














Breakfast

Baked Beans 	120 cal
Southwest Tofu Scramble  	280 cal
Scrambled Eggs with Cheese 	150 cal
Hard Boiled Eggs 	70 cal
Eggs Made to Order  	80-200 cal
Bacon 	40 cal
Frittata	180 cal
Bacon & Egg'r	340 cal
French Toast 	110 cal
Pinto Beans  	10 cal
Fresh Spinach  	10 cal
Brown Rice  	120 cal
Country Style Diced Potatoes  	160 cal
Cream of Wheat 	120 cal
Homemade Muesli 	210 cal
Plain Yogurt 	70 cal
Vanilla Yogurt 	90 cal
Fruit Salad  	60 cal
Chef Feature Smoothie 	
Daily Vegan Smoothie 	
Caramel Coffee Cake 	320 cal
Croissant 	90 cal
Apple Turnover 	280 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.

Lunch

Farmer's Kitchen	Cajun Seasoned Baked Cod 	80 cals
	Spanish Couscous 	120 cals
	Cajun Corn Salad 	200 cals
	Southern Pulled Pork Grilled Cheese	290 cals
	Tomato Basil Soup  	90 cals
Pasta & Pizza	Cauliflower & Kale Penne 	170 cals
	Pepperoni Pizza	180 cals
	Classic Mushroom Pizza	180 cals
	Chicken & Broccoli Pizza with Ricotta 	200 cals
	Chef Feature Vegan Pizza 	
Global Kitchen + Deli	Tofu Taco Salad Bowl  	140 cals
	Chicken Taco Salad Bowl 	120 cals
	Green Goddess Chicken Salad 	200 cals
	Tuna Salad 	200 cals
Vegan Station	Spicy Mango Tofu Stir Fry  	200 cals
	Vegan Buffalo Cauliflower Bites 	130 cals
	Basmati Rice  	80 cals
	Roasted Butternut Squash   	70 cals
Salad Station	Crudite  	30 cals
	Hard Eggs  	60 cals
	Market Greens  	110 cals
	Carrot Cranberry Salad  	180 cals
	Sunflower Pesto Potato Salad  	190 cals
Soups	Smoky Turnip Bisque   	130 cals
	Chicken and Brown Rice  	40 cals
	Thai Tofu Soup  	220 cals
Bakery Items	Strawberry Rhubarb Crumble  	250 cals
	Blondies 	310 cals
	Oreo Brownie 	260 cals
	Chocolate Chip Cookie 	120 cals

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Dinner

Farmer's Kitchen	Roast Beef  	100 cals
	Mashed Potatoes 	120 cals
	Seasonal Vegetable  	50 cals
	Malibu Burger 	340 cals
	Sweet Potato Fries 	430 cals
Pasta & Pizza	Spaghetti & Garlic Bread	350 cals
	Pepperoni Pizza	180 cals
	Classic Mushroom Pizza	180 cals
	Chicken & Broccoli Pizza with Ricotta 	200 cals
	Chef Feature Vegan Pizza 	
Global Kitchen + Deli	Chicken Pad Thai 	380 cals
	Tofu Pad Thai 	380 cals
	Green Goddess Chicken Salad 	200 cals
	Tuna Salad 	200 cals
Vegan Station	Mexican Rice  	150 cals
	Black Bean Baked Burrito 	260 cals
	BBQ Braised Cabbage  	110 cals
	Seared Tempeh Steak  	150 cals
Salad Station	Crudite  	30 cals
	Hard Eggs  	60 cals
	Market Greens  	110 cals
	Carrot Cranberry Salad  	180 cals
	Sunflower Pesto Potato Salad  	190 cals
Soups	Smoky Turnip Bisque   	130 cals
	Chicken and Brown Rice  	40 cals
	Thai Tofu Soup  	220 cals
Bakery Items	Strawberry Rhubarb Crumble  	250 cals
	Chocolate Ganache Cake  	160 cals
	Oreo Brownie 	260 cals
	Chocolate Chip Cookie 	120 cals

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