



Menu

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or by phone at: **866-204-6111** M-F 7 AM to 6 PM CST

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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+ 🍷	51	86
95172	Homestyle Meatloaf, Potatoes and Vegetables and Whole Wheat Bread 🍷 🍷 P+	53	80
95258	Macaroni & Cheese and Vegetables, Whole Wheat Bread and Butter Blend Cup 🍷 P+ 🍷	53	79
95423	IMPROVED Cheesy Chicken, Rice, Broccoli and Cinnamon Apples and Chocolate Cookie 🍷 🍷	52	87
95904	Beef Little Smokies with Baked Beans and Mixed Vegetables and Gingerbread Cookie 🍷	43	81
96168	Chicken Bacon Ranch Pasta and Vegetables, and Oatmeal Raisin Cookie 🍷 🍷 P+	39	78
96213	White Bean and Ham Soup and Pretzel Bites and Chocolate Cookie 🍷 🍷	38	73
96268	NEW Chicken Pot Pie Pasta and Apple & Cranberry Crisp, Whole Wheat Bread and Butter Blend 🍷 🍷 P+	66	92
96277	HOLIDAY MEAL Turkey with Poultry Gravy, Potato Medley and Green Bean Casserole, Whole Wheat Dinner Roll and Gingerbread Cookie P+	42	95
INTERNATIONAL FLAVORS		CARBS (g)	
95013	Pasta & Meatballs with Marinara Sauce and Vegetables and Gingerbread Cookie 🍷 🍷 P+	58	95
95427	Chicken Alfredo Pasta and Vegetables and Chocolate Cookie 🍷 P+ 🍷	49	84

95768	Korean Style BBQ Sauce with Meatballs, White Rice and Vegetables and Gingerbread Cookie 🍷 🍷	69	107
95800	Mexican Style Beef Macaroni and Cheese with Vegetables P+ 🍷	58	70
95905	IMPROVED Beef Soft Tacos with Cheese and Santa Fe Style Rice, and Flour Tortillas 🍷 P+	52	90
96131	Garlic and Rosemary Vegetable Risotto and Sweet Potatoes, Whole Wheat Bread and Butter Blend Cup 🍷	59	86
96147	Whole Wheat Rotini with Pesto Sauce and Vegetables and Gingerbread Cookie P+ 🍷	55	93
96162	IMPROVED Hawaiian Style Stir Fry Rice with Ham and Pineapple and Apples and Chocolate Cookie	69	105
96169	Cheese Tortellini with Marinara Sauce and Vegetables and Chocolate Cookie 🍷 🍷 🍷 🍷 🍷 🍷	55	90
BREAKFAST MEALS		CARBS (g)	
95274	Breakfast Skillet (Pork Sausage, Scrambled Eggs, Potatoes, Cheese) and Apple Cranberry Crisp P+	62	74
95277	Whole Grain Pancakes with Pork Sausage Patty and Apple Cranberry Crisp and Syrup	58	100
95431	Cowboy Breakfast Skillet and Apple Cranberry Crisp, Whole Wheat Bread and Peanut Butter 🍷 P+	54	87

Symbols indicate meals also support these conditions

- ♥ Heart Friendly 🍷 Lower Sodium
- 🍷 Diabetes Friendly P+ Protein Plus 🍷 Vegetarian
- 🍷 Gluten Free 🍷 Renal Friendly

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BREAKFAST MEALS (cont.)		CARBS (g)	
95513	IMPROVED Pork Sausage Breakfast Burrito and Spiced Fruit Medley and Flour Tortillas 🍷	40	78
95592	Farmers Breakfast Scramble and Cinnamon Apple Crisp 🍷 P+	54	66
95594	IMPROVED Cheesy Egg Turkey Scramble and Cranberry Rice Pudding, Whole Wheat Bread and Peanut Butter 🍷 P+	41	73
95896	French Toast Sticks and Chipotle Berry Sauce and Granola ♥️ ⚡️ 🍴 🍷	72	115
95919	IMPROVED Buttermilk Pancakes, Egg Patty, and Cinnamon Apple Crisp and Syrup ♥️ ⚡️ 🍴 🍷	73	115

96210	IMPROVED Maple Waffle, Pork Sausage Patty and Cinnamon Apple Crisp 🍷	57	69
96231	IMPROVED Peaches & Cream Oatmeal and Scrambled Eggs, Whole Wheat Bread and Peanut Butter 🍷 P+ 🍴	40	73
97151	Breakfast Pork Sausage Gravy with Buttermilk Biscuit and Peaches & Cherry Crisp 🍷	62	74

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REFRIGERATE MEALS UPON ARRIVAL

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

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.

Meals marked with **IMPROVED** meet one or more of the following criteria: **20% or more increase** in fiber, **20% or more reduction** in sodium, **20% or more reduction** in calories from saturated fats or **20% or more reduction** of added sugars.

Menus are subject to change.

Ingredients and nutrition information may vary as we continue to improve and enhance our meals. For the most up-to-date menu, ingredient and nutrition information, or to learn how our menus can support a variety of health conditions, please visit momsmeals.com/ourmenus.

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