**COMBO #1 – RAVEN'S BREAKFAST**
Scrambled Eggs with Cheese  
Ham  
Seasoned Potato Wedges  
Toasted English Muffin  
Homemade Muesli  
Whole Fruit  

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scrambled Eggs with Cheese</td>
<td>150 cals</td>
</tr>
<tr>
<td>Ham</td>
<td>20 cals</td>
</tr>
<tr>
<td>Seasoned Potato Wedges</td>
<td>100 cals</td>
</tr>
<tr>
<td>Toasted English Muffin</td>
<td>140 cals</td>
</tr>
<tr>
<td>Homemade Muesli</td>
<td>210 cals</td>
</tr>
<tr>
<td>Whole Fruit</td>
<td>40–80 cals</td>
</tr>
</tbody>
</table>

**COMBO #2 – RAVEN'S VEGAN BREAKFAST**
Chickpea Scramble Wrap  
Seasoned Potato Wedges  
Sautéed Kale  
Baked Beans  
Fruit Salad  
Whole Fruit  

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chickpea Scramble Wrap</td>
<td>280 cals</td>
</tr>
<tr>
<td>Seasoned Potato Wedges</td>
<td>100 cals</td>
</tr>
<tr>
<td>Sautéed Kale</td>
<td>20 cals</td>
</tr>
<tr>
<td>Baked Beans</td>
<td>200 cals</td>
</tr>
<tr>
<td>Fruit Salad</td>
<td>60 cals</td>
</tr>
<tr>
<td>Whole Fruit</td>
<td>40–80 cals</td>
</tr>
</tbody>
</table>

**COMBO #3 – RAVEN'S VEGETARIAN BREAKFAST**
Waffles  
Seasoned Potato Wedges  
Hard Boiled Egg  
Homemade Muesli  
Fruit Salad  
Whole Fruit  

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Waffles</td>
<td>370 cals</td>
</tr>
<tr>
<td>Seasoned Potato Wedges</td>
<td>100 cals</td>
</tr>
<tr>
<td>Hard Boiled Egg</td>
<td>70 cals</td>
</tr>
<tr>
<td>Homemade Muesli</td>
<td>210 cals</td>
</tr>
<tr>
<td>Fruit Salad</td>
<td>60 cals</td>
</tr>
<tr>
<td>Whole Fruit</td>
<td>40–80 cals</td>
</tr>
</tbody>
</table>

**COMBO #4 – RAVEN'S BREAKFAST SANDWICH**
Ham & Egg Sandwich  
Seasoned Potato Wedges  
Yogurt  
Fruit Salad  
Whole Fruit  

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ham &amp; Egg Sandwich</td>
<td>260 cals</td>
</tr>
<tr>
<td>Seasoned Potato Wedges</td>
<td>100 cals</td>
</tr>
<tr>
<td>Yogurt</td>
<td>90 cals</td>
</tr>
<tr>
<td>Fruit Salad</td>
<td>60 cals</td>
</tr>
<tr>
<td>Whole Fruit</td>
<td>40–80 cals</td>
</tr>
</tbody>
</table>

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

**COMBO #1 – RAVEN’S LUNCH**
- Teriyaki Beef Stir Fry 190 cals
- Steamed Noodles 170 cals

**COMBO #2 – CHEF’S FEATURE**
- Chicken Pot Pie 750 cals
- Roasted Potatoes 130 cals

**COMBO #3 – VEGAN / VEGETARIAN**
- Vegan Lasagna 180 cals
- Vegan Caesar Salad 30 cals

**COMBO #4 – DELI**
- Rodney’s Burger 500 cals
- Fries 420 cals

**Salads**
- Couscous Tabouleh 160 cals
- Market Greens 110 cals

**Desserts**
- Strawberry Cake 350 cals
- Coffee Cake 150 cals

**Soup**
- Curry Cauliflower 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 DINNER**
- Baked Rotini with Italian Sausage 300 cals
- & Peppers
- Broccoli 🥒 30 cals

**COMBO #2 – CHEF’S FEATURE**
- Chicken Satay Rice Bowl 🍚 200 cals
- Coconut Jasmine Rice 🍚 190 cals

**COMBO #3 – VEGAN / VEGETARIAN**
- Egg Rolls 🍗 150 cals
- Spicy Vermicelli Stir Fry 🍛 90 cals

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

**Salads**
- Couscous Tabouleh 🍛 160 cals
- Market Greens 🍛 110 cals

**Soup**
- Curry Cauliflower 🍛 80 cals

**Desserts**
- Chocolate Cream Pie 🍴 300 cals
- Coffee Cake 🍴 150 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.