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 🍳
- Ham 🥓
- Seasoned Potato Wedges 🍳
- Toasted English Muffin 🍩
- Homemade Muesli 🍇
- Whole Fruit 🍊  
  150 cals
  20 cals
  100 cals
  140 cals
  210 cals
  40–80 cals

### COMBO #2 – RAVEN'S VEGAN BREAKFAST
- Chickpea Scramble Wrap 🍳
- Seasoned Potato Wedges 🍳
- Sauted Kale 🍳
- Baked Beans 🍳
- Fruit Salad 🍊
- Whole Fruit 🍊  
  280 cals
  100 cals
  20 cals
  200 cals
  60 cals
  40–80 cals

### COMBO #3 – RAVEN'S VEGETARIAN BREAKFAST SANDWICH
- Chef's Feature Vegetarian Sandwich 🍳
- Seasoned Potato Wedges 🍳
- Homemade Muesli 🍇
- Fruit Salad 🍊
- Whole Fruit 🍊  
  Chef's Feature
  100 cals
  210 cals
  60 cals
  40–80 cals

### COMBO #4 – RAVEN'S BREAKFAST SANDWICH
- Ham & Egg Sandwich  
- Seasoned Potato Wedges 🍳
- Yogurt  
- Fruit Salad 🍊
- Whole Fruit 🍊  
  260 cals
  100 cals
  90 cals
  60 cals
  40–80 cals
**COMBO #1 – RAVEN'S LUNCH**
- Teriyaki Beef Stir Fry [2](#) [3](#) 190 cals
- Steamed Noodles [1](#) 170 cals

**COMBO #2 – CHEF'S FEATURE**
- Chicken Pot Pie [2](#) 750 cals
- Roasted Potatoes [2](#) [3](#) 130 cals

**COMBO #3 – VEGAN / VEGETARIAN**
- Vegan Lasagna [2](#) 180 cals
- Vegan Caesar Salad [3](#) 30 cals

**COMBO #4 – DELI**
- Rodney's Burger [1](#) 500 cals
- Fries [2](#) [3](#) 420 cals

<table>
<thead>
<tr>
<th>Salads</th>
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<th>Soup</th>
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<tbody>
<tr>
<td>Couscous Tabouleh</td>
<td>200 cals</td>
<td>Curry Cauliflower</td>
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<tr>
<td>Market Greens</td>
<td>15 cals</td>
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<tr>
<th>Desserts</th>
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<tbody>
<tr>
<td>Strawberry Cake</td>
<td>350 cals</td>
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</tr>
<tr>
<td>Coffee Cake</td>
<td>150 cals</td>
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</tbody>
</table>

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COMBO #1 – RAVEN'S DINNER
Baked Rotini with Italian Sausage & Peppers
Broccoli

COMBO #2 – CHEF'S FEATURE
Chicken Satay Rice Bowl
Coconut Jasmine Rice

COMBO #3 – VEGAN / VEGETARIAN
Egg Rolls
Spicy Vermicelli Stir Fry

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

Salads
Couscous Tabouleh
Market Greens

Soup
Curry Cauliflower

Desserts
Chocolate Cream Pie
Coffee Cake

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