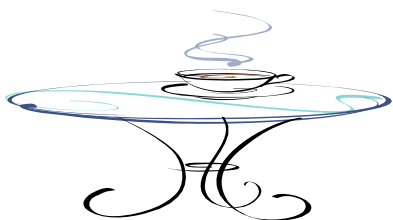


Marshall North Cafeteria Menu



Breakfast Specials

**Monday-Pork Chop
Biscuit**

Tuesday- Cappuccino Muffin

Wednesday-Sausage Links

**Thursday-Oatmeal w/
Toppings**

Friday-Mini Potato Cakes

Saturday-Chicken Biscuit

Sunday- Tator Crowns

Soup of the Day

Monday-Cactus Chili

Tuesday-Broccoli Cheese

Wednesday-Vegetable Beef

**Thursday- Spicy Chili w/o
Beans**

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- November 11th

Meatball Sub Sandwich
Chicken Florentine Casserole
Herb Roasted Potatoes(≈) 141 Cal 2 Fat
Crinkle Cut Fries
Steamed Asparagus (≈) 45 Cal 2 Fat
Whole Kernel Corn (≈) 86 Cal 3 Fat

Tuesday- November 12th

Philly Steak Sandwich
Southwestern Chicken
French Fries
Purple Hull Peas (≈) 86 Cal 3 Fat
Whole Green Beans (≈) 49 Cal 2 Fat
Baby Baker Potatoes (≈) 141 Cal 2 Fat

Wednesday- November 13th

Swedish Meatball over Noodles
Monterey Jack Chicken
Cheesy Potato Bake
Sliced Carrots (≈) 48 Cal 2 Fat
Green Peas (≈) 67 Cal 2 Fat
Garden Vegetables (≈) 48 Cal 2 Fat

Thursday- November 14th

Hot Dog on Bun / Bratwurst
BBQ Chicken Breast (≈) 160 Cal 8 Fat
Shoestring French Fries
Baked Beans (≈) 141 Cal 2 Fat
Roasted Corn on the Cob (≈) 84 Cal 2 Fat
Steamed Cabbage (≈) 36 Cal 2 Fat

Friday- November 15th

Italian Baked Vegetable Lasagna
Teriyaki Pork Loin (≈) 240 Cal 8 Fat
Whole Red Potatoes (≈) 141 Cal 2 Fat
Broccoli & Cauliflower(≈) 45 Cal 2 Fat
White Acre Peas (≈) 78 Cal 2 Fat
Cinnamon Apples (≈) 56 Cal 2 Fat

Saturday- November 16th

Oriental Pepper Steak w/ Rice
Sweet & Sour Chicken Tenders
Rosemary Roasted Potatoes (≈) 141 Cal 2 Fat
Lima Beans (≈) 78 Cal 2 Fat
Vegetable Medley (≈) 48 Cal 2 Fat

Sunday- November 17th

Homemade Baked Meatloaf
Fried Chicken Breast
Mashed Potatoes w/ Gravy
Pinto Beans (≈) 133 Cal 1 Fat
Turnip Greens (≈) 49 Cal 2 Fat

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