## Choose 1 Breakfast Meal Option

### Combo #1: Ravens Breakfast 660–700 Cals

- Scrambled Eggs with Cheese 150 cals
- Ham 20 cals
- Seasoned Potato Wedges 100 cals
- Toasted English Muffin 140 cals
- Homemade Muesli 210 cals
- Whole Fruit 40–80 cals

### Combo #2: Ravens Vegan Breakfast 700–740 Cals

- Chickpea Scramble Wrap 280 cals
- Seasoned Potato Wedges 100 cals
- Sautéed Kale 20 cals
- Baked Beans 200 cals
- Fruit Salad 60 cals
- Whole Fruit 40–80 cals

### Combo #3: Ravens Vegetarian Breakfast 620–660 Cals

- Pancakes with Syrup 140 cals
- Seasoned Potato Wedges 100 cals
- Hard Boiled Egg 70 cals
- Homemade Muesli 210 cals
- Fruit Salad 60 cals
- Whole Fruit 40–80 cals

### Combo #4: Ravens Breakfast Sandwich 550–590 Cals

- Ham & Egg Sandwich 260 cals
- Seasoned Potato Wedges 100 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.