

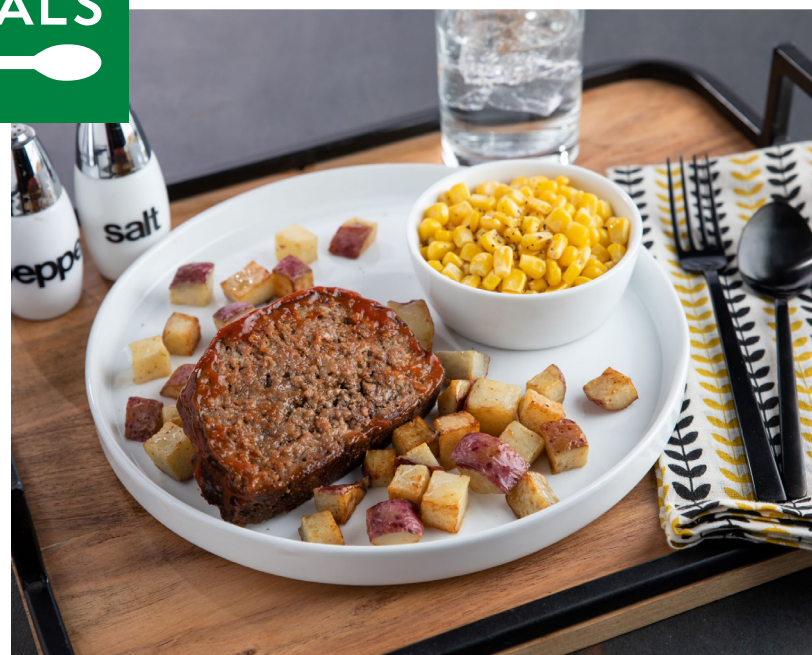
Menu

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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
146	Beef Stew and Cornbread, Apple Juice and Cookie ♥️ ↓ ⚡ —	40	93
172	Homestyle Meatloaf with Potatoes and Seasoned Vegetables and Whole Wheat Bread ↓ ⚡ P+ —	47	74
219	Swedish Style Meatballs with Creamy Mushroom Gravy over Pasta and Seasoned Vegetables and Apple Juice ↓ ⚡ —	48	75
258	Macaroni & Cheese and Seasoned Vegetables and Oatmeal Raisin Cookie ↓ ⚡ P+ ✂️ —	48	86
259	Beef Goulash over Whole Wheat Pasta and Seasoned Vegetables and Cookie ♥️ ↓ ⚡ P+	53	91
291	Beef Pepper Steak with Gravy over Pasta and Spiced Fruit Crisp ↓ P+ ♻️ —	69	82
415	Cheesy Chicken and Rice with Broccoli and Cinnamon Apples and Cookie ⚡	51	89
498	Chicken Tender over Potatoes and Roasted Peppers & Onions and Smokehouse Creamed Corn and Oatmeal Raisin Cookie ↓ ⚡ ♻️ — 🌱	36	75
589	Ham Patty, Cheesy Potatoes, and Cinnamon Apples, Orange and Chocolate Pudding ⚡ 🌱	37	91
904	Beef Little Smokies with Baked Beans and Seasoned Vegetables and Gingerbread Cookie ↓ ⚡ ♻️	44	82

137	Chicken Bacon Ranch Pasta and Seasoned Vegetables, and Chocolate Cookie ↓ ⚡ P+ ♻️	39	75
179	NEW! Creamy Chicken and Mushroom Casserole with Mixed Vegetables, Whole Wheat Bread and Apple Juice ⚡ P+	53	94
SOUP OR SANDWICH		CARBS (g)	
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
726	Beef Chili with Beans and Cornbread with Chocolate Cookie ↓ ⚡ P+ ♻️	41	77
922	Tomato Soup with Pretzel Bites, Orange and Triple Chocolate Cookie ♥️ ↓ ⚡ ✂️ ♻️	42	97
172	NEW! Sloppy Joe and Seasoned Corn, Whole Wheat Hamburger Bun and Chocolate Cookie ↓ ⚡	22	83
INTERNATIONAL FLAVORS		CARBS (g)	
074	Chicken Teriyaki with Stir Fry Vegetables and White Rice, Apple Juice and Chocolate Cookie P+ —	63	113
095	Teriyaki Stir Fry Vegetables over Rice and Sweet Pineapple & Apples, Orange and String Cheese ✂️ 🌱	86	116

