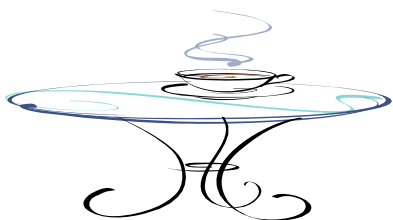


Marshall North Cafeteria Menu



Breakfast Specials

**Monday- Pork Chop
Biscuit**

**Tuesday-Blueberry
Coffeecake**

**Wednesday-Oatmeal w/
Toppings**

Thursday-Chicken Biscuit

Friday-Chocolate Gravy

Saturday-Banana Nut Bread

Sunday- Sausage Links

Soup of the Day

Monday-Broccoli Cheese

Tuesday- Vegetable Beef

**Wednesday- Chicken &
Dumpling**

Thursday- Cactus Chili

Friday-Brunswick Stew

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- June 17th

Sweet & Sour Chicken Tender
Beef Tips over Noodles
Baked Potato (≈) 155 Cal 1 Fat
Field Peas w/ Snaps (≈) 78 Cal 2 Fat
Whole Green Beans (≈) 49 Cal 2 Fat
Caribbean Vegetables (≈) 48 Cal 2 Fat

Tuesday- June 18th

Pulled Smoked Chicken
Teriyaki Glazed Pork Loin (≈) 240 Cal 8 Fat
Scalloped Potatoes
Green Peas (≈) 78 Cal 2 Fat
Crinkle Cut French Fries
Sliced Carrots (≈) 48 Cal 2 Fat

Wednesday- June 19th

Golden Fried Shrimp / Corndog
Cavender's Baked Chicken
French Fries
Pole Beans (≈) 49 Cal 2 Fat
Baby Baker Potatoes (≈) 141 Cal 2 Fat
BBQ Baked Beans (≈) 141 Cal 2 Fat

Thursday- June 20th

Meat Ball Sub Sandwich
Parmesan Ranch Chicken
Herb Roasted Potatoes (≈) 141 Cal 2 Fat
Whole Kernel Corn (≈) 86 Cal 3 Fat
Broccoli & Cauliflower (≈) 45 Cal 2 Fat
Steak Cut Fries

Friday- June 21st

Sloppy Joe Sandwich
Fried Chicken Wings
Crinkle Cut French Fries
Peas & Carrots (≈) 67 Cal 2 Fat
Steamed Cabbage (≈) 36 Cal 2 Fat
Mediterranean Vegetables (≈) 56 Cal 2 Fat

Saturday- June 22nd

Fried Chicken Breast
Smothered Pork Chops
Home Fried Potatoes
Turnip Greens (≈) 49 Cal 2 Fat
Northern Beans (≈) 103 Cal 2 Fat

Sunday- June 23rd

Hamburger Steak w/ Gravy
Chicken & Dumplings over Biscuit
Mashed Potatoes w/ Gravy
Green Beans (≈) 49 Cal 2 Fat
Black-eyed Peas (≈) 113 Cal 2 Fat
Vegetable Medley (≈) 48 Cal 2 Fat

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