

# 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

Nov 28 - Dec 4

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

### Monday



Smoked BBQ Pork Ribs	540 Calories	45 g Fat	\$4.59
Mojito Chicken			\$4.59
Baked Macaroni & Cheese	250 Calories	11 g Fat	\$1.59
Basmati Rice	130 Calories	0 g Fat	\$1.59
Ginger Honey Glazed Carrots	110 Calories	4 g Fat	\$1.59
Lemon Broccoli	20 Calories	0 g Fat	\$1.59
Chicken Noodle Soup	160 Calories	3 g Fat	\$2.59



### Tuesday



Korean BBQ Flank Steak	245 Calories	9 g Fat	\$5.59
Baja Shrimp Tacos			\$5.19
Cilantro Lime Rice	122 Calories	0 g Fat	\$1.59
Mango Quinoa Salad	220 Calories	4 g Fat	\$1.59
California Blend Vegetables **Eat Well	20 Calories	0 g Fat	\$1.59
Germany Blend Vegetables	20 Calories	0 g Fat	\$1.59
Tomato Basil Soup	280 Calories	9 g Fat	\$2.59



### Wednesday



Chicken Cacciatore	220 Calories	5 g Fat	\$4.59
Country Fried Steak	250 Calories	12 g Fat	\$4.59
Tomato Basil Farro	240 Calories	11 g Fat	\$1.59
Scallion Mashed Potatoes	120 Calories	4 g Fat	\$1.59
Steamed Broccoli **Eat Well	20 Calories	0 g Fat	\$1.59
Grilled Zucchini Squash	60 Calories	5 g Fat	\$1.59
Chicken Gumbo	60 Calories	1 g Fat	\$2.59



### Thursday



Sweet & Sour Chicken			\$4.59
Vegetable Lasagna	310 Calories	11 g Fat	\$4.59
Garlic Bread			\$1.59
Pork Egg Roll	180 Calories	9 g Fat	\$1.59
Jasmine Rice	130 Calories	0 g Fat	\$1.59
Sweet Potato & Roasted Root Vegetables	53 Calories	0 g Fat	\$1.59
Roasted Asparagus	45 Calories	4 g Fat	\$1.59
Broccoli Cheddar Soup	300 Calories	22 g Fat	\$2.59



**Friday**



Chile Rellenos			\$4.59
Sloppy Joe	245 Calories	12 g Fat	\$4.59
Mexi-Rice	100 Calories	1 g Fat	\$1.59
Refried Beans			\$1.59
Roasted Button Mushrooms	90 Calories	9 g Fat	\$1.59
Baby Carrots	40 Calories	0 g Fat	\$1.59
Twice Stuffed Baked Potato Soup	350 Calories	22 g Fat	\$2.59



**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

