

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

Nov 25 – Dec 1

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

| Day | Category | Item | Calories | Fat | Price |
|----------------------------|----------------------|--|----------|------|---------|
| Monday | HOME | Chicken Alfredo | 540 | 45 g | \$5.19 |
| | | Beef Fajitas | | | \$5.19 |
| | | Bow Tie Pasta | 250 | 11 g | \$1.79 |
| | | Garlic Bread | 120 | 0 g | \$1.79 |
| | | Cilantro Lime Rice | 110 | 4 g | \$1.79 |
| | | Refried Beans | 20 | 0 g | \$1.79 |
| | SIZZLE | Roasted Autumn Veggies | | | \$1.79 |
| | | Chicken Chili | 160 | 3 g | \$2.99 |
| | | Lunch Grill Special – Italian Pork Sandwich | | | \$6.59 |
| | | Lunch Expo - Capitol Tacos - Quesadillas | | | \$10.99 |
| | | | | | |
| Tuesday | HOME | Cajun Shrimp & Grits | 326 | 3 g | \$5.19 |
| | | Chicken Mole | | | \$5.19 |
| | | Papas Rancheras | 120 | 0 g | \$1.79 |
| | | Cheese Grits | 160 | 3 g | \$1.79 |
| | | Fresh Whole Green Beans **Eat Well | 20 | 0 g | \$1.79 |
| | | Southwest Corn | 53 | 0 g | \$1.79 |
| | SIZZLE | Chicken Tortilla Soup | 280 | 9 g | \$2.99 |
| | | Lunch Grill Special – Italian Pork Sandwich | | | \$6.59 |
| | | Lunch Expo – Tiffin's India Cafe | | | \$7.89 |
| | | | | | |
| Wednesday | HOME | English Style Short Ribs | | | \$5.19 |
| | | Jalapeno Bacon Ranch Chicken | 250 | 12 g | \$5.19 |
| | | Red Beans & Rice | | | \$1.79 |
| | | Her Roasted Red Potatoes | 120 | 4 g | \$1.79 |
| | | Steamed Broccoli **Eat Well | 20 | 0 g | \$1.79 |
| | | Grilled Zucchini Squash | 60 | 5 g | \$1.79 |
| | SIZZLE | Vegetable Chili | | | \$3.09 |
| | | Lunch Grill Special – Tuna Melt | | | \$6.59 |
| | | Lunch Expo – Capital Tacos & Burritos | | | \$12.99 |
| | | | | | |
| Thursday | HOME | Thanksgiving BCH Complimentary Meal Non BCH Staff - Visitor Price \$12.99 | | | |
| SIZZLE | Roasted Turkey | | | | |
| | Mashed Potatoes | | | | |
| | Stuffing | | | | |
| | Macaroni & Cheese | | | | |
| | Whole Green Beans | | | | |
| | Honey Glazed Carrots | | | | |
| | Dinner Rolls | | | | |
| | Cranberry Sauce | | | | |
| Weekend Hours: | | | | | |
| Breakfast 6:30am – 10:00am | | | | | |
| Lunch 11:30am – 200pm | | | | | |

Pumpkin and Pecan Pies

Friday



Weekend Hours:

Breakfast 6:30am – 10:00am
Lunch 11:30am – 200pm

- Grilled Steak with Chimichurri Sauce
- Orange Chicken
- Steamed White Rice
- Fingerling Potatoes
- Italian Roasted Veggies
- Seasoned Corn
- Chicken Chili

| | | |
|--------------|----------|--------|
| 400 Calories | 20 g Fat | \$5.19 |
| 130 Calories | 0 g Fat | \$1.79 |
| | | \$1.79 |
| 90 Calories | 9 g Fat | \$1.79 |
| 40 Calories | 0 g Fat | \$1.79 |
| | | \$3.09 |



**Saturday
& Sunday**



Weekend Hours:

Breakfast 6:30am – 10:00am
Lunch 11:30am – 200pm

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

