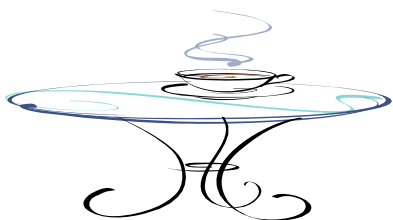


Marshall North Cafeteria Menu



Breakfast Specials

Monday-Chicken Biscuit

**Tuesday- Oatmeal w/
Toppings**

**Wednesday-Orange Blossom
Muffin**

Thursday- Cinnamon Rolls

Friday-Pigs-N-Blanket

Saturday- Sausage Gravy

**Sunday- Apple Cinnamon
Coffeecake**

Soup of the Day

Monday- Brunswick Stew

Tuesday-Vegetable Beef

**Wednesday-Spicy Chili w/o
Beans**

Thursday- Potato Bacon

Friday-Chicken & Rice

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- June 18th

Spicy Philly Steak Sandwich
Monterey Jack Chicken
Whole Red Potatoes (≈) 141 Cal 2 Fat
Squash & Onions (≈) 48 Cal 2 Fat
Crinkle Cut French Fries
Mediterranean Vegetables (≈) 56 Cal 2 Fat

Tuesday- June 19th

Breakfast For Supper!

Country Fried Steak w/ Gravy
Baked Chicken w/ Zucchini
Scalloped Potatoes
Butter Beans (≈) 78 Cal 2 Fat
Steamed Cabbage (≈) 36 Cal 2 Fat
Green Peas w/ Onions (≈) 67 Cal 2 Fat

Wednesday- June 20th

Bratwurst on Bun w/ Toppings
Blackened Baked Cod (≈) 48 Cal 2 Fat
Onion Rings
Wild Rice (≈) 200 Cal 1 Fat
Pole Beans (≈) 49 Cal 2 Fat
Corn on the Cob (≈) 84 Cal 2 Fat

Thursday- June 21st

Spaghetti Supreme
Baked Ham w/ Sliced Pineapples
Fresh Baked Sweet Potatoes
Butter Peas (≈) 78 Cal 2 Fat
Steamed Asparagus (≈) 45 Cal 2 Fa
Diced Carrots(≈) 48 Cal 2 Fat

Friday- June 22nd

Stir-Fried Chicken Tenders
Smoked Sausage w/ Onions & Peppers
Golden Rice Pilaf (≈) 200 Cal 1 Fat
Whole Green Beans (≈) 49 Cal 2 Fat
Breaded Squash
Parsley Potatoes (≈) 97 Cal 2 Fat

Saturday- June 23rd

Fried Chicken Wings
Breaded Pork Chop
Mashed Potatoes w/ Gravy
Pinto Beans (≈) 133 Cal 1 Fat
Turnip Greens (≈) 49 Cal 2 Fat
Okra & Tomatoes (≈) 48 Cal 2 Fat

Sunday- June 24th

Fried Fish Sandwich
Southwestern Chicken
French Fries
Lima Beans (≈) 78 Cal 2 Fat
Vegetable Medley (≈) 48 Cal 2 Fat
Stewed Potatoes (≈) 97 Cal 2 Fat
(≈) = Denotes recipe from www.deliciousdecisions.org,
www.eatingwell.com, or other credible source.