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238	Four Cheese Ravioli with Garlic Basil Butter Sauce and Seasoned Green Beans, Applesauce and Cookie 🍷 🍴	35	87
303	NEW! Sweet and Sour Chicken with Stir Fry Vegetables and White Rice, Whole Wheat Bread and Peanut Butter ❤️ ↓ 🍷 P+ 🍴	60	93
402	Southwestern Style Chicken with Vegetable Hash and White Rice and Fig Bar ❤️ ↓ 🍷 P+	61	105
427	NEW! Chicken Alfredo Pasta and Seasoned Vegetables and Fig Bar ❤️ ↓ 🍷 P+ 🍴	47	91
559	Pasta Primavera with Ham and Cornbread and Cookie 🍷 P+	59	90
744	Pasta & Meatballs with Marinara Sauce and Seasoned Vegetables, Whole Wheat Bread and Orange ❤️ ↓ 🍷 P+	57	101
768	Korean Style BBQ Meatballs, White Rice and Seasoned Vegetables and Gingerbread Cookie ❤️ ↓ 🍷 🍴	61	99
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
131	Creamy Garlic and Rosemary Risotto with Seasoned Sweet Potatoes and Whole Wheat Bread ❤️ ↓ P+ 🍴	70	96
147	Whole Wheat Rotini with Pesto Sauce and Seasoned Vegetables and Fig Bar ↓ 🍷 🍴	45	89
163	Hawaiian Style Stir Fry Rice with Ham and Sweet Pineapple and Apples and Almonds	69	87

169	NEW! Cheese Tortellini, Marinara Sauce, and Seasoned Peas and Chocolate Cookie ❤️ ↓ 🍷 🍴 🍴	54	90
BREAKFAST MEALS		CARBS (g)	
159	Cheese Omelet with Ham Patty and Spiced Fruit Medley, Orange Juice and Granola ↓ 🍷 P+	30	86
160	Cheese Omelet, French Toast Sticks and Brown Sugar Peaches & Apples, Apple Juice and Syrup ❤️ ↓ 🍷 P+ 🍴	44	99
175	Cheesy Egg Scramble with Ham and Cranberries & Apples, Orange, Whole Wheat Bread and Peanut Butter 🍷 P+	29	79
274	Breakfast Skillet (Pork Sausage, Scrambled Eggs, Potatoes, Cheese) and Cinnamon Apple Crisp ↓ 🍷 P+ 🍴 🍴	59	71
418	Cowboy Breakfast Skillet and Cranberry Apple Crisp and Fig Bar ❤️ ↓ 🍷 🍴	52	96
513	Pork Sausage Breakfast Burrito and Spiced Fruit Medley and Flour Tortillas 🍷	37	75
594	Cheesy Egg and Turkey Scramble with Cranberry Rice Pudding, Whole Wheat Bread and Peanut Butter 🍷 P+	39	71
888	Whole Grain Pancakes with Pork Sausage Patty and Cranberry-Apple Crisp, Syrup and Orange Juice ❤️ ↓	59	114

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 (cont.)		CARBS (g)	
896	French Toast Sticks, Turkey Sausage Links and Chipotle Berry Sauce, Granola and Margarine ♥ ↓ 🍷 P+ 🍷 —	56	98
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
182	NEW! Vegetarian Breakfast Skillet with Ranchero Sauce and Cinnamon Apples and Granola ♥ ↓ 🍷 🍷	61	103

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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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 nutritionals.

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