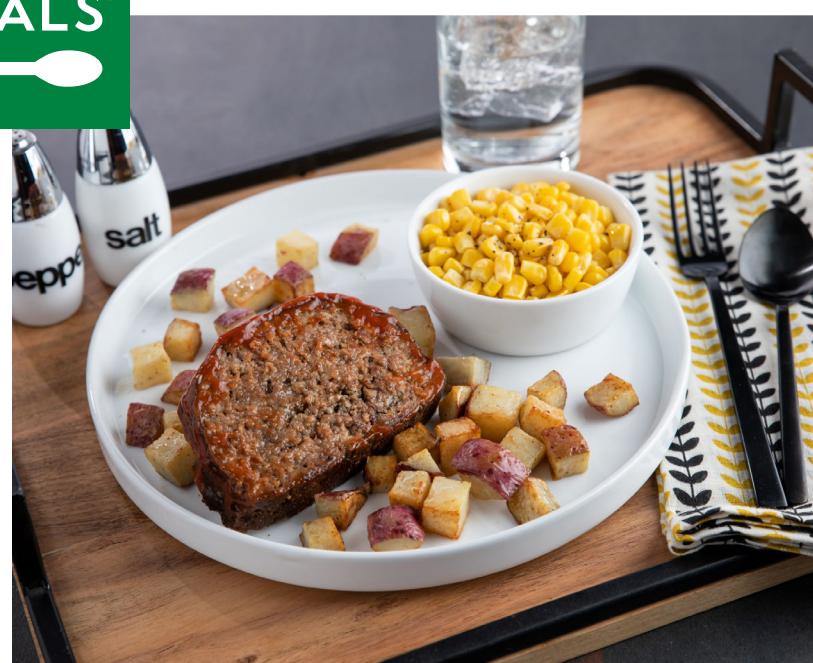


Menu

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 M-F 7 AM to 6 PM CST



Carbohydrates (CARBS) are shown for the **entrée only** and the entrée plus extras.

AMERICAN CLASSICS		CARBS (g)	
95025	Salisbury Steak with Savory Beef Gravy, White Rice and Vegetables and Chocolate Cookie ↓ ⚡ P+ ⚡ —	53	88
95172	Homestyle Meatloaf with Potatoes and Seasoned Vegetables and Whole Wheat Bread ↓ ⚡ P+ —	48	74
95219	Swedish Style Meatballs with Creamy Mushroom Gravy over Pasta and Seasoned Vegetables and 100% Apple Juice ↓ ⚡ —	48	75
95258	Macaroni & Cheese and Seasoned Vegetables and Oatmeal Raisin Cookie ↓ ⚡ P+ —	47	88
95259	Beef Goulash-Style Pasta and Peas and Oatmeal Raisin Cookie ♥ ↓ ⚡ P+ —	53	93
95291	Beef Pepper Steak with Gravy over Pasta and Spiced Fruit Crisp ↓ P+ ⚡ —	67	79
95423	Cheesy Chicken and Rice with Broccoli and Cinnamon Apples and Chocolate Cookie ↓ ⚡ —	51	86
95804	Ham Patty, Cheesy Potatoes, and Sweet Pineapple Apple Crisp, Applesauce and Whole Wheat Bread ⚡ P+ —	49	89
95904	Beef Little Smokies with Baked Beans and Seasoned Vegetables and Gingerbread Cookie ↓ ⚡ —	44	82
96168	Chicken Bacon Ranch Pasta and Seasoned Vegetables, and Oatmeal Raisin Cookie ↓ ⚡ P+ —	39	79
96179	Creamy Chicken and Mushroom Casserole with Mixed Vegetables, Whole Wheat Bread and 100% Apple Juice ⚡ P+ —	53	94

SOUP OR SANDWICH		CARBS (g)	
95315	Meatball Marinara Sandwich and Cinnamon Apple Crisp and Whole Wheat Bun ♥ ↓ P+ —	50	88
95347	Cheeseburger and Cinnamon Apples and Whole Wheat Bun ⚡ P+ —	24	62
95495	Chicken & Vegetable Pot Pie Soup and Cinnamon Apple Crisp, Whole Wheat Bread and Margarine ↓ ⚡ —	61	87
95922	Tomato Soup with Pretzel Bites, Orange and Triple Chocolate Cookie ♥ ↓ ⚡ P+ —	42	101
96189	Sloppy Joe and Seasoned Corn, Whole Wheat Hamburger Bun and Chocolate Cookie ↓ P+ ⚡ —	27	88
96213	White Bean and Ham Soup and Pretzel Bites and Chocolate Cookie ↓ ⚡ P+ ⚡ —	40	75
96218	White Chicken Chili with Beans and Seasoned Peas, Whole Wheat Bread and Margarine ⚡ P+ —	37	64
INTERNATIONAL FLAVORS		CARBS (g)	
95013	Pasta & Meatballs with Marinara Sauce and Seasoned Vegetables and Gingerbread Cookie ♥ ↓ ⚡ P+ —	56	93
95074	Chicken Teriyaki with Stir Fry Vegetables and White Rice and Granola P+ —	60	102

