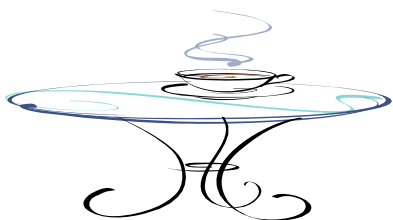


Marshall North Cafeteria Menu



Breakfast Specials

Monday-Chicken Biscuit

Tuesday-Cranberry Nut Muffin

Wednesday-Oatmeal w/ Topping

Thursday-Cinnamon Roll

Friday-Sausage Link

Saturday-Blueberry Muffins

Sunday- Tator Tots

Soup of the Day

Monday- Chicken Gumbo

Tuesday- Loaded Potato

Wednesday- Tomato Bisque

Thursday-vegetable Beef

Friday- Seafood Gumbo

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- December 17th

Smoked Sausage w/ Onions & Peppers
Cajun Roasted Chicken (≈) 199 Cal 8 Fat
Whole Red Potatoes (≈) 141 Cal 2 Fat
Red Beans & Rice (≈) 200 Cal 1 Fat
Pole Beans(≈) 49 Cal 2 Fat
Okra & Tomatoes (≈) 48 Cal 2 Fat

Tuesday-December 18th

Chicken Alfredo Casserole
Pork Chop Florentine
Whole Baby Carrots (≈) 48 Cal 2 Fat
Baby Baker Potatoes
Steamed Broccoli (≈) 45 Cal 2 Fat
Mediterranean Vegetables (≈) 56 Cal 2 Fat

Wednesday- December 19th

Chicken Filet Sandwich
Beef Stew over Biscuit
Curly Fries
Whole Kernel Corn (≈) 86 Cal 3 Fat
Green Beans(≈) 49 Cal 2 Fat
Yellow Squash & Onions (≈) 48 Cal 2 Fat

Thursday- December 20th

French Dip Sandwich
Monterey Jack Chicken
Crinkle Cut Fries
Green Peas (≈) 67 Cal 2 Fat
Cinnamon Apples (≈) 56 Cal 2 Fat
Cheesy Potato Bake

Friday- December 21st

Golden Fried Shrimp
Herb Roasted Chicken(≈) 160 Cal 8 Fat
Steak Fries
Baked Beans (≈) 141 Cal 2 Fat
Roasted Corn on the Cob (≈) 84 Cal 2 Fat
Steamed Cabbage (≈) 36 Cal 2 Fat

Saturday- December 22nd

Ranch Style Chicken (≈) 199 Cal 8 Fat
Stuffed Green Peppers
Parsley Potatoes (≈) 97 Cal 2 Fat
Spring Vegetables (≈) 48 Cal 2 Fat
Zipper Peas (≈) 78 Cal 2 Fat

Sunday- December 23rd

Chicken & Dumplings w/ Biscuit
Beef Goulash
Stewed Potatoes (≈) 97 Cal 2 Fat
White Acre Peas (≈) 78 Cal 2 Fat
Vegetable Medley (≈) 48 Cal 2 Fat

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