

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

March 18 – March 24

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

Monday



Chicken Alfredo			\$5.19
Cajun Shrimp & Grits	290 Calories	15 g Fat	\$5.19
Bow Tie Pasta	70 Calories	0 g Fat	\$1.79
Garlic Bread			\$1.79
Cheese Grits	140 Calories	6 g Fat	\$1.79
Steamed Carrots	35 Calories	2 g Fat	\$1.79
Roasted Autumn Vegetables **Eat Well	60 Calories	3 g Fat	\$1.79
Chicken Chili			\$3.09
Lunch Grill Special – Beef Taco Totchos			\$6.59
Expo – Flat Top Subs & Wraps			\$10.99



Tuesday



Ancho Lime Carne Asada	230 Calories	13 g Fat	\$6.59
Eggplant Parmesan	480 Calories	13 g Fat	\$5.19
Garlic Bread			\$1.79
Smoked Paprika Roasted Potatoes	130 Calories	5 g Fat	\$1.79
Spanish Rice	50 Calories	2 g Fat	\$1.79
Zucchini & Kale Stir-Fry **Eat Well	35 Calories	2 g Fat	\$1.79
Southwest Corn	70 Calories	2 g Fat	\$1.79
Cheesy Chicken Tortilla Soup	180 Calories	7 g Fat	\$2.99
Lunch Grill Special – Beef Taco Totchos			\$6.59
Expo – Tiffin's India Café Cuisine			\$11.95



Wednesday



Grilled Kielbasa	400 Calories	33 g Fat	\$5.19
Fiesta Lime Chicken	290 Calories	15g Fat	\$5.19
Red Beans & Rice	70 Calories	1 g Fat	\$1.79
Roasted Dijon Red Potatoes	130 Calories	4 g Fat	\$1.79
Bacon Sauerkraut	120 Calories	7 g Fat	\$1.79
Sweet Potatoes & Roasted Root Vegetables	53 Calories	0 g Fat	\$1.79
Tomato Basil Soup	280 Calories	9 g Fat	\$2.99
Lunch Grill Special – Beef Taco Totchos			\$6.59
Expo – Capital Tacos & Burritos			\$12.99



Thursday



Chili Relleno with Green Chili			\$5.19
Tortilla Crusted Tilapia	270 Calories	10 g Fat	\$5.19
Cilantro Lime Rice	30 Calories	0 g Fat	\$1.79
Refried Beans	140 Calories	3 g Fat	\$1.79
Broccoli & Red Pepper Stir Fry Eat Well	35 Calories	2 g Fat	\$1.79
Cauliflower	15 Calories	0 g Fat	\$1.79
Chicken Chili			\$3.09
Lunch Grill Special – Beef Taco Totchos			\$6.59
Expo – Thai Chicken Drunken Noodles			\$7.89



Friday



Sweet & Sour Meatballs			
Spaghetti Pomodoro with Rosemary	700 Calories	28 g Fat	\$5.19
Chicken			
Garlic Bread			\$1.79
Steamed White Rice	50 Calories	2 g Fat	\$1.79
Spaghetti	110 Calories	0 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
New England Clam Chowder	260 Calories	11 g Fat	\$2.99
Lunch Grill Special – Beef Taco Totchos			\$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

