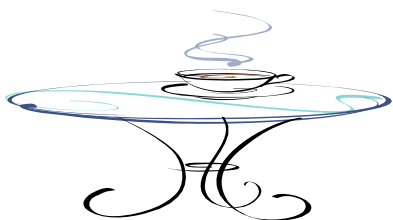


Marshall North Cafeteria Menu



Breakfast Specials

Monday-Hash Brown Casserole

Tuesday- Oatmeal / Toppings

Wednesday-Cinnamon Rolls

Thursday-Steak Biscuit

Friday-Cappuccino Muffin

Saturday-French Toast

Sunday-Blueberry Muffin

Soup of the Day

Monday-Vegetable Beef

Tuesday- Shrimp & Corn Chowder

Wednesday-Potato Bacon

Thursday- Brunswick Stew

Friday- 7 Bean

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

Daily Lunch Menu

Monday- February 19th

Smoked Pulled Pork
Chicken Florentine Casserole
French Fries
Cream Corn (≈) 97 Cal 1 Fat
Steamed Cabbage (≈) 36 Cal 2 Fat
White Acre Peas (≈) 78 Cal 2 Fat

Tuesday- February 20th

Smoked Sausage w/ Onions & Peppers
Cajun Roasted Chicken (≈) 199 Cal 8 Fat
Red Beans & Rice (≈) 200 Cal 2 Fat
Whole Green Beans (≈) 49 Cal 2 Fat
Whole Roasted Potatoes (≈) 141 Cal 2 Fat
Okra & Tomatoes (≈) 48 Cal 2 Fat

Wednesday- February 21st

Mozzarella Cheese Sticks
Parmesan Ranch Chicken (≈) 210 Cal 9 Fat
Teriyaki Glazed Pork Loin (≈) 240 Cal 8 Fat
Herb Roasted Potatoes (≈) 141 Cal 2 Fat
Steamed Asparagus (≈) 45 Cal 2 Fat
Diced Carrots (≈) 48 Cal 2 Fat
Butter Peas (≈) 78 Cal 2 Fat

Thursday- February 22nd

Spicy Philly Steak Sandwich
Baked Chicken w/ Zucchini
Potato Wedges
Green Peas(≈) 67 Cal 2 Fat
Yellow Squash & Onions (≈) 48 Cal 2 Fat
Mediterranean Vegetables (≈) 56 Cal 2 Fat

Friday- February 23rd

Blackened Cod (≈) 188 Cal 8 Fat
Smoked Chicken Sandwich
French Fries
Brussel Sprouts (≈) 56 Cal 2 Fat
Sliced Carrots (≈) 48 Cal 2 Fat
Wild Rice (≈) 200 Cal 1 Fat

Saturday- February 24th

Fish Filet Sandwich
Marinated Chicken Breast (≈) 199 Cal 8 Fat
French Fries
Baked Beans (≈) 141 Cal 2 Fat
Pole Beans(≈) 49 Cal 2 Fat

Sunday- February 25th

Stuffed Shells w/ Marinara Sauce
Baked Ham w/ Sliced Pineapples
Fresh Baked Sweet Potato
Buttered Corn (≈) 86 Cal 3 Fat
Steamed Broccoli (≈) 45 Cal 2 Fat
Vegetable Trio (≈) 48 Cal 2 Fat
(≈) = Denotes recipe from www.deliciousdecisions.org,
www.eatingwell.com, or other credible source.