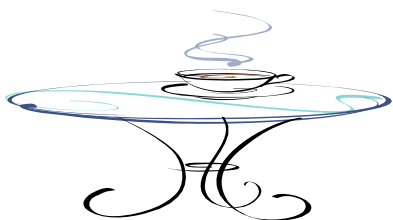


Marshall North Cafeteria Menu



Breakfast Specials

Monday-Cinnamon Roll

Tuesday-Tator Crowns

**Wednesday- Assorted
Coffeecake**

Thursday-Pork Chop Biscuit

**Friday-Chocolate Chunk
Muffins**

Saturday-Grilled Ham

Sunday-Fried Apple Pie

Soup of the Day

Monday-Broccoli Cheese

Tuesday- Vegetable Beef

Wednesday-Chicken Noodle

Thursday-Potato Bacon

Friday-Tomato Florentine

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- December 11th

Mozzarella Cheese Sticks
Spaghetti w/ Meat Sauce
Crunchy Onion Chicken (≈) 278 Cal 13 Fat
Oven Roasted Medley
Butter Peas (≈) 78 Cal 2 Fat
Steamed Broccoli (≈) 45 Cal 2 Fat

Tuesday- December 12th

Employee Christmas Party!
Prime Rib / Sliced Pit Ham
Baked Potato w/ Sour Cream & Margarine
Green Bean Casserole
Sweet Potato Casserole
Whole Baby Carrots
Whole Kernel Corn

Wednesday- December 13th

Teriyaki Glazed Pork Lion (≈) 240 Cal 8 Fat
Fried Chicken Wings
Cheesy Potato Bake
Speckled Butter Beans (≈) 86 Cal 3 Fat
Steamed Cabbage (≈) 36 Cal 2 Fat
Cinnamon Apples (≈) 56 Cal 2 Fat

Thursday- December 14th

Cornish Game Hen (≈) 48 Cal 2 Fat
Cheddar Baked Cod (≈) 298 Cal 9 Fat
Golden Rice Pilaf (≈) 200 Cal 1 Fat
Pole Beans (≈) 49 Cal 2 Fat
Mediterranean Vegetables (≈) 56 Cal 2 Fat
Yellow Squash & Onions (≈) 48 Cal 2 Fat

Friday- December 15th

Chicken Florentine Casserole
Breaded Pork Chop
Baby Baker Potatoes
Steamed Asparagus (≈) 45 Cal 2 Fat
White Acre Peas (≈) 78 Cal 2 Fat
Okra & Tomatoes (≈) 48 Cal 2 Fat

Saturday- December 16th

Beef & Cheddar Croissant Sandwich
Sweet & Sour Chicken Tenders
French Fries
Green Beans (≈) 49 Cal 2 Fat
Parsley Potatoes (≈) 97 Cal 1 Fat

Sunday- December 17th

Homemade Baked Meatloaf
Honey Mustard Chicken (≈) 199 Cal 8 Fat
Mashed Potatoes
Turnip Greens (≈) 49 Cal 2 Fat
Pinto Beans (≈) 133 Cal 1 Fat
Vegetable Medley (≈) 48 Cal 2 Fat
(≈) = Denotes recipe from www.deliciousdecisions.org,
www.eatingwell.com, or other credible source.