



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
137	Chicken Bacon Ranch Pasta and Seasoned Vegetables, and Chocolate Cookie ↓ ♡ P+ ♡	39	75
258	Macaroni & Cheese and Seasoned Vegetables and Oatmeal Raisin Cookie ↓ ♡ P+ ♡	47	86
423	Cheesy Chicken and Rice with Broccoli and Cinnamon Apples and Chocolate Cookie ↓ ♡ ♡ —	51	87
904	Beef Little Smokies with Baked Beans and Seasoned Vegetables and Gingerbread Cookie ↓ ♡ ♡	44	83
958	Homestyle Meatloaf with Pasta and Seasoned Vegetables, Whole Wheat Bread and Margarine ↓ ♡ P+ ♡ —	49	76
SOUP OR SANDWICH		CARBS (g)	
189	Sloppy Joe and Seasoned Corn, Whole Wheat Hamburger Bun and Chocolate Cookie ↓ ♡ P+ ♡	27	89
315	Meatball Marinara Sandwich and Cinnamon Apple Crisp and Whole Wheat Bun ♡ ↓ ♡ P+	50	88
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
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+	56	94
147	Whole Wheat Rotini with Pesto Sauce and Seasoned Vegetables and Gingerbread Cookie ↓ ♡ ♡ ♡	45	83
427	Chicken Alfredo Pasta and Seasoned Vegetables and Chocolate Cookie ↓ ♡ P+ ♡	47	83
768	Korean Style BBQ Meatballs, White Rice and Seasoned Vegetables and Gingerbread Cookie ♡ ↓ ♡	61	100
800	Mexican Style Beef Macaroni and Cheese with Fiesta Blend Vegetables ♡ P+	56	69
905	Beef Soft Tacos with Cheese and Santa Fe Style Rice and Flour Tortillas ♡ P+	50	88

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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BREAKFAST MEALS		CARBS (g)	
142	Strawberries & Cream Oatmeal and Scrambled Eggs, Whole Wheat Bread and Peanut Butter   	39	71
277	Whole Grain Pancakes with Pork Sausage Patty and Cranberry-Apple Crisp and Syrup    	59	100
431	Cowboy Breakfast Skillet and Cranberry Apple Crisp Whole Wheat Bread and Peanut Butter    	52	84

594	Cheesy Egg and Turkey Scramble with Cranberry Rice Pudding, Whole Wheat Bread and Peanut Butter  	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   	23	58

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

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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