

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

May 17 – May 23

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

Monday		BBQ Brisket **Eat Well	393 Calories	13 g Fat	\$4.29
		Manicotti	330 Calories	13 g Fat	\$4.29
		Edamame Mushroom Quinoa	150 Calories	6 g Fat	\$1.49
		Roasted Sweet Potatoes	100 Calories	2 g Fat	\$1.49
		Cheddar Jalapeno Corn Bread			\$1.49
		Green Beans & Carrots	18 Calories	0 g Fat	\$1.49
		Roasted Cauliflower	70 Calories	5 g Fat	\$1.49
		Beef Chili	258 Calories	9 g Fat	\$2.49
		Grill Special – Reuben Panini			\$5.49
		Expo – Made to Order Sandwich/Panini			\$6.99
Tuesday		Pork Soft Tacos	520 Calories	28 g Fat	\$4.29
		Chicken Mushroom Marsala	240 Calories	11 g Fat	\$4.29
		Confetti Brown Rice **Eat Well	120 Calories	3 g Fat	\$1.49
		Homestyle Mashed Potatoes	122 Calories	3 g Fat	\$1.49
		Green Peas & Mushrooms **Eat Well	80 Calories	2 g Fat	\$1.49
		California Blend Vegetables **Eat Well	20 Calories	0 g Fat	\$1.49
		Tomato Basil Soup	140 Calories	3 g Fat	\$2.29
		Grill Special – Philly Cheesesteak			\$5.49
		Expo – Chipotle Chicken Bowl			\$6.99
Wednesday		Chicken Teriyaki	280 Calories	14 g Fat	\$4.29
		Pepperoni & Margherita Pizza			\$2.69
		Veggie Lo Mein	160 Calories	4 g Fat	\$1.49
		Jasmine Rice	128 Calories	0 g Fat	\$1.49
		Steamed Mixed Vegetables	20 Calories	0 g Fat	\$1.49
		Garlic Roasted Broccoli **Eat Well	50 Calories	4 g Fat	\$1.49
		Beef Chili	258 Calories	9 g Fat	\$2.49
		Grill Special – Reuben Panini			\$5.49
		Expo – Beef Nachos			\$6.99
Thursday		Country Style Meatloaf	260 Calories	11 g Fat	\$4.29
		Chicken Parmesan	489 Calories	34 g Fat	\$4.29
		Scallion Mashed Potatoes	151 Calories	6 g Fat	\$1.49
		Cavatappi	144 Calories	3 g Fat	\$1.49
		Seasoned Corn **Eat Well	100 Calories	4 g Fat	\$1.49
		Mushroom & Green Bean Stir Fry	30 Calories	2 g Fat	\$1.49
		Tomato Basil Soup	140 Calories	3 g Fat	\$2.29
		Grill Special – Philly Cheesesteak			\$5.49
		Expo – Greek Gyro Bowl			\$6.99

Friday



Pork Chops with Asian Ginger Sauce	200 Calories	7 g Fat	\$4.29
Tortilla Crusted Tilapia	270 Calories	10 g Fat	\$4.29
Cilantro Lime Rice	122 Calories	1 g Fat	\$1.49
Smoky Chipotle Mac & Cheese	230 Calories	13 g Fat	\$1.49
Green Peas **Eat Well	100 Calories	3 g Fat	\$1.49
Broccoli & Red Pepper Stir Fry	35 Calories	2 g Fat	\$1.49
**Eat Well			
Beef Chili	258 Calories	9 g Fat	\$2.49
Grill Special – Reuben Panini			\$5.49



**Saturday
& Sunday**



Chicken Tenders			\$4.29
Grab and Go Meals			
Grab and Go Salads			
French Fries/Tater Tots			\$1.59
Onion Rings			\$1.89