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

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

### Monday
- Cheese Enchiladas $4.29
- Korean BBQ Pork 200 Calories 7 g Fat $4.29
- Spanish Rice 110 Calories 2 g Fat $1.49
- Spicy Quinoa Corn Pilaf 140 Calories 4 g Fat $1.49
- Lemon Broccoli *Eat Well* 19 Calories 0 g Fat $1.49
- Roasted Autumn Vegetables **Eat Well** 60 Calories 3 g Fat $1.49
- Vegetarian Minestrone Soup 70 Calories 1 g Fat $2.29
- Grill Special – Thai Peanut Chicken Melt

### Tuesday
- Lemon Rosemary Chicken 130 Calories 5 g Fat $4.29
- Stuffed Shells Florentine 320 Calories 14 g Fat $4.29
- Herbed Rice 140 Calories 2 g Fat $1.49
- Roasted Sweet Potatoes **Eat Well** 97 Calories 2 g Fat $1.49
- Zucchini & Kale Stir Fry **Eat Well** 32 Calories 1 g Fat $1.49
- Southwest Corn 70 Calories 2 g Fat $1.49
- Cheesy Chicken Tortilla Soup 60 Calories 3 g Fat $2.29
- Grill Special – Thai Peanut Chicken Melt $5.49

### Wednesday
- Ancho Lime Carne Asada 200 Calories 11 g Fat $5.29
- Fiesta Lime Chicken 450 Calories 27 g Fat $4.29
- Confetti Brown Rice **Eat Well** 120 Calories 3 g Fat $1.49
- Jalapeno Cucumber Salad 100 Calories 9 g Fat $1.49
- Seasoned Peas 80 Calories 3 g Fat $1.49
- Steamed Mixed Vegetables **Eat Well** 20 Calories 0 g Fat $1.49
- Tomato Basil Soup 140 Calories 3 g Fat $2.29
- Grill Special – Thai Peanut Chicken Melt $5.49
- Expo – Avocado Smash Bowl 380 Calories 26 g Fat $6.99

### Thursday
- Chicken Fajitas 590 Calories 28 g Fat $4.29
- Garlic Salmon $4.89
- Cilantro Rice 122 Calories 1 g Fat $1.49
- Refried Beans 140 Calories 3 g Fat $1.49
- Broccoli & Red Pepper Stir Fry Eat Well 35 Calories 2 g Fat $1.49
- Steamed Cauliflower 15 Calories 0 g Fat $1.49
- New England Clam Chowder 260 Calories 11 g Fat $2.29
- Grill Special – Thai Peanut Chicken Melt $5.49

Nov 16 – Nov 22
### Friday
- Yankee Pot Roast: 260 Calories, 14 g Fat, $4.29
- Spaghetti Pomodoro with Rosemary Chicken: 720 Calories, 29 g Fat, $4.29
- Garlic Bread: $1.49
- Red Skin Mashed Potatoes: 130 Calories, 5 g Fat, $1.49
- Spaghetti: 110 Calories, 1 g Fat, $1.49
- Seasoned Corn **Eat Well**: 100 Calories, 4 g Fat, $1.49
- Tomato Cucumber Couscous Salad: 120 Calories, 5 g Fat, $1.49
- Southwest Black Bean Soup: 220 Calories, 1 g Fat, $2.29
- Grill Special – Thai Peanut Chicken Melt: $5.49
- Expo – Flatbread Pizzas: $6.29

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