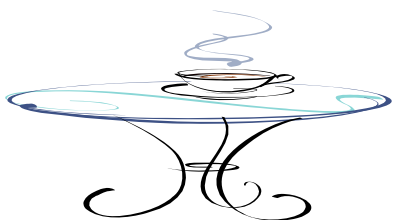


Marshall North Cafeteria Menu



Breakfast Specials

Monday- Chicken Biscuit

Tuesday-Cinnamon Roll

**Wednesday- Oatmeal w/
Toppings**

**Thursday-Chocolate Chunk
Muffin**

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

Saturday-Banana Nut Bread

Sunday-Sausage Links

Soup of the Day

**Monday- Spicy Chili w/
Beans**

Tuesday-Chicken Enchilada

**Wednesday- Shrimp & Corn
Chowder**

Thursday- Broccoli Cheese

Friday- Cactus Chili

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- April 22nd

Flank Steak w/ Demi Glaze (≈) 240 Cal 8 Fat

Monterey Jack Chicken

Baked Potato (≈) 155 Cal 1 Fat

Cream Corn (≈) 97 Cal 1 Fat

Garden Vegetables (≈) 48 Cal 2 Fat

French Green Beans (≈) 45 Cal 2 Fat

Tuesday- April 23rd

Hard & Soft Shell Taco's

Chicken Fajita

Salsa Chicken (≈) 199 Cal 9 Fat

Re-Fried Beans (≈) 121 Cal 3 Fat

Mexican Corn (≈) 106 Cal 2 Fat

Mexican Rice (≈) 95 Cal 1 Fat

Wednesday- April 24th

Smoked Sausage w/ Onions & Peppers

Cajun Roasted Chicken (≈) 199 Cal 8 Fat

Okra & Tomatoes (≈) 48 Cal 2 Fat

Steamed Cabbage (≈) 36 Cal 2 Fat

Cajun Roasted Potatoes (≈) 141 Cal 2 Fat

Key Largo Vegetables (≈) 48 Cal 2 Fat

Thursday- April 25th

Mozzarella Cheese Sticks!

Italian Baked Lasagna

Pepper Jack Chicken

Herb Roasted Potatoes (≈) 141 Cal 2 Fat

Whole Baby Carrots (≈) 48 Cal 2 Fat

Steamed Asparagus (≈) 45 Cal 2 Fat

Butter Peas (≈) 78 Cal 2 Fat

Friday- April 26th

Pulled Smoked Pork

Chicken Florentine Casserole

Crinkle Cut Fries

Cheesy Potato Bake

Green Peas w/ Onions (≈) 67 Cal 2 Fat

Cinnamon Apples (≈) 56 Cal 2 Fat

Saturday- April 27th

Fried Chicken Breast

Smothered Pork Chop

Mashed Potatoes w/ Gravy

Purple Hull Peas (≈) 86 Cal 3 Fat

Brussel Sprouts (≈) 56 Cal 2 Fat

Sunday- April 28th

Stuffed Cabbage Roll (≈) 230 Cal 13 Fat

Ranch Style Chicken (≈) 199 Cal 8 Fat

Stewed Potatoes (≈) 97 Cal 2 Fat

Vegetable Trio (≈) 48 Cal 2 Fat

Crowder Peas (≈) 78 Cal 2 Fat

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