**Marshall North Cafeteria Menu**

**Breakfast Specials**
- **Monday**—Chicken Biscuit
- **Tuesday**—Orange Blossom Muffin
- **Wednesday**—Oatmeal w/Toppings
- **Thursday**—Fresh Baked Danish
- **Friday**—Tomato Gravy
- **Saturday**—Grilled Ham
- **Sunday**—Mini Potato Cakes

**Soup of the Day**
- **Monday**—Brunswick Stew
- **Tuesday**—Vegetable Beef
- **Wednesday**—Spicy Chili w/Beans
- **Thursday**—Shrimp & Corn Chowder
- **Friday**—Tomato Bisque

**Daily Lunch Menu**

- **Monday—December 2nd**
  - Philly Steak Sandwich
  - Monterey Jack Chicken
  - Crinkle Cut French Fries
  - Purple Hull Peas (86 Cal 3 Fat)
  - Rosemary Roasted Potatoes (141 Cal 2 Fat)
  - Brussel Sprouts (56 Cal 2 Fat)

- **Tuesday—December 3rd**
  - Teriyaki Glazed Pork (48 Cal 2 Fat)
  - Chicken Florentine Casserole
  - Cheesy Potato Bake
  - Mediterranean Vegetables (56 Cal 2 Fat)
  - Green Peas (67 Cal 2 Fat)
  - Cinnamon Apples (56 Cal 2 Fat)

- **Wednesday—December 4th**
  - Hot Dog on Bun / Corndogs
  - BBQ Chicken Breast (160 Cal 9 Fat)
  - Baked Beans (141 Cal 2 Fat)
  - Corn on the Cob (84 Cal 2 Fat)
  - Shoestring French Fries
  - Pole Beans (49 Cal 2 Fat)

- **Thursday—December 5th**
  - Stuffed Shells w/ Marinara
  - Parmesan Ranch Chicken
  - Herb Roasted Potatoes (141 Cal 2 Fat)
  - Whole Kernel Corn (86 Cal 3 Fat)
  - Diced Carrots (48 Cal 2 Fat)
  - Fried Green Beans

- **Friday—December 6th**
  - Pulled Smoked Chicken
  - Beef Tips over Rice
  - French Fries
  - Butter Peas (78 Cal 2 Fat)
  - Squash & Onions (48 Cal 2 Fat)
  - Garden Vegetables (48 Cal 2 Fat)

- **Saturday—December 7th**
  - Chicken & Dumpling over Biscuit
  - Breaded Pork Chop
  - Stewed Potatoes (97 Cal 2 Fat)
  - Northern Beans (108 Cal 2 Fat)
  - Okra & Tomatoes (48 Cal 2 Fat)

- **Sunday—December 8th**
  - Grilled Salmon Patty
  - Stuffed Green Peppers (200 Cal 11 Fat)
  - Mashed Potatoes w/Gravy
  - Speckled Butter Beans (86 Cal 3 Fat)
  - Vegetable Medley (48 Cal 2 Fat)


**FNS Management Team**
- Greg French—Director 256-753-8062
- Clinical Dietitian’s Office 256-753-8052
- Sheri Spencer—Kitchen Supervisor 256-753-8063

**Hours of Operation**
- Breakfast 6:30 A.M.—10:00 A.M.
- Lunch 11:00 A.M.—1:30 P.M.
- Dinner 4:30 P.M.—6:00 P.M.
  (Closed Saturday and Sunday during Dinner Hours)

View this menu at [www.mmcenters.com](http://www.mmcenters.com) under the “about us” tab.