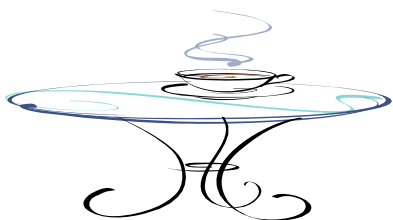


Marshall North Cafeteria Menu



Breakfast Specials

Monday-Hash Brown Casserole

Tuesday-Cappuccino Muffin

Wednesday-Cinnamon Roll

Thursday-Country Ham w/Red-eye Gravy

Friday-French Toast

Saturday-Bear Claw

Sunday-Sausage Link

Soup of the Day

Monday-Spicy Chili w/o Beans

Tuesday-Potato Bacon

Wednesday-Shrimp & Corn Chowder

Thursday-Vegetable Beef

Friday-Chicken & Dumpling

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- September 23rd

Hot Dogs / Corndog
Cornish Game Hen (≈) 298 Cal 13 Fat
Crinkle Cut French Fries
Roasted Red Potatoes (≈) 141 Cal 2 Fat
Baked Beans (≈) 141 Cal 2 Fat
Pole Beans(≈) 49 Cal 2 Fat

Tuesday- September 24th

Spaghetti w/ Meat sauce
Pork Chop Florentine
Rosemary Potatoes (≈) 141 Cal 2 Fat
Steamed Broccoli (≈) 45 Cal 2 Fat
White Acre Peas (≈) 78 Cal 2 Fat
Whole Kernel Corn (≈) 86 Cal 3 Fat

Wednesday- September 25th

Chicken Philly Steak Sandwich
Swedish Meatballs over Noodles
French Fries
Purple Hull Peas (≈) 86 Cal 3 Fat
Steamed Cabbage(≈) 36 Cal 2 Fat
Mediterranean Vegetables (≈) 56 Cal 2 Fat

Thursday- September 26th

Southwestern Chicken
Teriyaki Glazed Pork (≈) 240 Cal 8 Fat
Scalloped Potatoes
Speckled Butter Beans (≈) 86 Cal 3 Fat
Green Peas w/ Pearle Onions (≈) 67 Cal 2 Fat
Cinnamon Apples (≈) 56 Cal 2 Fat

Friday- September 27th

Cajun Roasted Chicken (≈) 199 Cal 8 Fat
Cocktail Smokes w/ Onions & Peppers
Red Beans & Rice (≈) 200 Cal 1 Fat
Whole Green Beans (≈) 49 Cal 2 Fat
Sliced Carrots (≈) 48 Cal 2 Fat
Okra & Tomatoes (≈) 48 Cal 2 Fat

Saturday- September 28th

Ham & Cheese Croissant Sandwich
Pepper Jack Chicken
Shoestring French Fries
Parsley Potatoes (≈) 97 Cal 2 Fat
Vegetable Medley (≈) 48 Cal 2 Fat

Sunday- September 29th

Fried Chicken Fingers
Beef Pot Pie
French Fries
Peas & Carrots (≈) 67 Cal 2 Fat
Succotash (≈) 103 Cal 2 Fat

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