

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

Jan 17 – Jan 23

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

Monday



Smoked BBQ Pork Ribs	540 Calories	45 g Fat	\$4.29
Thai Chicken Curry			\$4.29
Baked Macaroni & Cheese	250 Calories	11 g Fat	\$1.49
Basmati Rice	130 Calories	0 g Fat	\$1.49
Sweet Soy Green Beans	80 Calories	3 g Fat	\$1.49
Lemon Broccoli	20 Calories	0 g Fat	\$1.49
Chicken Noodle Soup	160 Calories	3 g Fat	\$2.29



Tuesday



Korean BBQ Flank Steak	245 Calories	9 g Fat	\$5.29
Baja Shrimp Tacos			\$4.79
Cilantro Lime Rice	122 Calories	0 g Fat	\$1.49
Santa Fe Potatoes	200 Calories	9 g Fat	\$1.49
California Blend Vegetables **Eat Well	20 Calories	0 g Fat	\$1.49
Spicy Garlic Spinach	60 Calories	5 g Fat	\$1.49
Tomato Basil Soup	280 Calories	9 g Fat	\$2.29



Wednesday



Bistro Pizza			\$2.69
Country Fried Steak	280 Calories	15 g Fat	\$4.29
Tomato Basil Farro	240 Calories	11 g Fat	\$1.49
Cheddar Mashed Potatoes	180 Calories	9 g Fat	\$1.49
Steamed Broccoli **Eat Well	20 Calories	0 g Fat	\$1.49
Roasted Zucchini	60 Calories	5 g Fat	\$1.49
Chicken Gumbo	60 Calories	1 g Fat	\$2.29



Thursday



Sweet & Sour Chicken			\$4.29
Meat Lasagna	340 Calories	15 g Fat	\$4.29
Garlic Bread			\$1.49
Pork Egg Roll	180 Calories	9 g Fat	\$1.49
Jasmine Rice	130 Calories	0 g Fat	\$1.49
Sweet Potato & Roasted Root Vegetables	53 Calories	0 g Fat	\$1.49
Cumin Grilled Asparagus	35 Calories	2 g Fat	\$1.49
Broccoli Cheddar Soup	300 Calories	22 g Fat	\$2.29



Friday



Chicken Chimichanga with Green Chili			\$4.29
Hungarian Goulash			\$4.29
Mexi-Rice	100 Calories	1 g Fat	\$1.49
Egg Noodles	90 Calories	1 g Fat	\$1.49
Roasted Button Mushrooms	90 Calories	9 g Fat	\$1.49
Baby Carrots	40 Calories	0 g Fat	\$1.49
Twice Stuffed Baked Potato Soup	350 Calories	22 g Fat	\$2.29



**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

