


Please choose one breakfast meal option.

COMBO #1 – RAVEN'S BREAKFAST

850–890 cals

Scrambled Eggs with Cheese 

150 cals

Bacon 

40 cals

Country Style Diced Potatoes   


270 cals

Toasted English Muffin 

140 cals

Homemade Muesli 


210 cals

Whole Fruit  




40 –80 cals

COMBO #2 – RAVENS VEGAN BREAKFAST

880–920 cals

Tofu Breakfast Burrito 

290 cals

Country Style Diced Potatoes   

270 cals

Fresh Spinach  

20 cals

Baked Beans  

200 cals

Fruit Salad  

60 cals

Whole Fruit  

40 –80 cals

COMBO #3 – RAVENS VEGETARIAN BREAKFAST

760–800 cals

French Toast 

110 cals

Country Style Diced Potatoes   

270 cals

Hard Boiled Egg 

70 cals

Homemade Muesli 

210 cals

Fruit Salad  

60 cals

Whole Fruit  

40 –80 cals

COMBO #4 – RAVENS BREAKFAST SANDWICH

800–840 cals

Bacon & Egg Sandwich

340 cals

Country Style Diced Potatoes   

270 cals

Yogurt

90 cals

Fruit Salad  

60 cals

Whole Fruit  

40 –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.