



Menu | DIABETES FRIENDLY

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

AMERICAN CLASSICS		CARBS (g)		SOUP OR SANDWICH		CARBS (g)	
95172	Homestyle Meatloaf with Potatoes and Seasoned Vegetables and Whole Wheat Bread ↓ ⚡ P+ —	48	74	95065	Cheeseburger and Cinnamon Apples, Whole Wheat Bun and Orange ⚡ P+ —	24	80
95219	Swedish Style Meatballs with Creamy Mushroom Gravy over Pasta and Seasoned Vegetables and 100% Apple Juice ↓ ⚡ —	48	75	96174	Sloppy Joe and Seasoned Corn, Whole Wheat Hamburger Bun and Cranberry Nut Mix ↓ ⚡ P+ —	27	76
95258	Macaroni & Cheese and Seasoned Vegetables and Oatmeal Raisin Cookie ↓ ⚡ P+ ↗	47	88	96214	White Bean and Ham Soup and Pretzel Bites and Cranberry Nut Mix ↓ ⚡ P+ —	40	63
95259	Beef Goulash-Style Pasta and Peas and Oatmeal Raisin Cookie ♥ ↓ ⚡ P+ —	53	93	96218	White Chicken Chili with Beans and Seasoned Peas, Whole Wheat Bread and Margarine ⚡ P+ —	37	64
95415	Cheesy Chicken and Rice with Broccoli and Cinnamon Apples and Almonds ↓ ⚡ P+ —	51	69	97159	Tomato Soup with Pretzel Bites, Orange and Almonds ↓ ⚡ ↗ —	42	79
95804	Ham Patty, Cheesy Potatoes, and Sweet Pineapple Apple Crisp, Applesauce and Whole Wheat Bread ⚡ P+ —	49	89	INTERNATIONAL FLAVORS		CARBS (g)	
96166	Salisbury Steak with Savory Beef Gravy, White Rice and Vegetables, Whole Wheat Bread and Peanut Butter ↓ ⚡ P+ —	53	85	95238	Four Cheese Ravioli with Garlic Basil Butter Sauce and Seasoned Green Beans, Applesauce and Oatmeal Raisin Cookie ⚡ P+ ↗ —	42	96
96168	Chicken Bacon Ranch Pasta and Seasoned Vegetables, and Oatmeal Raisin Cookie ↓ ⚡ P+ —	39	79	95427	Chicken Alfredo Pasta and Seasoned Vegetables and Chocolate Cookie ↓ ⚡ P+ ↗ —	47	82
96195	NEW! BBQ Chicken Patty with Potatoes and Seasoned Peas & Carrots, Whole Wheat Bread and Orange ♥ ↓ ⚡ P+ —	40	84	95744	Pasta & Meatballs with Marinara Sauce and Seasoned Vegetables, Whole Wheat Bread and Applesauce ♥ ↓ ⚡ P+ —	56	96
Symbols indicate meals also support these conditions		95800		Mexican Style Beef Macaroni and Cheese with Fiesta Blend Vegetables ⚡ P+ —		55	67
♥ Heart Friendly ↓ Lower Sodium ⚡ Diabetes Friendly P+ Protein Plus ↗ Vegetarian 🌾 Gluten Free ⚡ Renal Friendly — Customer Favorite ⏳ Available for a limited time		95905		Beef Soft Tacos with Cheese and Santa Fe Style Rice and Flour Tortillas ♥ ↓ ⚡ P+ —		49	87

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INTERNATIONAL FLAVORS (cont.)		CARBS (g)	
96147	Whole Wheat Rotini with Pesto Sauce and Seasoned Vegetables and Gingerbread Cookie ↓ ♡ P+ ↗ ♡	48	86
96171	Cheese Tortellini, Marinara Sauce, and Seasoned Peas, Whole Wheat Bread and Peanut Butter ♡ P+ ↗	55	88
96209	Gluten Free Rotini with Pesto Sauce and Seasoned Peas, Whole Wheat Bread and Margarine ↓ ♡ P+ ↗	54	81
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

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

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 nutritionals.

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