










# Breakfast

Baked Beans 	120 cal
Gochuchang Tofu Scramble  	120 cal
Scrambled Eggs with Cheese 	150 cal
Hard Boiled Eggs 	70 cal
Eggs Made to Order  	80-200 cal
Bacon	20 cal
Breakfast Poutine  	390 cal
Bacon & Egg'r	340 cal
French Toast 	110 cal
Roasted Zucchini   	40 cal
Brown Rice  	120 cal
Raven's Home Fried Potato Rounds  	160 cal
Baked Apple Oatmeal 	120 cal
Homemade Muesli 	210 cal
Plain Yogurt 	70 cal
Vanilla Yogurt 	90 cal
Fruit Salad  	60 cal
Chef Feature Smoothie 	
Daily Vegan Smoothie 	
Banana Chocolate Chunk Muffin 	290 cal
Mini Raspberry Danish 	390 cal
Apple Turnover 	320 cal











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.



<b>Farmer's Kitchen</b>	Shepherd's Pie 	290 cals
	Balsamic Roasted Brussel Sprouts   	90 cals
	BBQ Chicken   	160 cals
	Coleslaw  	60 cals
<b>Pasta &amp; Pizza</b>	Baked Rigatoni with Sausage & Peppers	310 cals
	Baked Rigatoni with Tomato & Peppers 	150 cals
	Pepperoni Pizza	180 cals
	Meat Lovers Pizza	210 cals
	Sweet Potato & Caramelized Onion Pizza 	290 cals
	Mushroom Pizza 	190 cals
<b>Global Kitchen + Deli</b>	Bombay Haddock 	80 cals
	Brown Rice with Cilantro  	140 cals
	Teriyaki Chicken Wrap 	190 cals
	Buffalo Tofu Wrap 	290 cals
<b>Vegan Station</b>	Whole Wheat Chickpea Pesto Wrap 	280 cals
	Bulgur & Red Lentil Cauliflower Curry 	160 cals
	White Rice  	100 cals
	Zucchini & Tomato Saute  	40 cals
<b>Salad Station</b>	Crudite  	30 cals
	Hard Eggs  	60 cals
	Market Greens  	110 cals
	Tomato Mozzarella Penne Salad	350 cals
	Parsnip & Carrot Salad  	120 cals
<b>Soups</b>	Vegetarian Chili  	170 cals
	Bacon Potato Chowder 	80 cals
	Quinoa, Black Bean & Butternut Squash Soup  	160 cals
<b>Bakery Items</b>	Banana Snickerdoodle Cookie  	140 cals
	Vanilla Tart 	90 cals
	Sweet & Salty Brownie 	300 cals
	Chocolate Chip Cookie 	120 cals

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<b>Farmer's Kitchen</b>	Chicken Souvlaki  	200 cals
	Roasted Potato Wedges with Tzatziki 	180 cals
	Greek Salad 	120 cals
	Tzatziki  	35 cals
	Monte Cristo Sandwich	180 cals
<b>Pasta &amp; Pizza</b>	Gnocchi with Marinara Sauce	360 cals
	Pepperoni Pizza	180 cals
	Meat Lovers Pizza	210 cals
	Sweet Potato & Caramelized Onion Pizza 	290 cals
	Mushroom Pizza 	190 cals
<b>Global Kitchen + Deli</b>	Thai Basil Beef Bowl 	320 cals
	Spicy Tofu Strips 	120 cals
	Teriyaki Chicken Wrap 	190 cals
	Buffalo Tofu Wrap 	290 cals
<b>Vegan Station</b>	Coconut Curried Chickpeas  	140 cals
	White Rice  	80 cals
	Tempeh Rueben Wrap  	290 cals
	Chef Feature Whole Roasted Vegetable  	
<b>Salad Station</b>	Crudite  	30 cals
	Hard Eggs  	60 cals
	Market Greens  	110 cals
	Tomato Mozarella Penne Salad	350 cals
	Parsnip & Carrot Salad  	120 cals
<b>Soups</b>	Vegetarian Chili  	170 cals
	Bacon Potato Chowder 	80 cals
	Quinoa, Black Bean & Butternut Squash Soup 	160 cals
<b>Bakery Items</b>	Banana Snickerdoodle Cookie  	140 cals
	Rice Crispie Square	90 cals
	Sweet & Salty Brownie 	300 cals
	Chocolate Chip Cookie 	120 cals

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