

Please choose one breakfast meal option.

COMBO #1 – RAVEN'S BREAKFAST

710-750 cals

| | |
|---|------------|
| 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 – RAVENS VEGAN BREAKFAST

500-540 cals

| | |
|---|------------|
| 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 – RAVENS VEGETARIAN BREAKFAST

560-600 cals

| | |
|---|------------|
| Pancakes with Syrup  | 140 cals |
| Hashbrown Patty   | 40 cals |
| Hard Boiled Egg  | 70 cals |
| Homemade Muesli  | 210 cals |
| Fruit Salad   | 60 cals |
| Whole Fruit   | 40-80 cals |

COMBO #4 – RAVENS BREAKFAST SANDWICH

480-520 cals

| | |
|---|------------|
| 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.

OASIS

W2-SAT-L

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 | 60 cals |
| Onion Rings  | 440 cals |

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-SAT-D

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

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 |
| 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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