

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

| BREAKFAST MEALS (cont.) | | CARBS (g) | |
|----------------------------|--|-----------|-----|
| 95594 | Cheesy Egg and Turkey Scramble with Cranberry Rice Pudding, Whole Wheat Bread and Peanut Butter P+ | 42 | 75 |
| 95896 | French Toast Sticks and Chipotle Berry Sauce and Granola ♥ ↓ ↘ ↙ | 66 | 108 |
| 95919 | Buttermilk Pancakes with Egg Patty and Cinnamon Apple Crisp and Syrup ♥ ↓ ↘ ↙ | 80 | 119 |
| 95924 | Breakfast Sandwich (Pork Sausage, Egg, Cheese) and Brown Sugar Peaches & Apples and Whole Wheat English Muffin Ⓢ P+ | 23 | 57 |

| | | | |
|-------|--|----|----|
| 96182 | Vegetarian Breakfast Skillet with Ranchero Sauce and Cheesy Potatoes and Granola ↓ Ⓢ P+ ↘ | 45 | 87 |
| 96210 | Maple Waffle, Pork Sausage Patty and Cinnamon Apple Crisp ↙ | 59 | 71 |
| 96231 | Peaches & Cream Oatmeal with Scrambled Eggs, Whole Wheat Bread and Peanut Butter ↘ P+ | 40 | 73 |

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

050526-070626/7788

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



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 nutritional.

SUBSCRIBE TO THE FULL SCOOP!

Sign up to be educated and inspired with snackable stories that demonstrate how nourishing food impacts us all. You can get additional stories, information, insights and more from Mom's Meals!

momsmeals.com/TheFullScoop



Scan to order online

ORDER DEADLINE: Tuesday at 5 PM CST for delivery the following week

ORDER ONLINE ANYTIME AT:

momsmeals.com/login

































or by phone at: **866-204-6111**




























M-F 7 AM to 6 PM CST


























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
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| AMERICAN CLASSICS | | CARBS (g) | |
|-------------------|---|-----------|----|
| 95025 | Salisbury Steak with Savory Beef Gravy, White Rice and Vegetables and Chocolate Cookie     | 50 | 86 |
| 95172 | Homestyle Meatloaf with Potatoes and Vegetables and Whole Wheat Bread    | 47 | 73 |
| 95219 | Swedish Style Meatballs with Creamy Mushroom Sauce over Pasta and Vegetables and Whole Wheat Bread     | 46 | 72 |
| 95258 | Macaroni & Cheese and Vegetables and Oatmeal Raisin Cookie     | 49 | 89 |
| 95259 | Beef Goulash-Style Sauce with Whole Wheat Rotini and Vegetables and Oatmeal Raisin Cookie    | 53 | 93 |
| 95291 | Beef Pepper Steak with Gravy over Penne Pasta and Spiced Fruit Crisp     | 67 | 79 |
| 95423 | Cheesy Chicken and Rice with Broccoli and Cinnamon Apples and Chocolate Cookie   | 54 | 89 |
| 95804 | Ham Patty, Cheesy Potatoes and Sweet Pineapple Apple Crisp, Applesauce and Whole Wheat Bread  | 55 | 95 |
| 96168 | Chicken Bacon Ranch Pasta and Vegetables, and Oatmeal Raisin Cookie    | 39 | 79 |
| 96180 | Creamy Chicken and Mushroom Casserole with Vegetables, Whole Wheat Bread, 100% Apple Juice and Butter Blend Cup  | 55 | 97 |
| 96191 | BBQ Chicken Patty with Potatoes and Vegetables and Chocolate Cookie    | 39 | 74 |

