

Menu

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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+ ♡ —	53	89
95172	Homestyle Meatloaf with Potatoes and Seasoned Vegetables and Whole Wheat Bread ↓ ♡ P+ —	48	74
95219	Swedish Style Meatballs with Creamy Mushroom Gravy over Pasta and Seasoned Vegetables and Apple Juice ↓ ♡	48	75
95258	Macaroni & Cheese and Seasoned Vegetables and Oatmeal Raisin Cookie ↓ ♡ P+ ♡ —	47	88
95259	Beef Goulash over Whole Wheat Pasta and Seasoned Vegetables and Oatmeal Raisin Cookie ♡ ↓ ♡ P+	53	93
95291	Beef Pepper Steak with Gravy over Pasta and Spiced Fruit Crisp ↓ P+ ♡ —	67	79
95423	Cheesy Chicken and Rice with Broccoli and Cinnamon Apples and Chocolate Cookie ↓ ♡ —	51	87
95804	UPDATE Ham Patty, Cheesy Potatoes, Sweet Pineapple Apple Crisp, Applesauce and Whole Wheat Bread ♡ P+	49	89
95904	Beef Little Smokies with Baked Beans and Seasoned Vegetables and Gingerbread Cookie ↓ ♡	44	83
96168	Chicken Bacon Ranch Pasta and Seasoned Vegetables, and Oatmeal Raisin Cookie ↓ ♡ P+	39	79
96179	Creamy Chicken and Mushroom Casserole with Mixed Vegetables, Whole Wheat Bread and Apple Juice ♡ P+	53	94
96191	IT'S BACK BBQ Chicken Patty with Potatoes and Seasoned Mixed Vegetables and Chocolate Cookie ↓ P+	41	76
96238	 HOLIDAY MEAL Ham Patty with Brown Sugar Glazed Sweet Potatoes and Creamed Corn and Gingerbread Cookie ♡ 🕒	46	85

SOUP OR SANDWICH		CARBS (g)	
95315	Meatball Marinara Sandwich and Cinnamon Apple Crisp and Whole Wheat Bun ♡ ↓ P+	50	88
95347	Cheeseburger and Cinnamon Apples and Whole Wheat Bun ♡ P+ —	24	62
95495	Chicken & Vegetable Pot Pie Soup and Cinnamon Apple Crisp, Whole Wheat Bread and Margarine ↓ ♡	62	88
95922	Tomato Soup with Pretzel Bites, Orange and Triple Chocolate Cookie ♡ ↓ ♡ ♡ ♡	42	100
96189	Sloppy Joe and Seasoned Corn, Whole Wheat Hamburger Bun and Chocolate Cookie ↓ P+ —	27	89
96213	NEW! White Bean and Ham Soup and Pretzel Bites and Chocolate Cookie ↓ ♡ P+ ♡	40	76
96218	NEW! White Chicken Chili with Beans and Seasoned Peas, Whole Wheat Bread and Margarine ♡ P+	37	64
INTERNATIONAL FLAVORS		CARBS (g)	
95013	Pasta & Meatballs with Marinara Sauce and Seasoned Vegetables and Gingerbread Cookie ♡ ↓ ♡ P+	53	91
95074	Chicken Teriyaki with Stir Fry Vegetables and White Rice, Apple Juice and Chocolate Cookie P+ —	63	113
95095	Teriyaki Stir Fry Vegetables over Rice and Sweet Pineapple & Apples, Grape Juice and String Cheese ♡ 🌿	81	108
95238	Four Cheese Ravioli with Garlic Basil Butter Sauce and Seasoned Green Beans, Applesauce and Oatmeal Raisin Cookie ♡ P+ ♡	42	96
95303	Sweet and Sour Chicken with Stir Fry Vegetables and White Rice, Whole Wheat Bread and Peanut Butter ♡ ↓ P+	67	99

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95402	Southwestern Style Chicken with Vegetable Hash and White Rice and Oatmeal Raisin Cookie	62	102
95427	Chicken Alfredo Pasta and Seasoned Vegetables and Chocolate Cookie	47	83
95768	Korean Style BBQ Meatballs, White Rice and Broccoli and Gingerbread Cookie	61	99
95800	Mexican Style Beef Macaroni and Cheese with Fiesta Blend Vegetables	56	69
95905	Beef Soft Tacos with Cheese and Santa Fe Style Rice and Flour Tortillas	50	88
96131	Creamy Garlic and Rosemary Risotto with Seasoned Sweet Potatoes and Whole Wheat Bread	69	95
96147	Whole Wheat Rotini with Pesto Sauce and Seasoned Vegetables and Gingerbread Cookie	48	86
96163	Hawaiian Style Stir Fry Rice with Ham and Sweet Pineapple and Apples and Almonds	68	87
96169	Cheese Tortellini, Marinara Sauce, and Seasoned Peas and Chocolate Cookie	55	91
96204	NEW! Gluten Free Rotini with Pesto Sauce and Seasoned Peas, Whole Wheat Bread and Apple Juice	54	96
96226	NEW! Beef and Broccoli with Brown Rice and Gingerbread Cookie	54	92

BREAKFAST MEALS

CARBS (g)

95110	IT'S BACK! Breakfast Pork Sausage Gravy with Buttermilk Biscuit and Peaches & Cherries, Whole Wheat Bread and Peanut Butter	45	77
95160	Cheese Omelet, French Toast Sticks and Brown Sugar Peaches & Apples, Apple Juice and Syrup	44	99

95175	Cheesy Egg Scramble with Ham and Apples & Cranberries Orange-Tangerine Juice, Whole Wheat Bread and Peanut Butter	22	69
95274	Breakfast Skillet (Pork Sausage, Scrambled Eggs, Potatoes, Cheese) and Fruit Crisp	54	66
95277	Whole Grain Pancakes with Pork Sausage Patty and Cranberry Apple Crisp and Syrup	53	94
95431	Cowboy Breakfast Skillet and Cranberry Apple Crisp, Whole Wheat Bread and Peanut Butter	47	79
95513	Pork Sausage Breakfast Burrito and Spiced Fruit Medley and Flour Tortillas	37	74
95592	IT'S BACK! Farmer's Breakfast Scramble (Eggs, Pork, Breakfast Gravy, Cheese and Biscuit) and Cinnamon Apple Crisp	59	72
95594	Cheesy Egg and Turkey Scramble with Cranberry Rice Pudding, Whole Wheat Bread and Peanut Butter	39	71
95772	Cheese Omelet with Ham Patty and Spiced Fruit Medley and Granola	30	72
95896	French Toast Sticks and Chipotle Berry Sauce and Granola	66	108
95919	Buttermilk Pancakes with Egg Patty and Cinnamon Apple Crisp and Syrup	75	115

Symbols indicate meals also support these conditions

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

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BREAKFAST MEALS (cont.)		CARBS (g)	
95924	Breakfast Sandwich (Pork Sausage, Egg, Cheese) and Brown Sugar Peaches & Apples and Whole Wheat English Muffin  	23	58
96182	Vegetarian Breakfast Skillet with Ranchero Sauce and Cheesy Potatoes and Granola     	47	89

96210	NEW! Maple Waffle, Egg Patty, Pork Sausage Patty and Cinnamon Apple Crisp  	58	71
96231	NEW! Peaches & Cream Oatmeal with Scrambled Eggs, Whole Wheat Bread and Peanut Butter  	41	74

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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 nutritionals.

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