Marshall North Cafeteria Menu

**Breakfast Specials**

- **Monday** - Pork Chop Biscuit
- **Tuesday** - Orange Blossom Muffin
- **Wednesday** - Oatmeal w/ Topping
- **Thursday** - Country Ham w/ Red-eye Gravy
- **Friday** - Tator Tots
- **Saturday** - French Toast
- **Sunday** - Blueberry Muffin

**Soup of the Day**

- **Monday** - Vegetable Beef
- **Tuesday** - Chicken & Dumpling
- **Wednesday** - Broccoli Cheese
- **Thursday** - Brunswick Stew
- **Friday** - Cactus Chili

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**Daily Lunch Menu**

- **Monday - February 17th**
  - Oriental Pepper Steak over Rice
  - Teriyaki Glazed Chicken (≈) 199 Cal 9 Fat
  - Baby Baker Potatoes (≈) 141 Cal 2 Fat
  - Broccoli & Cauliflower (≈) 45 Cal 2 Fat
  - Zipper Peas (≈) 78 Cal 2 Fat

- **Tuesday - February 18th**
  - Pulled Smoked Chicken / Corndogs
  - Cheddar Baked Cod
  - Crinkle Cut French Fries
  - Golden Rice Pilaf (≈) 200 Cal 1 Fat
  - French Green Beans (≈) 45 Cal 2 Fat
  - White Acre Peas (≈) 78 Cal 2 Fat

- **Wednesday - February 19th**
  - Mozzarella Cheese Sticks
  - Meatball Sub Sandwich
  - Parmesan Ranch Chicken
  - Whole Red Potatoes (≈) 141 Cal 2 Fat
  - Crinkle Cut Fries
  - Steamed Asparagus (≈) 45 Cal 2 Fat

- **Thursday - February 20th**
  - Flank Steak w/ Demi Glaze (≈) 240 Cal 8 Fat
  - Lemon Broccoli Chicken (≈) 199 Cal 8 Fat
  - Cheesy Potato Bake
  - Whole Green Beans (≈) 49 Cal 2 Fat
  - Whole Kernel Corn (≈) 86 Cal 3 Fat
  - Steamed Cabbage (≈) 36 Cal 2 Fat

- **Friday - February 21st**
  - Pork Chop Florentine
  - Southwestern Chicken
  - Rosemary Potatoes (≈) 141 Cal 2 Fat
  - Green Peas w/ Onions (≈) 67 Cal 2 Fat
  - Sliced Carrots (≈) 48 Cal 2 Fat
  - Okra & Tomatoes (≈) 48 Cal 2 Fat

- **Saturday - February 22nd**
  - Hamburger Steak w/ Gravy
  - Herb Roasted Chicken (≈) 160 Cal 8 Fat
  - Mashed Potatoes w/ Gravy
  - Black-eyed Peas (≈) 106 Cal 2 Fat
  - Pole Beans (≈) 49 Cal 2 Fat

- **Sunday - February 23rd**
  - Beef Goulash
  - Ranch Style Chicken (≈) 199 Cal 8 Fat
  - Red Roasted Potatoes (≈) 48 Cal 2 Fat
  - Vegetable Medley (≈) 48 Cal 2 Fat
  - Lima Beans (≈) 78 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 under the “about us” tab.