

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

070825-080425/7788

BREAKFAST MEALS (cont.)		CARBS (g)	
431	Cowboy Breakfast Skillet and Cranberry Apple Crisp, Whole Wheat Bread and Peanut Butter ↓ ⚡ P+ —	52	84
513	Pork Sausage Breakfast Burrito and Spiced Fruit Medley and Flour Tortillas ⚡	37	74
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-Tangerine Juice ♥ ↓ ⚡ ♿	59	114

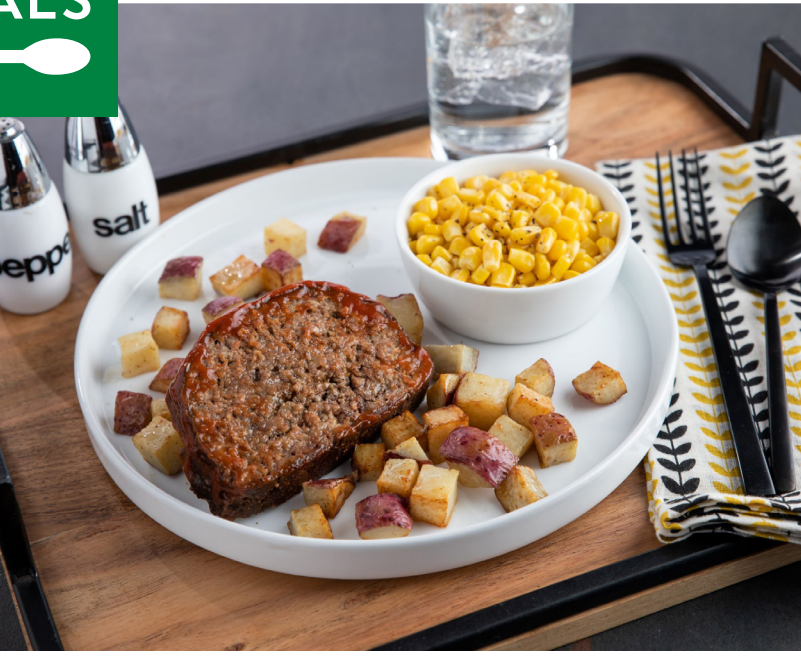
919	Buttermilk Pancakes with Egg Patty and Cinnamon Apple Crisp and Syrup ♥ ↓ ♿ —	75	115
924	Breakfast Sandwich (Pork Sausage, Egg, Cheese) and Brown Sugar Peaches & Apples and Whole Wheat English Muffin ⚡ P+ —	23	58

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

Menu

The only home-delivered meal program to offer choice of every meal... we think you deserve it!



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.

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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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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
172	Homestyle Meatloaf with Potatoes and Seasoned Vegetables and Whole Wheat Bread ↓ ⚡ P+ 🥄	47	74
179	Creamy Chicken and Mushroom Casserole with Mixed Vegetables, Whole Wheat Bread and Apple Juice ⚡ P+	53	94
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+ ✂️ 🥄	47	86
259	Beef Goulash over Whole Wheat Pasta and Seasoned Vegetables and Oatmeal Raisin Cookie ♥️ ↓ ⚡ P+	53	91
291	Beef Pepper Steak with Gravy over Pasta and Spiced Fruit Crisp ↓ P+ ♻️ 🥄	69	82
423	Cheesy Chicken and Rice with Broccoli and Cinnamon Apples and Triple Chocolate Cookie ⚡ 🥄	51	88

589	Ham Patty, Cheesy Potatoes, and Cinnamon Apples, Orange and Vanilla Pudding ⚡ ✂️	37	90
904	Beef Little Smokies with Baked Beans and Seasoned Vegetables and Gingerbread Cookie ↓ ⚡ ♻️	44	83
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)	
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 Cinnamon Apples, Grape Juice and String Cheese ✂️ ✂️	86	113

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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 Gingerbread Cookie ↓ ⚡ ✂️ ♻️	45	83
163	Hawaiian Style Stir Fry Rice with Ham and Sweet Pineapple and Apples and Almonds	69	87
169	Cheese Tortellini, Marinara Sauce, and Seasoned Peas and Chocolate Cookie ♥️ ↓ ⚡ ✂️ ♻️	54	90
238	Four Cheese Ravioli with Garlic Basil Butter Sauce and Seasoned Green Beans, Applesauce and Oatmeal Raisin Cookie ⚡ ✂️	35	87
303	Sweet and Sour Chicken with Stir Fry Vegetables and White Rice, Whole Wheat Bread and Peanut Butter ♥️ ↓ P+	67	99
402	Southwestern Style Chicken with Vegetable Hash and White Rice and Oatmeal Raisin Cookie ♥️ ↓ ⚡ P+	60	98
427	Chicken Alfredo Pasta and Seasoned Vegetables and Chocolate Cookie ↓ ⚡ P+ ♻️	47	83
744	Pasta & Meatballs with Marinara Sauce and Seasoned Vegetables, Whole Wheat Bread and Applesauce ♥️ ↓ ⚡ P+	56	96
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
BREAKFAST MEALS		CARBS (g)	
142	Strawberries & Cream Oatmeal and Scrambled Eggs, Whole Wheat Bread and Peanut Butter ⚡ P+ ✂️	39	71
159	Cheese Omelet with Ham Patty and Spiced Fruit Medley, Orange Tangerine Juice and Granola ↓ ⚡ P+	30	86
160	Cheese Omelet, French Toast Sticks and Brown Sugar Peaches & Apples, Apple Juice and Syrup ♥️ ↓ ⚡ ✂️ ♻️ 🥄	44	99
175	Cheesy Egg Scramble with Ham and Cranberries & Apples, Orange-Tangerine Juice, Whole Wheat Bread and Peanut Butter ⚡ P+	29	75
182	Vegetarian Breakfast Skillet with Ranchero Sauce and Cheesy Potatoes and Granola ♥️ ↓ ⚡ P+ ✂️	47	89
274	Breakfast Skillet (Pork Sausage, Scrambled Eggs, Potatoes, Cheese) and Fruit Crisp ↓ ⚡ P+ 🥄	54	66

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