



Menu

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

AMERICAN CLASSICS		CARBS (g)	
025	Salisbury Steak with Savory Beef Gravy, White Rice and Vegetables and Chocolate Cookie ↓ ↓ P+ ♻️ —	53	89
258	Macaroni & Cheese and Seasoned Vegetables and Oatmeal Raisin Cookie ↓ ↓ P+ ♻️	48	86
423	Cheesy Chicken and Rice with Broccoli and Cinnamon Apples and Chocolate Cookie ↓ ↓ ♻️ —	51	87
498	Chicken Tender over Potatoes and Roasted Peppers & Onions and Smokehouse Creamed Corn and Oatmeal Raisin Cookie ↓ ↓ ♻️ — ⌚	36	75
904	Beef Little Smokies with Baked Beans and Seasoned Vegetables and Gingerbread Cookie ↓ ↓ ♻️	44	82
958	Homestyle Meatloaf with Pasta and Seasoned Vegetables, Whole Wheat Bread and Margarine ↓ ↓ P+ ♻️ —	49	76
137	Chicken Bacon Ranch Pasta and Seasoned Vegetables, and Chocolate Cookie ↓ ↓ P+ ♻️	39	75
SOUP OR SANDWICH		CARBS (g)	
189	NEW! Sloppy Joe and Seasoned Corn, Whole Wheat Hamburger Bun and Chocolate Cookie ↓ ↓ ♻️	22	83
315	Meatball Marinara Sandwich and Sweet Pineapple & Apple Crisp and Whole Wheat Bun ♥ ↓ ↓ P+	52	89

347	Cheeseburger and Cinnamon Apples and Whole Wheat Bun ↓ —	24	62
495	Chicken & Vegetable Pot Pie Soup and Cinnamon Apple Crisp, Whole Wheat Bread and Margarine ↓ ↓	63	89
699	White Bean and Ham Soup and Cornbread and Cookie ↓ ↓ ♻️	41	79
922	Tomato Soup with Pretzel Bites, Orange and Triple Chocolate Cookie ♥ ↓ ↓ ♻️	42	97
INTERNATIONAL FLAVORS		CARBS (g)	
013	Pasta & Meatballs with Marinara Sauce and Seasoned Vegetables and Gingerbread Cookie ♥ ↓ ↓ P+	57	95
427	Chicken Alfredo Pasta and Seasoned Vegetables and Fig Bar ♥ ↓ ↓ P+ ♻️	47	91
559	Pasta Primavera with Ham and Cornbread and Cookie ↓ P+	59	90
768	Korean Style BBQ Meatballs, White Rice and Seasoned Vegetables and Gingerbread Cookie ♥ ↓ ↓ ♻️	61	99

Symbols indicate meals also support these conditions

♥ Heart Friendly ↓ Lower Sodium ↓ Diabetes Friendly

P+ Protein Plus ♻️ Vegetarian ⚡ Gluten Free

♻️ Renal Friendly — Customer Favorite

⌚ Available for a limited time

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INTERNATIONAL FLAVORS (cont.)			CARBS (g)	
800	Mexican Style Beef Macaroni and Cheese with Fiesta Blend Vegetables ⚡ P+	55	67	
905	Beef Soft Tacos with Cheese and Santa Fe Style Rice and Flour Tortillas ⚡ P+	50	87	
147	Whole Wheat Rotini with Pesto Sauce and Seasoned Vegetables and Fig Bar ↓ ⚡ 🌱 🍴	45	89	

BREAKFAST MEALS			CARBS (g)	
277	Whole Grain Pancakes with Pork Sausage Patty and Cranberry-Apple Crisp and Syrup ↓ ⚡ 🍴	59	100	
418	Cowboy Breakfast Skillet and Cranberry Apple Crisp and Fig Bar ♥ ↓ ⚡ 🍴	52	96	
594	Cheesy Egg and Turkey Scramble with Cranberry Rice Pudding, Whole Wheat Bread and Peanut Butter ⚡ P+	39	71	

919	Buttermilk Pancakes with Egg Patty and Cinnamon Apple Crisp and Syrup ♥ ↓ 🌱 🍴	75	115	
924	Breakfast Sandwich (Pork Sausage, Egg, Cheese) and Brown Sugar Peaches & Apples and Whole Wheat English Muffin ⚡ P+	23	58	
142	Strawberries & Cream Oatmeal and Scrambled Eggs, Whole Wheat Bread and Peanut Butter ⚡ P+ 🌱	39	71	

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REFRIGERATE MEALS UPON ARRIVAL

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.

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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