**COMBO #1 – RAVEN'S BREAKFAST**

- Scrambled Eggs with Cheese 🍳 150 cals
- Turkey Sausage 🍷 40 cals
- Hashbrown Patty 🥔 130 cals
- Toasted English Muffin 🍞 140 cals
- Homemade Muesli 🍓 210 cals
- Whole Fruit 🍽️ 40–80 cals

**COMBO #2 – RAVEN'S VEGAN BREAKFAST**

- Gochujang Tofu Scramble 🍳 120 cals
- Hashbrown Patty 🥔 40 cals
- Roasted Zucchini 🍃 40 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 🍪 250 cals
- Hashbrown Patty 🥔 40 cals
- Homemade Muesli 🍓 210 cals
- Fruit Salad 🍓 60 cals
- Whole Fruit 🍽️ 40–80 cals

**COMBO #4 – RAVEN'S BREAKFAST SANDWICH**

- Turkey Bagel 🍪 250 cals
- Hashbrown Patty 🥔 40 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.
Combos include choice of one soup or salad, one dessert or fruit, & one beverage.

**COMBO #1 – RAVEN'S LUNCH**
- Crispy Fish Taco 100 cals
- Pico de Gallo 🌶️ 40 cals
- Spicy Mayo 🌶️ 40 cals

**COMBO #2 – CHEF'S FEATURE**
- Korean BBQ Chicken Thighs 🍗 80 cals
- Asian Spinach Salad 🥗 20 cals

**COMBO #3 – VEGAN / VEGETARIAN**
- Chickpea Pesto Wrap 🥩 280 cals
- Brown Rice Energy Salad 🥗 100 cals

**COMBO #4 – DELI**
- Pulled Beef Sandwich 520 cals
- Onion Rings 🍳 440 cals

<table>
<thead>
<tr>
<th>Salads</th>
<th>Soup</th>
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<tbody>
<tr>
<td>Roasted Beet &amp; Goat</td>
<td>Chicken Chili 🍲</td>
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<tr>
<td>Cheese Salad 🥗</td>
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<tr>
<td>Market Greens 🥗</td>
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**COMBO #1 – RAVEN'S DINNER**
- BBQ Chicken  160 cals
- Gnocchi with Tomato Ragout  360 cals

**COMBO #2 – CHEF'S FEATURE**
- Gyro Plate  260 cals
- Greek Salad  100 cals

**COMBO #3 – VEGAN / VEGETARIAN**
- Chili Garlic Stir Fry  80 cals
- Sweet & Sour Tofu with Rice  300 cals

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

**Salads**
- Roasted Beet & Goat  220 cals
- Cheese Salad  15 cals
- Market Greens  15 cals

**Desserts**
- Chocolate Chip Cookies  130 cals
- Tiramisu Cake  140 cals

**Soup**
- Chicken Chili  130 cals

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