

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

November 4 - 10

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

Day	Icon	Item	Calories	Fat	Price
Monday	HOME	Chicken Alfredo			\$5.19
		Beef Fajitas	625 Calories	10 g Fat	\$5.19
		Bow Tie Pasta	100 Calories	0 g Fat	\$1.79
		Garlic Bread			\$1.79
		Cilantro Lime Rice	130 Calories	0 g Fat	\$1.79
		Spicy Green Beans	80 Calories	3 g Fat	\$1.79
	SIZZLE	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 – Falafel Wrap			\$6.59
		Expo – Capital Tacos - Quesadillas			\$9.28
Tuesday	HOME	Cajun Shrimp & Grits	300 Calories	15 g Fat	\$5.19
		Chicken Mole			\$5.19
		Papas Rancheras	130 Calories	5 g Fat	\$1.79
		Cheese Grits	140 Calories	6 g Fat	\$1.79
		Fresh Whole Green Beans	25 Calories	0 g Fat	\$1.79
		Southwest Corn	70 Calories	2 g Fat	\$1.79
	SIZZLE	Chicken Tortilla Soup			\$2.99
		Potato Leek Soup	173 Calories	8 g Fat	\$2.99
		Lunch Grill Special – Falafel Wrap			\$6.59
		Expo – Tiffin's India Café Cuisine			\$11.95
Wednesday	HOME	English Style Short Ribs	300 Calories	23 g Fat	\$5.19
		Jalapeno Bacon Ranch Chicken			\$5.19
		Red Beans & Rice	70 Calories	1 g Fat	\$1.79
		Herb Roasted Red Potatoes	150 Calories	7g Fat	\$1.79
		Creamy Polenta	120 Calories	7 g Fat	\$1.79
		Balsamic Roasted Vegetables	53 Calories	0 g Fat	\$1.79
	SIZZLE	Chicken Chili			\$3.09
		Tomato Basil Soup	280 Calories	9 g Fat	\$2.99
		Lunch Grill Special – Falafel Wrap			\$6.59
		Expo – Capital Tacos & Burritos			\$12.99

Thursday



Shredded Beef Soft Tacos	570 Calories	27 g Fat	\$5.19
Tortilla Crusted Tilapia	270 Calories	10 g Fat	\$5.19
Cilantro Lime Rice	120 Calories	1 g Fat	\$1.79
Refried Beans	160 Calories	4 g Fat	\$1.79
Broccoli & Red Pepper Stir Fry Eat Well	35 Calories	2 g Fat	\$1.79
Tri-Color Carrots	15 Calories	0 g Fat	\$1.79
Chicken Tortilla Soup			\$2.99
Potato Leek Soup	173 Calories	8 g Fat	\$2.99
Lunch Grill Special – Falafel Wrap			\$6.59
Expo – Greek Gyro Bowl			\$7.89

Friday



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 – Falafel Wrap			\$6.59
Expo – Tiffin’s India Café Cuisine			\$11.95

**Saturday
& Sunday**



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

