

# 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+  	50	86
95172	Homestyle Meatloaf with Potatoes and Vegetables and Whole Wheat Bread  P+ 	47	73
95219	Swedish Style Meatballs with Creamy Mushroom Sauce over Pasta and Vegetables and Whole Wheat Bread  P+  	46	72
95258	Macaroni & Cheese and Vegetables and Oatmeal Raisin Cookie  P+  	49	89
95259	Beef Goulash-Style Sauce with Whole Wheat Rotini and Vegetables and Oatmeal Raisin Cookie   P+	53	93
95291	Beef Pepper Steak with Gravy over Penne Pasta and Spiced Fruit Crisp  P+  	67	79
95423	Cheesy Chicken and Rice with Broccoli and Cinnamon Apples and Chocolate Cookie  	54	89
95804	Ham Patty, Cheesy Potatoes and Sweet Pineapple Apple Crisp, Applesauce and Whole Wheat Bread P+	55	95
96168	Chicken Bacon Ranch Pasta and Vegetables, and Oatmeal Raisin Cookie   P+	39	79
96180	Creamy Chicken and Mushroom Casserole with Vegetables, Whole Wheat Bread, 100% Apple Juice and Butter Blend Cup P+	55	97
96191	BBQ Chicken Patty with Potatoes and Vegetables and Chocolate Cookie  P+ 	39	74

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 Butter Blend Cup  	61	87
95922	Tomato Soup with Pretzel Bites, Orange and Triple Chocolate Cookie    	45	103
96189	Sloppy Joe and Vegetables, Whole Wheat Hamburger Bun and Chocolate Cookie  P+ 	27	88
96213	White Bean and Ham Soup and Pretzel Bites and Chocolate Cookie  	38	73
96218	White Chicken Chili with Beans and Vegetables, Whole Wheat Bread and Butter Blend Cup  P+	37	64
INTERNATIONAL FLAVORS		CARBS (g)	
95013	Pasta & Meatballs with Marinara Sauce and Vegetables and Gingerbread Cookie   P+	58	95
95074	Chicken with Teriyaki Sauce, Stir Fry Vegetables and White Rice and Granola P+ 	64	106
95095	Teriyaki Stir Fry Vegetables over White Rice and Sweet Pineapple & Apples, 100% Grape Juice and String Cheese  	86	114
95238	Four Cheese Ravioli with Garlic Basil Butter Sauce and Vegetables, Applesauce and Oatmeal Raisin Cookie P+  	38	91

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95303	Sweet and Sour Chicken with Stir Fry Vegetables and White Rice, Whole Wheat Bread and Peanut Butter <b>P+</b>	69	102
95402	Southwestern Style Chicken with Vegetable Hash and White Rice and Oatmeal Raisin Cookie <b>P+</b>	61	102
95427	Chicken Alfredo Pasta and Vegetables and Chocolate Cookie <b>GF P+ R</b>	49	84
95768	Korean Style BBQ Meatballs, White Rice and Vegetables and Gingerbread Cookie <b>HF L S R</b>	64	101
95800	Mexican Style Beef Macaroni and Cheese with Vegetables <b>GF P+ R</b>	54	67
95905	Beef Soft Tacos with Cheese and Santa Fe Style Rice and Flour Tortillas <b>HF L S GF P+</b>	52	90
96124	<b>NEW!</b> Chicken Primavera with Whole Wheat Rotini and Blueberry & Peaches Crisp, Whole Wheat Bread and Peanut Butter <b>P+</b>	59	91
96131	Garlic and Rosemary Vegetable Risotto with Sweet Potatoes and Whole Wheat Bread <b>HF L S R</b>	64	91
96147	Whole Wheat Rotini with Pesto Sauce and Vegetables and Gingerbread Cookie <b>GF P+ R</b>	49	86
96163	Hawaiian Style Stir Fry Rice with Ham and Sweet Pineapple and Apples and Almonds	71	90
96169	Cheese Tortellini with Marinara Sauce and Vegetables and Chocolate Cookie <b>HF L S P+ R</b>	57	93
96204	Gluten Free Rotini with Pesto Sauce and Vegetables, Whole Wheat Bread and 100% Apple Juice <b>HF L S P+ R</b>	55	96
96226	Beef and Broccoli with Brown Rice and Gingerbread Cookie <b>HF L S P+ R</b>	57	91




BREAKFAST MEALS		CARBS (g)	
95110	Breakfast Pork Sausage Gravy with Buttermilk Biscuit and Peaches & Cherries, Whole Wheat Bread and Peanut Butter <b>GF P+ GF</b>	45	78
95159	Cheese Omelet with Ham Patty and Spiced Fruit Medley, 100% Orange Tangerine Juice and Granola <b>HF L S GF P+</b>	30	87
95160	Cheese Omelet, French Toast Sticks and Brown Sugar Peaches & Apples, 100% Apple Juice and Syrup <b>HF L S R</b>	44	98
95175	Cheesy Egg Scramble with Ham and Apples & Cranberries, 100% Orange-Tangerine Juice, Whole Wheat Bread and Peanut Butter <b>GF P+</b>	22	70
95274	Breakfast Skillet (Pork Sausage, Scrambled Eggs, Potatoes, Cheese) and Apple Cranberry Crisp <b>GF P+ R</b>	54	66
95277	Whole Grain Pancakes with Pork Sausage Patty and Apple Cranberry Crisp and Syrup <b>L S R</b>	56	95
95431	Cowboy Breakfast Skillet and Cranberry Apple Crisp, Whole Wheat Bread and Peanut Butter <b>L S P+</b>	53	86
95513	Pork Sausage Breakfast Burrito and Spiced Fruit Medley and Flour Tortillas <b>GF</b>	37	75
95592	Farmer's Breakfast Scramble (Eggs, Pork, Breakfast Gravy, Cheese and Biscuit) and Cinnamon Apple Crisp <b>GF P+ GF</b>	59	71

Symbols indicate meals also support these conditions

- HF** Heart Friendly
- L** Lower Sodium
- GF** Diabetes Friendly
- P+** Protein Plus
- R** Vegetarian
- GF** Gluten Free
- R** Renal Friendly
- Customer Favorite
- GF** Available for a limited time

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BREAKFAST MEALS (cont.)		CARBS (g)	
95594	Cheesy Egg and Turkey Scramble with Cranberry Rice Pudding, Whole Wheat Bread and Peanut Butter <b>P+</b>	42	75
95896	French Toast Sticks and Chipotle Berry Sauce and Granola 	66	108
95919	Buttermilk Pancakes with Egg Patty and Cinnamon Apple Crisp and Syrup 	80	119
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 	45	87
96210	Maple Waffle, Pork Sausage Patty and Cinnamon Apple Crisp 	59	71
96231	Peaches & Cream Oatmeal with Scrambled Eggs, Whole Wheat Bread and Peanut Butter <b>P+</b> 	40	73

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## 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](https://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 nutritional.

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