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95095	Teriyaki Stir Fry Vegetables over Rice, Sweet Pineapple & Apples, 100% Grape Juice and String Cheese	81	110
95238	Four Cheese Ravioli with Garlic Basil Butter Sauce and Seasoned Green Beans, Applesauce and Oatmeal Raisin Cookie	42	96
95303	Sweet and Sour Chicken with Stir Fry Vegetables and White Rice, Whole Wheat Bread and Peanut Butter	67	100
95402	Southwestern Style Chicken with Vegetable Hash and White Rice and Oatmeal Raisin Cookie	61	101
95427	Chicken Alfredo Pasta and Seasoned Vegetables and Chocolate Cookie	47	82
95768	Korean Style BBQ Meatballs, White Rice and Broccoli and Gingerbread Cookie	61	98
95800	Mexican Style Beef Macaroni and Cheese with Fiesta Blend Vegetables	55	67
95905	Beef Soft Tacos with Cheese and Santa Fe Style Rice and Flour Tortillas	49	87
96131	Creamy Garlic and Rosemary Risotto with Seasoned Sweet Potatoes and Whole Wheat Bread	69	95
96147	Whole Wheat Rotini with Pesto Sauce and Seasoned Vegetables and Gingerbread Cookie	48	86
96163	Hawaiian Style Stir Fry Rice with Ham and Sweet Pineapple and Apples and Almonds	68	87

	Cheese Tortellini, Marinara Sauce, and Seasoned Peas and Chocolate Cookie	55	90
96169	Gluten Free Rotini with Pesto Sauce and Seasoned Peas, Whole Wheat Bread and 100% Apple Juice	54	96
96226	Beef and Broccoli with Brown Rice and Gingerbread Cookie	54	91
BREAKFAST MEALS			CARBS (g)
95110	Breakfast Pork Sausage Gravy with Buttermilk Biscuit and Peaches & Cherries, Whole Wheat Bread and Peanut Butter		
95160	Cheese Omelet, French Toast Sticks and Brown Sugar Peaches & Apples, 100% Apple Juice and Syrup		
95175	Cheesy Egg Scramble with Ham and Apples & Cranberries, 100% Orange-Tangerine Juice, Whole Wheat Bread and Peanut Butter		
95274	Breakfast Skillet (Pork Sausage, Scrambled Eggs, Potatoes, Cheese) and Fruit Crisp		
95277	Whole Grain Pancakes with Pork Sausage Patty and Cranberry-Apple Crisp and Syrup		
95431	Cowboy Breakfast Skillet and Cranberry Apple Crisp, Whole Wheat Bread and Peanut Butter		

Symbols indicate meals also support these conditions

 Heart Friendly  Lower Sodium  Diabetes Friendly
 Protein Plus  Vegetarian  Gluten Free
 Renal Friendly  Customer Favorite
 Available for a limited time

Carbohydrates (CARBS) are shown for the **entrée only** and the entrée plus extras.

BREAKFAST MEALS (cont.)		CARBS (g)	
95513	Pork Sausage Breakfast Burrito and Spiced Fruit Medley and Flour Tortillas	37	75
95592	Farmer's Breakfast Scramble (Eggs, Pork, Breakfast Gravy, Cheese and Biscuit) and Cinnamon Apple Crisp	59	71
95594	Cheesy Egg and Turkey Scramble with Cranberry Rice Pudding, Whole Wheat Bread and Peanut Butter	38	71
95772	Cheese Omelet with Ham Patty and Spiced Fruit Medley and Granola	30	72
95896	French Toast Sticks and Chipotle Berry Sauce and Granola	66	108

95919	Buttermilk Pancakes with Egg Patty and Cinnamon Apple Crisp and Syrup	75	114
95924	Breakfast Sandwich (Pork Sausage, Egg, Cheese) and Brown Sugar Peaches & Apples and Whole Wheat English Muffin	23	57
96182	Vegetarian Breakfast Skillet with Ranchero Sauce and Cheesy Potatoes and Granola	46	88
96210	Maple Waffle, Pork Sausage Patty and Cinnamon Apple Crisp	58	71
96231	Peaches & Cream Oatmeal with Scrambled Eggs, Whole Wheat Bread and Peanut Butter	41	74

Symbols indicate meals also support these conditions

Heart Friendly Lower Sodium Diabetes Friendly

Protein Plus Vegetarian Gluten Free

Renal Friendly Customer Favorite

Available for a limited time

REFRIGERATE MEALS UPON ARRIVAL

Phone order deadline is Tuesday at 5 PM CST for delivery the following week.

To learn more about how our menus can support a variety of health conditions, visit: momsmeals.com/ourmenus

Please select the meals that are most appropriate for your dietary needs.

All meals include milk or milk alternative.

*Renal Friendly meals do not include milk.

Menus are subject to change.

As with any kitchen, there are times when availability of ingredients can fluctuate causing us to utilize alternative options with like nutritionals.

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