
































Baked Beans 	120 cals
Chickpea Scramble Wrap 	280 cals
Scrambled Eggs 	150 cals
Hard Boiled Eggs 	70 cals
Eggs Made to Order  	80-200 cals
Ham 	40 cals
Fiesta Totcho Bowl  	390 cals
Ham & Egg'r	260 cals
Waffles	370 cals
Edamame  	100 cals
Roasted Mushrooms  	20 cals
White Steamed Rice  	80 cals
Seasoned Potato Wedges  	100 cals
Baked Mixed Berry Oatmeal 	120 cals
Homemade Muesli 	210 cals
Plain Yogurt 	70 cals
Vanilla Yogurt 	90 cals
Fruit Salad  	60 cals
Chef Feature Smoothie 	
Daily Vegan Smoothie 	
Chocolate Chunk Muffin 	390 cals
Mini Cinnamon Swirl Danish 	160 cals
Wild Blueberry Scone 	100 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.

Farmer's Kitchen	Samosa 	380 cals
	Vegetable Biryani  	80 cals
	Chicago Italian Hot Beef Sandwich	280 cals
	Onion Rings 	350 cals
Pasta & Pizza	Broccoli and Cheese Orzo  	230 cals
	Pepperoni Pizza	180 cals
	Cheese Pizza 	180 cals
	Canadian Pizza	190 cals
	Garden Vegetable Pizza 	200 cals
Global Kitchen + Deli	Chicken Tikka Masala   	190 cals
	Basmati Rice  	80 cals
	Buffalo Chicken Wrap 	210 cals
	Grilled Vegetable Wrap	210 cals
Vegan Station	Nacho Bar 	480 cals
	Guacamole 	130 cals
Salad Station	Crudite  	30 cals
	Hard Eggs  	60 cals
	Market Greens  	110 cals
	Chickpea Couscous 	170 cals
	Broccoli & Cheese Salad with Bacon 	190 cals
Soups	Potato & Leek  	280 cals
	Mulligatawny  	270 cals
	Butternut Squash & Red Lentil  	220 cals
Bakery Items	Oatmeal Raisin Cookie 	120 cals
	Lemon Cheesecake	190 cals
	Salted Caramel Brownie 	240 cals
	Chocolate Peppermint Crinkle Cookie  	120 cals

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Farmer's Kitchen	Country Style Meatloaf 	160 cals
	Roasted Potatoes with Lemon & Paprika  	130 cals
	Seasonal Vegetable  	50 cals
	Chicken Nuggets 	600 cals
	Sweet Potato Wedges  	160 cals
Pasta & Pizza	Farfalle with Mushrooms & Peas  	540 cals
	Pepperoni Pizza	180 cals
	Cheese Pizza 	180 cals
	Canadian Pizza	190 cals
	Garden Vegetable Pizza 	200 cals
Global Kitchen + Deli	Crispy Pork Salad	260 cals
	Buffalo Chicken Wrap 	210 cals
	Grilled Vegetable Wrap	210 cals
Vegan Station	Buffalo Tofu Wrap  	290 cals
	Seasoned Green Beans  	40 cals
	Seasoned Herbed White Rice  	130 cals
	Chickpea Tagine  	60 cals
Salad Station	Crudite  	30 cals
	Hard Eggs  	60 cals
	Market Greens  	110 cals
	Chickpea Couscous 	170 cals
	Broccoli & Cheese Salad with Bacon 	190 cals
Soups	Potato & Leek  	280 cals
	Mulligatawny  	270 cals
	Butternut Squash & Red Lentil  	220 cals
Bakery Items	Chocolate Peppermint Crinkle Cookie  	120 cals
	Apple Pie 	420 cals
	Salted Caramel Brownie 	240 cals
	Chocolate Chip Cookie 	120 cals

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