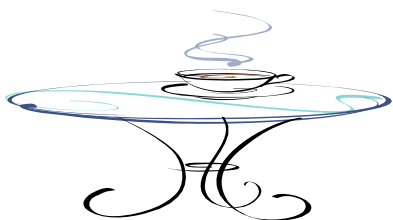


Marshall North Cafeteria Menu



Breakfast Specials

Monday-Steak Biscuit

Tuesday-Fresh Baked Danish

**Wednesday-Oatmeal w/
Toppings**

Thursday-Orange Blossom Muffin

Friday-Chocolate Gravy

Saturday-Mini Potato Cakes

Sunday-Banana Nut Muffins

Soup of the Day

Monday-Potato Bacon

Tuesday-Brunswick Stew

Wednesday-Vegetable Beef

Thursday-Shrimp & Corn Chowder

Friday-Minestrone Soup

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- October 15th

Mozzarella Cheese Sticks!

Parmesan Ranch Chicken

Teriyaki Glazed Pork Loin (≈) 240 Cal 8 Fat

Herb Roasted Potatoes (≈) 141 Cal 2 Fat

Whole Kernel Corn (≈) 86 Cal 3 Fat

Fried Green Beans

Tuesday-October 16th

Chicken Filet Sandwich

Oriental Pepper Steak over Rice

Curly Fries

Steamed Squash (≈) 48 Cal 2 Fat

White Acre Peas (≈) 78 Cal 2 Fat

Baked Beans (≈) 141 Cal 2 Fat

Wednesday- October 17th

Grilled Cheese to Order!

Fried Chicken Wings

Pork Chop Florentine

Whole Red Potatoes (≈) 141 Cal 2 Fat

Steamed Cabbage (≈) 36 Cal 2 Fat

Navy Beans (≈) 78 Cal 2 Fat

Steamed Carrots (≈) 48 Cal 2 Fat

Thursday- October 18th

Pulled Smoked Chicken

Smoked Sausage w/ Onions & Peppers

Crinkle Cut French Fries

Red Beans & Rice (≈) 200 Cal 1 Fat

Pole Beans (≈) 49 Cal 2 Fat

Okra & Tomatoes (≈) 48 Cal 2 Fat

Friday- October 19th

Beef & Cheese Ravioli w/ Marinara

Italian Chicken Breast (≈) 199 Cal 9 Fat

Baby Baker Potatoes

Steamed Asparagus (≈) 45 Cal 2 Fat

Mediterranean Vegetables (≈) 56 Cal 2 Fat

Zipper Peas(≈) 78 Cal 2 Fat

Saturday- October 20th

Sweet & Sour Chicken Tenders

Swedish Meatballs over Noodles

Peas & Carrots (≈) 67 Cal 2 Fat

Succotash (≈) 106 Cal 2 Fat

Stewed Potatoes (≈) 97 Cal 2 Fat

Sunday- October 21st

Tuna Noodle Casserole

Spicy Roasted Chicken (≈) 210 Cal 11 Fat

Mashed Potatoes

Green Peas (≈) 67 Cal 2 Fat

Vegetable Medley (≈) 48 Cal 2 Fat

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