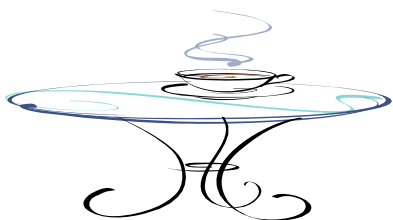


Marshall North Cafeteria Menu



Breakfast Specials

Monday- Orange Blossom Muffin

Tuesday- Steak Biscuit

Wednesday- Oatmeal w/ Toppings

Thursday- Chocolate Chunk Muffin

Friday-Hash Brown Casserole

Saturday-Tri Tator Pattie

Sunday-Sausage Links

Soup of the Day

Monday-Broccoli Cheese

Tuesday- Tomato Soup

Wednesday- Vegetable Beef

Thursday-Spicy Chili w/o Beans & Chicken Chili

Friday-Potato Bacon

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- November 12th

Fried Appetizer!

Spaghetti w/ Meat Sauce

Parmesan Ranch Chicken

Red Roasted Potatoes (≈) 141 Cal 2 Fat

Steamed Asparagus (≈) 45 Cal 2 Fat

Diced Carrots (≈) 48 Cal 2 Fat

Tuesday-November 13th

Chicken Filet Sandwich

Swedish Meatballs over Noodles

Crinkle Cut French Fries

Green Beans (≈) 49 Cal 2 Fat

Yellow Squash & Onions (≈) 48 Cal 2 Fat

White Acre Peas (≈) 78 Cal 2 Fat

Wednesday- November 14th

Pork Chop Florentine

Buffalo Chicken Wings

Potato Wedges

Green Peas (≈) 67 Cal 2 Fat

Garden Vegetables (≈) 48 Cal 2 Fat

Speckled Butter Beans (≈) 86 Cal 3 Fat

Thursday- November 15th

Hot Dog on Buns / Corndogs

BBQ Chicken Breast (≈) 199 Cal 9 Fat

Steak Fries

Baked Beans (≈) 141 Cal 2 Fat

Roasted Corn on the Cob (≈) 84 Cal 2 Fat

Cinnamon Apples (≈) 56 Cal 2 Fat

Friday- November 16th

Chicken Lasagna

Baked Ham w/ Sliced Pineapples

Fresh Baked Potatoes

Steamed Broccoli (≈) 45 Cal 2 Fat

Whole Kernel Corn (≈) 86 Cal 3 Fat

Butter Peas (≈) 78 Cal 2 Fat

Saturday- November 17th

Ham & Cheese Croissants

Honey Mustard Chicken (≈) 199 Cal 8 Fat

French Fries

Stewed Potatoes (≈) 97 Cal 2 Fat

Vegetable Trio (≈) 48 Cal 2 Fat

Sunday- November 18th

Grilled Salmon Patties

Oven Fried Chicken (≈) 280 Cal 9 Fat

Mashed Potatoes

Navy Beans (≈) 78 Cal 2 Fat

Fried Okra

Steamed Cabbage (≈) 36 Cal 2 Fat

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