| SOUP OR SANDWICH | | CARBS (g) | |
|-----------------------|--|-----------|-----|
| 95315 | Meatball Marinara Sandwich and Cinnamon Apple Crisp and Whole Wheat Bun    | 50 | 88 |
| 95347 | Cheeseburger and Cinnamon Apples and Whole Wheat Bun    | 24 | 62 |
| 95495 | Chicken & Vegetable Pot Pie Soup and Cinnamon Apple Crisp, Whole Wheat Bread and Butter Blend Cup   | 61 | 87 |
| 95922 | Tomato Soup with Pretzel Bites, Orange and Triple Chocolate Cookie     | 45 | 103 |
| 96189 | Sloppy Joe and Vegetables, Whole Wheat Hamburger Bun and Chocolate Cookie    | 27 | 88 |
| 96213 | White Bean and Ham Soup and Pretzel Bites and Chocolate Cookie   | 38 | 73 |
| 96218 | White Chicken Chili with Beans and Vegetables, Whole Wheat Bread and Butter Blend Cup   | 37 | 64 |
| INTERNATIONAL FLAVORS | | CARBS (g) | |
| 95013 | Pasta & Meatballs with Marinara Sauce and Vegetables and Gingerbread Cookie    | 58 | 95 |
| 95074 | Chicken with Teriyaki Sauce, Stir Fry Vegetables and White Rice and Granola   | 64 | 106 |
| 95095 | Teriyaki Stir Fry Vegetables over White Rice and Sweet Pineapple & Apples, 100% Grape Juice and String Cheese   | 86 | 114 |
| 95238 | Four Cheese Ravioli with Garlic Basil Butter Sauce and Vegetables, Applesauce and Oatmeal Raisin Cookie  | 38 | 91 |
| 95303 | Sweet and Sour Chicken with Stir Fry Vegetables and White Rice, Whole Wheat Bread and Peanut Butter | 69 | 102 |

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| 95402 | Southwestern Style Chicken with Vegetable Hash and White Rice and Oatmeal Raisin Cookie  | 61 | 102 |
| 95427 | Chicken Alfredo Pasta and Vegetables and Chocolate Cookie    | 49 | 84 |
| 95768 | Korean Style BBQ Meatballs, White Rice and Vegetables and Gingerbread Cookie    | 64 | 101 |
| 95800 | Mexican Style Beef Macaroni and Cheese with Vegetables    | 54 | 67 |
| 95905 | Beef Soft Tacos with Cheese and Santa Fe Style Rice and Flour Tortillas     | 52 | 90 |
| 96124 | NEW! Chicken Primavera with Whole Wheat Rotini and Blueberry & Peaches Crisp, Whole Wheat Bread and Peanut Butter  | 59 | 91 |
| 96131 | Garlic and Rosemary Vegetable Risotto with Sweet Potatoes and Whole Wheat Bread     | 64 | 91 |
| 96147 | Whole Wheat Rotini with Pesto Sauce and Vegetables and Gingerbread Cookie     | 49 | 86 |
| 96163 | Hawaiian Style Stir Fry Rice with Ham and Sweet Pineapple and Apples and Almonds | 71 | 90 |
| 96169 | Cheese Tortellini with Marinara Sauce and Vegetables and Chocolate Cookie | 57 | 93 |
| 96204 | Gluten Free Rotini with Pesto Sauce and Vegetables, Whole Wheat Bread and 100% Apple Juice | 55 | 96 |
| 96226 | Beef and Broccoli with Brown Rice and Gingerbread Cookie | 55 | 93 |

| BREAKFAST MEALS | | CARBS (g) | |
|-----------------|--|-----------|----|
| 95110 | Breakfast Pork Sausage Gravy with Buttermilk Biscuit and Peaches & Cherries, Whole Wheat Bread and Peanut Butter    | 45 | 78 |
| 95159 | Cheese Omelet with Ham Patty and Spiced Fruit Medley, 100% Orange Tangerine Juice and Granola     | 30 | 87 |
| 95160 | Cheese Omelet, French Toast Sticks and Brown Sugar Peaches & Apples, 100% Apple Juice and Syrup      | 44 | 98 |
| 95175 | Cheesy Egg Scramble with Ham and Apples & Cranberries, 100% Orange-Tangerine Juice, Whole Wheat Bread and Peanut Butter   | 22 | 70 |
| 95274 | Breakfast Skillet (Pork Sausage, Scrambled Eggs, Potatoes, Cheese) and Apple Cranberry Crisp    | 54 | 66 |
| 95277 | Whole Grain Pancakes with Pork Sausage Patty and Apple Cranberry Crisp and Syrup    | 56 | 95 |
| 95431 | Cowboy Breakfast Skillet and Cranberry Apple Crisp, Whole Wheat Bread and Peanut Butter    | 53 | 86 |
| 95513 | Pork Sausage Breakfast Burrito and Spiced Fruit Medley and Flour Tortillas  | 37 | 75 |
| 95592 | Farmer's Breakfast Scramble (Eggs, Pork, Breakfast Gravy, Cheese and Biscuit) and Cinnamon Apple Crisp    | 59 | 71 |

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