

# 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 22 - Jan 28

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

<b>Monday</b>		Smoked BBQ Pork Ribs	540 Calories	45 g Fat	\$5.19
		Firecracker Hunan Chicken			\$5.19
		Bacon Tomato Mac and Cheese	340 Calories	18 g Fat	\$1.79
		Steamed White Rice	120 Calories	0 g Fat	\$1.79
		Ginger Honey Glazed Carrots	110 Calories	4 g Fat	\$1.79
		Lemon Broccoli	20 Calories	0 g Fat	\$1.79
		Chicken Noodle Soup	160 Calories	3 g Fat	\$2.99
		Lunch Grill Special - Dirty Chorizo & Poblano Quesadilla			\$6.59
		Lunch Expo - Flat Top Subs			\$10.99
<b>Tuesday</b>		Beef Stroganoff with Egg Noodles	350 Calories	12 g Fat	\$5.19
		Baja Shrimp Tacos			\$5.19
		Cilantro Lime Rice	120 Calories	0 g Fat	\$1.79
		Buttered Noodles	110 Calories	3 g Fat	\$1.79
		California Blend Vegetables **Eat Well	20 Calories	0 g Fat	\$1.79
		Sweet Potato & Roasted Root Vegetables	53 Calories	0 g Fat	\$1.79
		Tomato Basil Soup	280 Calories	9 g Fat	\$2.99
		Lunch Grill Special - Dirty Chorizo & Poblano Quesadilla			\$6.59
		Lunch Expo - Tiffin's India Café Cuisine			\$11.95
<b>Wednesday</b>		Meat Lasagna	330 Calories	15 g Fat	\$5.19
		Crispy Cod Fillets			\$5.19
		Garlic Bread			\$1.79
		Spicy Waffle Fries			\$1.79
		Steamed Broccoli **Eat Well	20 Calories	0 g Fat	\$1.79
		Grilled Zucchini Squash	60 Calories	5 g Fat	\$1.79
		Vegetable Chili			\$3.09
		Lunch Grill Special - Dirty Chorizo & Poblano Quesadilla			\$6.59
		Lunch Expo - Capital Tacos & Burritos			\$12.99
<b>Thursday</b>		Coconut Chicken			\$5.19
		Herb Roasted Pork	190 Calories	7 g Fat	\$5.19
		Traditional Stuffing	150 Calories	5 g Fat	\$1.79
		Basmati Rice	130 Calories	3 g Fat	\$1.79
		Germany Blend Vegetables	20 Calories	0 g Fat	\$1.79
		Roasted Asparagus	45 Calories	4 g Fat	\$1.79
		Broccoli Cheddar Soup	300 Calories	22 g Fat	\$2.99
		Lunch Grill Special - Dirty Chorizo & Poblano Quesadilla			\$6.59

Lunch Expo – Strawberry Chicken Grain Bowl

\$7.89

**Friday**



Beef Enchiladas				\$5.19
Honey Lemon BBQ Rotisserie Chicken	580 Calories	24 g Fat		\$5.19
Mexi-Rice	130 Calories	0 g Fat		\$1.79
Fingerling Potatoes	120 Calories	3 g Fat		\$1.79
Roasted Mushrooms	90 Calories	9 g Fat		\$1.79
Baby Carrots	40 Calories	0 g Fat		\$1.79
Vegetable Chili				\$3.09
Lunch Grill Special – Dirty Chorizo & Poblano Quesadilla				\$6.59
Lunch Expo – Tiffin's India Café Cuisine				\$11.95



**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

