

Foothill's Courtyard Café

Breakfast (Daily) - 6:30am - 10:00am
 Lunch (M-F) - 11:00 am -4:00pm
 Limited Hot Food Menu – 1:30pm – 4:00pm
 Dinner (M-F) - 5:00 pm - 7:00 pm
 Weekend Lunch - 11:30am – 2:00pm

July 1 – July 7

**Menu Item Meets the Eat Well Health and Wellness Criteria

| Day | Icon | Item | Calories | Fat | Price |
|--|--------------|---|--------------|-------------------|--------------|
| Monday | HOME | Chicken Alfredo | | | \$5.19 |
| | | Beef & Broccoli Stir Fry | 220 Calories | 10 g Fat | \$5.19 |
| | | Bow Tie Pasta | 100 Calories | 0 g Fat | \$1.79 |
| | | Garlic Bread | | | \$1.79 |
| | | Jasmine Rice | 130 Calories | 0 g Fat | \$1.79 |
| | | Spicy Green Beans | 80 Calories | 3 g Fat | \$1.79 |
| | | Roasted Autumn Vegetables **Eat Well | 60 Calories | 3 g Fat | \$1.79 |
| | | Chicken Chili | | | \$3.09 |
| | | Tomato Basil Soup | 280 Calories | 9 g Fat | \$2.99 |
| | | Lunch Grill Special – Chili Dog | | | \$6.59 |
| | | Expo – Capital Tacos - Quesadillas | | | \$9.28 |
| Tuesday | HOME | Cajun Shrimp & Grits | 300 Calories | 15 g Fat | \$5.19 |
| | | Eggplant Casserole | | | \$5.19 |
| | | Smoked Paprika Roasted Potatoes | 130 Calories | 5 g Fat | \$1.79 |
| | | Cheese Grits | 140 Calories | 6 g Fat | \$1.79 |
| | | Steamed Sugar Snap Peas | 25 Calories | 0 g Fat | \$1.79 |
| | | Southwest Corn | 70 Calories | 2 g Fat | \$1.79 |
| | | Chicken Tortilla Soup | | | \$2.99 |
| | | Potato Leek Soup | 173 Calories | 8 g Fat | \$2.99 |
| | | Lunch Grill Special – Chili Dog | | | \$6.59 |
| | | Expo – Tiffin's India Café Cuisine | | | \$11.95 |
| | | Wednesday | HOME | Grilled Bratwurst | 300 Calories |
| Jalapeno Bacon Ranch Chicken | | | | | \$5.19 |
| Red Beans & Rice | 70 Calories | | | 1 g Fat | \$1.79 |
| Homestyle Mashed Potatoes | 150 Calories | | | 7g Fat | \$1.79 |
| Bacon Sauerkraut | 120 Calories | | | 7 g Fat | \$1.79 |
| Sweet Potatoes & Roasted Root Vegetables | 53 Calories | | | 0 g Fat | \$1.79 |
| Chicken Chili | | | | | \$3.09 |
| Tomato Basil Soup | 280 Calories | | | 9 g Fat | \$2.99 |
| Lunch Grill Special – Chili Dog | | | | | \$6.59 |
| Expo – Capital Tacos & Burritos | | | | | \$12.99 |

Thursday



4th of July Holiday

Weekend Hours

- Chicken Tenders
- Pizza
- Grab and Go Meals
- Grab and Go Salads
- French Fries/Tater Tots
- Onion Rings

Friday



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|--------------------------------------|--------------|----------|--------|
| Grilled Steak with Chimichurri Sauce | | | \$6.59 |
| Orange Chicken | 250 Calories | 12 g Fat | \$5.19 |
| Steamed White Rice | 120 Calories | 0 g Fat | \$1.79 |
| Fingerling Potatoes | 120 Calories | 3 g Fat | \$1.79 |
| Seasoned Corn **EatWell | 100 Calories | 4 g Fat | \$1.79 |
| Italian Roasted Vegetables | 100 Calories | 6 g Fat | \$1.79 |
| Chicken Chili | | | \$3.09 |
| Tomato Basil Soup | 280 Calories | 9 g Fat | \$2.99 |
| Lunch Grill Special – Chili Dog | | | \$6.59 |

**Saturday
& Sunday**



- Chicken Tenders
- Pizza
- Grab and Go Meals
- Grab and Go Salads
- French Fries/Tater Tots
- Onion Rings

