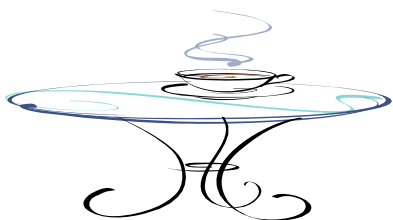


Marshall North Cafeteria Menu



Breakfast Specials

Monday-Lemon Poppy Seed Muffin

Tuesday- Cherry Turnovers

Wednesday- Fried Eggs

Thursday-Steak Biscuit

Friday-Cinnamon Rolls

Saturday-Sausage Gravy

Sunday- Cranberry Nut Bread

Soup of the Day

Monday- Tomato Florentine

Tuesday-Vegetable Beef

Wednesday-Chicken Noodle

Thursday-Loaded Potato

Friday-Chicken Tortilla

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- April 23rd

Sweet & Sour Chicken Tenders
Pulled Smoked Pork Sandwich
Crisscross French Fries
Green Peas w/ Carrots (≈) 78 Cal 2 Fat
Golden Rice Pilaf (≈) 200 Cal 1 Fat
Squash Medley (≈) 48 Cal 2 Fat

Tuesday- April 24th

Oven Fried Chicken (≈) 280 Cal 9 Fat
Country Fried Steak w/ Gravy
Cheesy Potato Bake
Speckled Butter Beans (≈) 86 Cal 3 Fat
Cream Corn (≈) 97 Cal 1 Fat
Steamed Cabbage (≈) 36 Cal 2 Fat

Wednesday- April 25th

Cheddar Baked Cod (≈) 188 Cal 7 Fat
Smoked Pulled Chicken
Whole Red Potatoes (≈) 141 Cal 2 Fat
Mediterranean Vegetables (≈) 56 Cal 2 Fat
Diced Carrots (≈) 48 Cal 2 Fat
Sea Salt French Fries

Thursday- April 26th

Gourmet Hamburger
Veggie & Black Bean Burger (≈) 298 Cal 6 Fat
Cavender's Baked Chicken (≈) 199 Cal 8 Fat
Baked Beans (≈) 141 Cal 2 Fat
Roast Corn on the Cob (≈) 84 Cal 2 Fat
French Fries
Pole Beans (≈) 49 Cal 2 Fat

Friday- April 27th

Flank Steak w/ Demi Glaze (≈) 240 Cal 8 Fat
Southwestern Chicken
Plain Baked Potato (≈) 155 Cal 1 Fat
Fried Green Beans
Okra & Tomatoes (≈) 48 Cal 2 Fat
Whole Kernel Corn (≈) 86 Cal 3 Fat

Saturday- April 28th

Chicken & Dumplings
Smothered Pork Chop
Stewed Potatoes (≈) 97 Cal 2 Fat
Pinto Beans (≈) 133 Cal 1 Fat
Vegetable Medley (≈) 48 Cal 2 Fat

Sunday- April 29th

Pork Fried Steak w/ Gravy
Stuffed Cabbage Roll (≈) 230 Cal 13 Fat
Mashed Potatoes w/ Gravy
Butter Peas (≈) 78 Cal 2 Fat
Cinnamon Apples(≈) 56 Cal 2 Fat
Steamed Asparagus (≈) 45 Cal 2 Fat

(≈) = Denotes recipe from www.deliciousdecisions.org, www.eatingwell.com, or other credible source.