



# Menu | DIABETES FRIENDLY

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

AMERICAN CLASSICS		CARBS (g)	
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 100% Apple Juice ↓ ⚡ —	48	75
95258	Macaroni & Cheese and Seasoned Vegetables and Oatmeal Raisin Cookie ↓ ⚡ P+ ✂	47	88
95259	Beef Goulash-Style Pasta and Peas and Oatmeal Raisin Cookie ♥ ↓ ⚡ P+ —	53	93
95415	Cheesy Chicken and Rice with Broccoli and Cinnamon Apples and Almonds ↓ ⚡ P+ —	51	69
95804	Ham Patty, Cheesy Potatoes, and Sweet Pineapple Apple Crisp, Applesauce and Whole Wheat Bread ⚡ P+	49	89
96166	Salisbury Steak with Savory Beef Gravy, White Rice and Vegetables, Whole Wheat Bread and Peanut Butter ↓ ⚡ P+ —	53	85
96168	Chicken Bacon Ranch Pasta and Seasoned Vegetables, and Oatmeal Raisin Cookie ↓ ⚡ P+	39	79
96195	BBQ Chicken Patty with Potatoes and Seasoned Peas & Carrots, Whole Wheat Bread and Orange ♥ ↓ ⚡ P+	40	84

SOUP OR SANDWICH		CARBS (g)	
95065	Cheeseburger and Cinnamon Apples, Whole Wheat Bun and Orange ⚡ P+ —	24	80
96174	Sloppy Joe and Seasoned Corn, Whole Wheat Hamburger Bun and Cranberry Nut Mix ↓ ⚡ P+ —	27	76
96214	White Bean and Ham Soup and Pretzel Bites and Cranberry Nut Mix ↓ ⚡ P+	40	63
96218	White Chicken Chili with Beans and Seasoned Peas, Whole Wheat Bread and Margarine ⚡ P+	37	64
97159	Tomato Soup with Pretzel Bites, Orange and Almonds ↓ ⚡ ✂	42	79
INTERNATIONAL FLAVORS		CARBS (g)	
95238	Four Cheese Ravioli with Garlic Basil Butter Sauce and Seasoned Green Beans, Applesauce and Oatmeal Raisin Cookie ⚡ P+ ✂ —	42	96
95427	Chicken Alfredo Pasta and Seasoned Vegetables and Chocolate Cookie ↓ ⚡ P+ ♻ —	47	82
95744	Pasta & Meatballs with Marinara Sauce and Seasoned Vegetables, Whole Wheat Bread and Applesauce ♥ ↓ ⚡ P+	56	96
95905	Beef Soft Tacos with Cheese and Santa Fe Style Rice and Flour Tortillas ♥ ↓ ⚡ P+	49	87
96147	Whole Wheat Rotini with Pesto Sauce and Seasoned Vegetables and Gingerbread Cookie ↓ ⚡ P+ ✂ ♻	48	86

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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INTERNATIONAL FLAVORS (cont.)		CARBS (g)	
96171	Cheese Tortellini, Marinara Sauce, and Seasoned Peas, Whole Wheat Bread and Peanut Butter 🍷 P+ 🍴	55	88
96225	Beef and Broccoli with Brown Rice and Cranberry Nut Mix ↓ 🍷 P+	54	77
BREAKFAST MEALS		CARBS (g)	
95110	Breakfast Pork Sausage Gravy with Buttermilk Biscuit and Peaches & Cherries, Whole Wheat Bread and Peanut Butter 🍷 P+	45	78
95175	Cheesy Egg Scramble with Ham and Apples & Cranberries, 100% Orange-Tangerine Juice, Whole Wheat Bread and Peanut Butter 🍷 P+ 🍴	22	70
95274	Breakfast Skillet (Pork Sausage, Scrambled Eggs, Potatoes, Cheese) and Fruit Crisp ↓ 🍷 P+ 🍴	54	66
95431	Cowboy Breakfast Skillet and Cranberry Apple Crisp, Whole Wheat Bread and Peanut Butter ↓ 🍷 P+	47	79

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 🍷 P+	59	71
95772	Cheese Omelet with Ham Patty and Spiced Fruit Medley and Granola ↓ 🍷 P+ 🍴	30	72
95924	Breakfast Sandwich (Pork Sausage, Egg, Cheese) and Brown Sugar Peaches & Apples and Whole Wheat English Muffin 🍷 P+ 🍴	23	57
96236	Peaches & Cream Oatmeal with Scrambled Eggs and Granola 🍷 ↓ 🍷 P+ 🍴	41	83

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## 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](https://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 nutritionals.

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