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
Bacon 40 cals
Raven's Home Fried Potato Rounds 260 cals
Toasted English Muffin 140 cals
Homemade Muesli 210 cals
Whole Fruit 40–80 cals

COMBO #2 – RAVENS VEGAN BREAKFAST
Gochujang Tofu Scramble 120 cals
Raven's Home Fried Potato Rounds 160 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 160 cals
Raven's Home Fried Potato Rounds 210 cals
Homemade Muesli 60 cals
Whole Fruit 40–80 cals

COMBO #4 – RAVENS BREAKFAST SANDWICH
Bacon & Egg Sandwich 340 cals
Raven's Home Fried Potato Rounds 160 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.

**COMBO #1 – RAVEN'S LUNCH**
- Chicken Fajita Wrap 290 cals
- Mexican Rice 150 cals
- Refried Beans 140 cals

**COMBO #2 – CHEF'S FEATURE**
- Pulled Pork Sandwich 300 cals
- Coleslaw 120 cals
- Fries 420 cals

**COMBO #3 – VEGAN / VEGETARIAN**
- Baked Orzo with Eggplant 170 cals
- Broccoli 30 cals
- Garlic Bread 80 cals

**COMBO #4 – DELI**
- Buffalo Cauliflower Wrap 310 cals
- Coleslaw 120 cals
- Fries 420 cals

**Salads**
- Quinoa Salad with Feta & Tomato 180 cals
- Market Greens 15 cals

**Desserts**
- Blondie 320 cals
- Berry Bar 620 cals

**Soup**
- Broccoli Cheddar 320 cals

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**COMBO #1 – RAVEN'S DINNER**
- Roast Turkey 🍗: 100 cals
- Parsley Potatoes & Roasted Vegetables 🥒: 100 cals

**COMBO #2 – CHEF'S FEATURE**
- Beef & Broccoli Stir Fry 🍝: 180 cals

**COMBO #3 – VEGAN / VEGETARIAN**
- Tomato Tortellini 🍓: 320 cals

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

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**Salads**
- Quinoa Salad with Feta & Tomato 🥗: 180 cals
- Market Greens 🥒: 15 cals

**Soup**
- Broccoli Cheddar 🍓: 320 cals

**Desserts**
- Apple Pie 🍓: 430 cals
- Berry Bar 🍓: 620 cals

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