





Breakfast

Baked Beans 	120 cals
Southwest Tofu Scramble  	280 cals
Scrambled Eggs with Cheese 	150 cals
Hard Boiled Eggs 	70 cals
Eggs Made to Order  	80-200 cals
Turkey Sausage	20 cals
Eggs Benny	230 cals
Turkey Bagel 	250 cals
Pancakes	140 cals
Lentils  	140 cals
Broccoli  	30 cals
White Steamed Rice  	80 cals
Hash Brown Patty  	130 cals
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 	
Mini Cinnamon Swirl Muffin 	290 cals
Crossiant 	90 cals
Vanilla 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	Beef Brisket 	310 cals
	Fries  	260 cals
	Seasonal Vegetable  	50 cals
	Chili Dog	400 cals
	Tomato Basil Soup  	410 cals
Pasta & Pizza	Baked Penne Pasta with Meat Sauce	270 cals
	Baked Penne Pasta	200 cals
	Pepperoni Pizza	180 cals
	Mediterranean Pizza 	170 cals
	Butternut Squash and Goat Cheese Pizza 	180 cals
	Chef Feature Vegan Pizza 	
Global Kitchen + Deli	General Tso Chicken 	160 cals
	Chow Mein Noodle 	80 cals
	Grilled Turkey Provolone	180 cals
	Egg Salad 	150 cals
Vegan Station	Red Lentil Dal  	160 cals
	Jasmine Rice  	100 cals
	Moroccan Carrots  	90 cals
	Seasoned Pita Chips 	400 cals
	General Tso Tofu  	180 cals
Salad Station	Crudite  	30 cals
	Hard Eggs  	60 cals
	Market Greens  	110 cals
	Tofu Salad  	130 cals
	Asian Sesame Kale Salad 	120 cals
Soups	Chicken Chili  	45 cals
	Cauliflower Cheddar   	310 cals
	Chickpea Lentil Coconut Curry Soup  	390 cals
Bakery Items	Chocolate Mousse  	190 cals
	Pumpkin Pie 	380 cals
	Brownie 	260 cals
	Whole Grain Sugar Cookie 	110 cals

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Farmer's Kitchen	Roast Turkey		100 cals
	Parsley Potatoes	  	100 cals
	Seasonal Vegetable	 	50 cals
	Fish Burger		530 cals
	Homemade Tartar Sauce	 	150 cals
Pasta & Pizza	Classic Mac and Cheese		460 cals
	Pasta Marinara		250 cals
	Pepperoni Pizza		180 cals
	Mediterranean Pizza		170 cals
	Butternut Squash and Goat Cheese Pizza		180 cals
	Chef Feature Vegan Pizza		180 cals
Global Kitchen + Deli	Teriyaki Chicken Stir Fry		160 cals
	Basmati Rice	 	80 cals
	Grilled Turkey Provolone		180 cals
	Egg Salad		150 cals
Vegan Station	Poutine Bar	 	330 cals
Salad Station	Crudite	 	30 cals
	Hard Eggs	 	60 cals
	Market Greens	 	110 cals
	Tofu Salad	 	130 cals
	Asian Sesame Kale Salad		120 cals
Soups	Chicken Chili	 	45 cals
	Cauliflower Cheddar	  	310 cals
	Chickpea Lentil Coconut Curry Soup	 	390 cals
Bakery Items	Chocolate Mousse	 	190 cals
	Oreo Cheesecake		210 cals
	Brownie		260 cals
	Whole Grain Sugar Cookie		110 cals

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