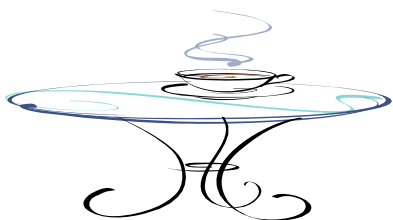


Marshall North Cafeteria Menu



Breakfast Specials

Monday-Chocolate Chunk Muffins

Tuesday- Pigs-N-Blanket

Wednesday-Oatmeal w/ Toppings

Thursday-Hash Brown Casserole

Friday- Orange Blossom Muffins

Saturday-Grilled Ham

Sunday- Toasted Bagel

Soup of the Day

Monday- Cactus Chili

Tuesday- Vegetable Beef

Wednesday-Chicken Noodle

Thursday- Potato Bacon

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- May 20th

Chicken Filet Sandwich
Beef Tips over Noodles
Crinkle Cut French Fries
Purple Hull Peas (≈) 86 Cal 3 Fat
Squash & Onions (≈) 48 Cal 2 Fat
Steamed Cabbage (≈) 36 Cal 2 Fat

Tuesday- May 21st

Pork Chop Florentine
Southwestern Chicken
Scalloped Potatoes
Speckled Butter Beans (≈) 86 Cal 3 Fat
Green Peas w/ Onions (≈) 67 Cal 2 Fat
Whole Kernel Corn (≈) 86 Cal 3 Fat

Wednesday- May 22nd

Golden Fried Shrimp / Corndogs
Cavender's Baked Chicken (≈) 199 Cal 8 Fat
Pole Beans (≈) 49 Cal 2 Fat
French Fries
Baby Baker Potatoes
Spring Vegetables (≈) 48 Cal 2 Fat

Thursday- May 23rd

Mozzarella Cheese Sticks
Stuffed Shells w/ Marinara Sauce
Teriyaki Glazed Chicken (≈) 199 Cal 2 Fat
Whole Red Potatoes (≈) 141 Cal 2 Fat
Steamed Asparagus (≈) 45 Cal 2 Fat
Diced Carrots (≈) 48 Cal 2 Fat
Steamed Cauliflower (≈) 45 Cal 2 Fat

Friday- May 24th

Flank Steak w/ Demi Glaze (≈) 240 Cal 8 Fat
Sweet & Sour Chicken Tenders
Baked Potatoes (≈) 155 Cal 1 Fat
Lima Beans (≈) 78 Cal 2 Fat
Okra & Tomatoes (≈) 48 Cal 2 Fat
Cinnamon Apples (≈) 56 Cal 2 Fat

Saturday- May 25th

Chicken & Dumplings over Biscuit
Ranch Style Chicken (≈) 199 Cal 9 Fat
Stewed Potatoes (≈) 97 Cal 2 Fat
Field Peas w/ Snaps (≈) 78 Cal 2 Fat
Brussel Sprouts (≈) 56 Cal 2 Fat

Sunday- May 26th

Pork Fries Steak w/ Gravy
Stuffed Cabbage Roll (≈) 200 Cal 13 Fat
Mashed Potatoes w/ Gravy
Crowder Peas (≈) 78 Cal 2 Fat
Vegetable Trio (≈) 48 Cal 2 Fat

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