Please choose one breakfast meal option.

**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)
- Total: 740–780 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)
- Total: 620–660 cals

**COMBO #3 – RAVENS VEGETARIAN BREAKFAST**
- French Toast (110 cals)
- Raven’s Home Fried Potato Rounds (160 cals)
- Hard Boiled Egg (70 cals)
- Homemade Muesli (210 cals)
- Fruit Salad (60 cals)
- Whole Fruit (40–80 cals)
- Total: 650–690 cals

**COMBO #4 – RAVEN’S 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)
- Total: 690–730 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**
- 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 🍒 170 cals

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

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<thead>
<tr>
<th>Soup</th>
<th>Chef’s Feature</th>
<th>Chef’s Feature</th>
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<tbody>
<tr>
<td>Salads</td>
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<tr>
<td>Desserts</td>
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<table>
<thead>
<tr>
<th>Combo #1 – Raven's Dinner</th>
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<tbody>
<tr>
<td>Roast Turkey</td>
<td>100 cal</td>
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<tr>
<td>Parsley Potatoes &amp; Roasted Vegetables</td>
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<tr>
<th>Combo #2 – Chef's Feature</th>
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<tbody>
<tr>
<td>Beef &amp; Broccoli Stir Fry</td>
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<th>Combo #3 – Vegan / Vegetarian</th>
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<tbody>
<tr>
<td>Tomato Tortellini</td>
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<tr>
<td>Chef's Feature Vegetarian</td>
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</tbody>
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### Soup
- Chef's Feature

### Salads
- Chef's Feature

### Desserts
- Chef's Feature

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