

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

October 14 - 20

**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 – Roast Beef & Provolone Panini			\$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 – Roast Beef & Provolone Panini					\$6.59		
Expo – Tiffin's India Café Cuisine					\$11.95		
Wednesday	HOME			Grilled Bratwurst	300 Calories	23 g Fat	\$5.19
				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 – Roast Beef & Provolone Panini			\$6.59		
		Expo – Capital Tacos & Burritos			\$12.99		

Thursday



Chicken Fajitas	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 – Roast Beef & Provolone Panini			\$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 **Eat Well	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 – Roast Beef & Provolone Panini			\$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**

