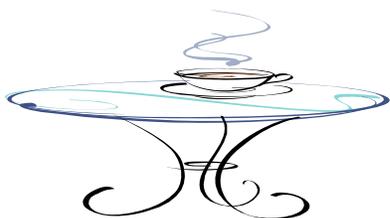


Marshall North Cafeteria Menu



Breakfast Specials

**Monday-Country Ham w/
Red-eye Gravy**

Tuesday-Cinnamon Rolls

Wednesday-Boiled Eggs

**Thursday-Oatmeal w/
Toppings**

**Friday-Apple Cinnamon
Coffeecake**

Saturday-Tri-Tator Patties

Sunday-Blueberry Coffeecake

Soup of the Day

Monday-Vegetable Beef

Tuesday-Cactus Chili

Wednesday-Potato Bacon

Thursday-Chicken & Dumpling

Friday-Broccoli Cheese

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- March 18th

Roast Pork w/ Gravy (≈) 240 Cal 8 Fat

Fried Chicken Wings

Scalloped Potatoes

Speckled Butter Beans (≈) 86 Cal 3 Fat

Cream Corn (≈) 97 Cal 1 Fat

Green Beans (≈) 49 Cal 2 Fat

Tuesday- March 19th

Golden Fried Shrimp

Cornish Game Hen (≈) 298 Cal 9 Fat

Crinkle Cut French Fries

Baked Beans (≈) 141 Cal 2 Fat

Wild Rice (≈) 200 Cal 1 Fat

Steamed Cabbage (≈) 36 Cal 2 Fat

Wednesday- March 20th

Pepper Jack Chicken

Breaded Pork Chop

Baby Baker Potatoes

Broccoli & Cauliflower(≈) 45 Cal 2 Fat

Sliced Carrots (≈) 48 Cal 2 Fat

Butter Peas(≈) 78 Cal 2 Fat

Thursday- March 21st

Swedish Meatballs over Noodles

Southwestern Chicken

Whole Red Potatoes (≈) 141 Cal 2 Fat

Lima Beans (≈) 78 Cal 2 Fat

Corn Pudding

Brussel Sprouts (≈) 56 Cal 2 Fat

Friday- March 22nd

Crunchy Onion Chicken (≈) 287 Cal 13 Fat

Pulled Pork Sandwich

Steak Fries

Green Peas (≈) 67 Cal 2 Fat

Mediterranean Vegetables (≈) 56 Cal 2 Fat

Cinnamon Apples (≈) 56 Cal 2 Fat

Saturday- March 23rd

Pork Fried Steak w/ Gravy

Herb Roasted Chicken (≈) 160 Cal 8 Fat

Mashed Potatoes

Pole Beans (≈) 49 Cal 2 Fat

Black-eyed Peas (≈) 113 Cal 2 Fat

Fried Okra

Sunday- March 24th

Stuffed Green Peppers (≈) 200 Cal 11 Fat

Honey Mustard Chicken (≈) 199 Cal 8 Fat

Parsley Potatoes(≈) 97 Cal 2 Fat

Zipper Peas (≈) 78 Cal 2 Fat

Vegetable Medley (≈) 48 Cal 2 Fat

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