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
  - Caloric Value: 150 cals
- Bacon
  - Caloric Value: 40 cals
- Country Style Diced Potatoes
  - Caloric Value: 270 cals
- Toasted English Muffin
  - Caloric Value: 140 cals
- Homemade Muesli
  - Caloric Value: 210 cals
- Whole Fruit
  - Caloric Value: 40 – 80 cals

### COMBO #2 – RAVEN'S VEGAN BREAKFAST
- Tofu Breakfast Burrito
  - Caloric Value: 290 cals
- Country Style Diced Potatoes
  - Caloric Value: 270 cals
- Fresh Spinach
  - Caloric Value: 20 cals
- Baked Beans
  - Caloric Value: 200 cals
- Fruit Salad
  - Caloric Value: 60 cals
- Whole Fruit
  - Caloric Value: 40 – 80 cals

### COMBO #3 – RAVEN'S VEGETARIAN BREAKFAST SANDWICH
- Chef's Feature Vegetarian Sandwich
  - Caloric Value: Chef's Feature
- Country Style Diced Potatoes
  - Caloric Value: 270 cals
- Homemade Muesli
  - Caloric Value: 210 cals
- Fruit Salad
  - Caloric Value: 60 cals
- Whole Fruit
  - Caloric Value: 40 – 80 cals

### COMBO #4 – RAVEN'S BREAKFAST SANDWICH
- Bacon & Egg Sandwich
  - Caloric Value: 340 cals
- Country Style Diced Potatoes
  - Caloric Value: 270 cals
- Yogurt
  - Caloric Value: 90 cals
- Fruit Salad
  - Caloric Value: 60 cals
- Whole Fruit
  - Caloric Value: 40 – 80 cals
Combos include choice of one soup or salad, one dessert or fruit, & one beverage.

**COMBO #1 – RAVEN'S LUNCH**
- Jerk Chicken 110 cals
- Red Beans & Rice 160 cals

**COMBO #2 – CHEF'S FEATURE**
- Pasta Bolognese 270 cals
- Garlic Bread 170 cals

**COMBO #3 – VEGAN / VEGETARIAN**
- Braised Lentil & Tofu Ragout with Crispy Polenta 170 cals

**COMBO #4 – DELI**
- Reuben 220 cals
- Kettle Chips 240 cals
- Dill Pickles 90 cals

### Salads
- Southwest Black Bean Rice Salad 210 cals
- Market Greens 15 cals

### Soup
- Chicken & Brown Rice 100 cals

### Desserts
- Shortbread Cookie 140 cals
- Banana Snickerdoodle 140 cals

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**COMBO #1 – RAVEN'S DINNER**
- Maple Glazed Salmon 🍣 80 cals
- Green Beans & Cherry Tomatoes 🍗 50 cals

**COMBO #2 – CHEF'S FEATURE**
- Spaghetti & Meatballs 420 cals
- Chef's Feature Local Vegetable 🍗
- Chef's Feature 🍗

**COMBO #3 – VEGAN / VEGETARIAN**
- Lentil "Pulled Pork" Sandwich 🍗 230 cals
- Buffalo Cauliflower Bites 🍗 90 cals
- Bean Salad 🍗 170 cals

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

**Salads**
- Southwest Black Bean Rice Salad 🍗 210 cals
- Market Greens 🍗 15 cals

**Soup**
- Chicken & Brown Rice 🍗 100 cals

**Desserts**
- Lemon Cheesecake 🍗 190 cals
- Banana Snickerdoodle 🍗 140 cals

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