# CHOOSE 1 BREAKFAST MEAL OPTION

## RAVENS BREAKFAST 740–780 CALS
- Scrambled Eggs with Cheese 150 cals
- Bacon 40 cals
- Raven’s Home Fried Potato Rounds 160 cals
- Toasted English Muffin 140 cals
- Homemade Muesli 210 cals
- Whole Fruit 40-80 cals

## RAVENS VEGAN BREAKFAST 590–630 CALS
- Gochujang Tofu Breakfast Burrito 120 cals
- Raven’s Home Fried Potato Rounds 160 cals
- Roasted Tomatoes 10 cals
- Baked Beans 200 cals
- Fruit Salad 60 cals
- Whole Fruit 40-80 cals

## RAVENS VEGETARIAN BREAKFAST 650–690 CALS
- French Toast 110 cals
- Raven’s Home Fried Potato Rounds 160 cals
- Hard Boiled Egg 70 cals
- Homemade Muesli 210 cals
- Fruit Salad 60 cals
- Whole Fruit 40-80 cals

## RAVENS BREAKFAST SANDWICH 630–670 CALS
- Vegetarian Breakfast Burrito 280 cals
- Raven’s Home Fried Potato Rounds 160 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.
### SOUP OF THE DAY:
- Chicken Noodle Soup: 50 cals
- Mixed Greens: 110 cals
- Coconut Cream Pie: 100 cals
- Flourless Banana Chocolate Cake: 180 cals

### SALADS OF THE DAY:
- Sadza Chicken Stew with Polenta: 170 cals
- Sauteed Garlic Lemon Spinach: 90 cals
- Soup or Salad: 50-110 cals
- Dessert: 100-180 cals

### RAVENS LUNCH
260–550 cals

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sadza Chicken Stew with Polenta</td>
<td>170 cals</td>
</tr>
<tr>
<td>Sauteed Garlic Lemon Spinach</td>
<td>90 cals</td>
</tr>
<tr>
<td>Soup or Salad</td>
<td>50-110 cals</td>
</tr>
<tr>
<td>Dessert</td>
<td>100-180 cals</td>
</tr>
</tbody>
</table>

### RAVENS DELI LUNCH
200–490 cals

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
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<tbody>
<tr>
<td>Grilled Chicken Sub</td>
<td>200 cals</td>
</tr>
<tr>
<td>Soup or Salad</td>
<td>50-110 cals</td>
</tr>
<tr>
<td>Dessert</td>
<td>100-180 cal</td>
</tr>
</tbody>
</table>

### RAVENS VEGAN LUNCH
410–700 cals

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Teriyaki Sesame Tofu</td>
<td>270 cals</td>
</tr>
<tr>
<td>Tomato Rice</td>
<td>100 cals</td>
</tr>
<tr>
<td>Green and Yellow Zucchini Sautee</td>
<td>40 cals</td>
</tr>
<tr>
<td>Soup or Salad</td>
<td>50-110 cals</td>
</tr>
<tr>
<td>Dessert</td>
<td>100-180 cals</td>
</tr>
</tbody>
</table>

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**SOUP OF THE DAY:**

- Chicken Noodle Soup 50 cals

**SALADS OF THE DAY:**

- Mixed Greens 110 cals

**DESSERTS OF THE DAY:**

- Red Velvet Cream Cheese Frosting Cake 140 cals
- Flourless Banana Chocolate Cake 180 cals

**RAVENS DINNER 320–610 CALS**

- Cajun Roast Turkey Breast 100 cals
- Yukon Gold & Yam Mash 120 cals
- Beets, Roasted with Olive and Basil 100 cals
- Soup or Salad 50–110 cals
- Dessert 140–180 cals

**RAVENS DINNER PASTA 250–540 CALS**

- Spaghetti Marinara 250 cals
- Soup or Salad 50–110 cals
- Dessert 140–180 cals

**RAVENS VEGAN DINNER 470–760 CALS**

- Tofu Bibimap 180 cals
- Mexican Brown Rice 120 cals
- Chili Garlic Stir Fry 170 cals
- Soup or Salad 50–110 cals
- Dessert 140–180 cals

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