Marshall North Cafeteria Menu

Breakfast Specials

- Monday - Chicken Biscuit
- Tuesday - Orange Blossom Muffin
- Wednesday - Oatmeal w/ Toppings
- Thursday - Apple Cinnamon Coffeecake
- Friday - Tomato Gravy
- Saturday - Tator Rounds
- Sunday - Blueberry Muffin

Soup of the Day

- Monday - Bean & Ham
- Tuesday - Brunswick Stew
- Wednesday - Broccoli Cheese
- Thursday - Cactus Chili
- Spicy Chili w/o Beans
- Friday - Vegetable Beef

Daily Lunch Menu

**Monday - August 5th**
- Fried Chicken Wings
- Teriyaki Glazed Pork (≈) 240 Cal 8 Fat
- Cheesy Potato Bake
- Speckled Butter Beans (≈) 86 Cal 3 Fat
- Whole Baby Carrots (≈) 48 Cal 2 Fat
- Cream Corn (≈) 97 Cal 1 Fat

**Tuesday - August 6th**
- Grilled Reuben Sandwich
- Cornish Game Hen (≈) 298 Cal 9 Fat
- Crinkle Cut French Fries
- Yellow Rice (≈) 200 Cal 1 Fat
- Lima Beans (≈) 78 Cal 2 Fat
- Mediterranean Vegetables (≈) 56 Cal 2 Fat

**Wednesday - August 7th**
- Mozzarella Cheese Sticks
- Italian Baked Lasagna
- Garlic Cheddar Chicken
- Whole Roasted Potatoes (≈) 141 Cal 2 Fat
- Broccoli & Cauliflower (≈) 45 Cal 2 Fat
- Whole Green Beans (≈) 49 Cal 2 Fat

**Thursday - August 8th**
- Chili Cheese Fries
- Chicken Fillet Sandwich
- Beef Tips over Rice
- Crisscross French Fries
- Peas & Carrots (≈) 67 Cal 2 Fat
- Steamed Cabbage (≈) 36 Cal 2 Fat
- Cinnamon Apples (≈) 56 Cal 2 Fat

**Friday - August 9th**
- Pulled Smoked Chicken
- Pork Chop Florentine
- French Fries
- White Acre Peas (≈) 78 Cal 2 Fat
- Brussel Sprouts (≈) 56 Cal 2 Fat
- Baby Baker Potatoes (≈) 141 Cal 2 Fat

**Saturday - August 10th**
- Fried Fish Sandwich
- Herb Roasted Chicken (≈) 160 Cal 8 Fat
- Sea Salt French Fries
- Red Bliss Potatoes (≈) 141 Cal 2 Fat
- Pole Beans (≈) 49 Cal 2 Fat

**Sunday - August 11th**
- Beef Goulash
- Ranch Style Chicken (≈) 199 Cal 9 Fat
- Roasted Vegetables w/ Pasta
- Sliced Carrots (≈) 48 Cal 2 Fat
- Whole Kernel Corn (≈) 86 Cal 3 Fat
- Zipper Peas (≈) 78 Cal 2 Fat


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.