



Menu | DIABETES FRIENDLY

ORDER ONLINE ANYTIME AT: momsmeals.com/login
or by phone at: **866-204-6111** M-F 7 AM to 6 PM CST

Scan to
order online



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

| AMERICAN CLASSICS | | CARBS (g) | |
|-------------------|--|-----------|----|
| 166 | Salisbury Steak with Savory Beef Gravy, White Rice and Vegetables, Whole Wheat Bread and Peanut Butter ↓ ⬇️ P+ — | 53 | 85 |
| 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 100% 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 |
| 415 | Cheesy Chicken and Rice with Broccoli and Cinnamon Apples and Triple Chocolate Cookie ⬇️ — | 51 | 88 |
| SOUP OR SANDWICH | | CARBS (g) | |
| 174 | Sloppy Joe (Beef with Sauce) and Seasoned Corn, Whole Wheat Hamburger Bun and Cranberry Nut Mix ↓ ⬇️ P+ | 27 | 77 |
| 315 | Meatball Marinara Sandwich and Cinnamon Apple Crisp and Whole Wheat Bun ♥️ ↓ ⬇️ P+ | 50 | 88 |
| 922 | Tomato Soup with Pretzel Bites, Orange and Triple Chocolate Cookie ♥️ ↓ ⬇️ — | 42 | 97 |

| INTERNATIONAL FLAVORS | | CARBS (g) | |
|-----------------------|--|-----------|----|
| 147 | Whole Wheat Rotini with Pesto Sauce and Seasoned Vegetables and Gingerbread Cookie ↓ ⬇️ — | 45 | 83 |
| 171 | Cheese Tortellini, Marinara Sauce, and Seasoned Peas, Whole Wheat Bread and Peanut Butter ⬇️ P+ — | 54 | 86 |
| 238 | Four Cheese Ravioli with Garlic Basil Butter Sauce and Seasoned Green Beans, Applesauce and Oatmeal Raisin Cookie ⬇️ — | 35 | 87 |
| 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 |
| 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 |
| 162 | Cheese Omelet, French Toast Sticks and Brown Sugar Peaches & Apples and Almonds ↓ ⬇️ P+ — | 44 | 62 |
| 175 | Cheesy Egg Scramble with Ham and Apples & Cranberries, 100% Orange-Tangerine Juice, Whole Wheat Bread and Peanut Butter ⬇️ P+ | 29 | 69 |
| 274 | Breakfast Skillet (Pork Sausage, Scrambled Eggs, Potatoes, Cheese) and Fruit Crisp ↓ ⬇️ P+ — | 54 | 66 |

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

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

| BREAKFAST MEALS (cont.) | | CARBS (g) | |
|----------------------------|--|-----------|----|
| 431 | Cowboy Breakfast Skillet and Cranberry Apple Crisp, Whole Wheat Bread and Peanut Butter ↓ ⚡ P+ | 47 | 79 |
| 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 |

| | | | |
|-----|---|----|----|
| 772 | Cheese Omelet with Ham Patty and Spiced Fruit Medley and Granola ↓ ⚡ P+ | 30 | 72 |
| 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

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 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



