



Menu

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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
95258	Macaroni & Cheese and Seasoned Vegetables and Oatmeal Raisin Cookie ↓ ⚡ P+ ♻️ —	47	88
95423	Cheesy Chicken and Rice with Broccoli and Cinnamon Apples and Chocolate Cookie ↓ ♻️ —	51	86
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
SOUP OR SANDWICH		CARBS (g)	
95495	Chicken & Vegetable Pot Pie Soup and Cinnamon Apple Crisp, Whole Wheat Bread and Margarine ↓ ♻️	61	87
96213	White Bean and Ham Soup and Pretzel Bites and Chocolate Cookie ↓ ⚡ P+ ♻️	40	75
INTERNATIONAL FLAVORS		CARBS (g)	
95013	Pasta & Meatballs with Marinara Sauce and Seasoned Vegetables and Gingerbread Cookie ♥ ↓ ⚡ P+	56	93
95427	Chicken Alfredo Pasta and Seasoned Vegetables and Chocolate Cookie ↓ ⚡ P+ ♻️ —	47	82

95800	Mexican Style Beef Macaroni and Cheese with Fiesta Blend Vegetables ⚡ P+	55	67
95905	Beef Soft Tacos with Cheese and Santa Fe Style Rice and Flour Tortillas ♥ ↓ ⚡ P+	49	87
96147	Whole Wheat Rotini with Pesto Sauce and Seasoned Vegetables and Gingerbread Cookie ↓ ⚡ P+ ♻️ ♻️	48	86
96162	Hawaiian Style Stir Fry Rice with Ham and Sweet Pineapple and Apples and Chocolate Cookie	68	104
96169	Cheese Tortellini, Marinara Sauce, and Seasoned Peas and Chocolate Cookie ♥ ↓ ⚡ P+ ♻️ ♻️	55	90
96204	Gluten Free Rotini with Pesto Sauce and Seasoned Peas, Whole Wheat Bread and 100% Apple Juice ♥ ↓ ⚡ P+ ♻️	54	96
BREAKFAST MEALS		CARBS (g)	
95110	Breakfast Pork Sausage Gravy with Buttermilk Biscuit and Peaches & Cherries, Whole Wheat Bread and Peanut Butter ⚡ P+	45	78
95274	Breakfast Skillet (Pork Sausage, Scrambled Eggs, Potatoes, Cheese) and Fruit Crisp ↓ ⚡ P+	54	66
95277	Whole Grain Pancakes with Pork Sausage Patty and Cranberry Apple Crisp and Syrup ↓ —	53	93

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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95431	Cowboy Breakfast Skillet and Cranberry Apple Crisp Whole Wheat Bread and Peanut Butter ↓ ⚡ P+	47	79
95513	NEW! Pork Sausage Breakfast Burrito and Spiced Fruit Medley and Flour Tortillas ⚡	37	75
95592	NEW! Farmer's Breakfast Scramble (Eggs, Pork, Breakfast Gravy, Cheese and Biscuit) and Cinnamon Apple Crisp ⚡ P+	59	71
95594	Cheesy Egg and Turkey Scramble with Cranberry Rice Pudding, Whole Wheat Bread and Peanut Butter P+ —	38	71

95919	Buttermilk Pancakes with Egg Patty and Cinnamon Apple Crisp and Syrup ♥ ↓ ✂️ 🍴 —	75	114
96210	Maple Waffle, Egg Patty, Pork Sausage Patty and Cinnamon Apple Crisp ↓ 🍴	58	71
96231	Peaches & Cream Oatmeal with Scrambled Eggs, Whole Wheat Bread and Peanut Butter P+ ✂️	41	74

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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

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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