chef's Feature

Chef's Feature Vegetarian Chef's Feature

Soup

Chef's Feature

Chef's Feature

Salads

Chef's Feature

Chef's Feature

Desserts

Chef's Feature

Chef's Feature

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