



Menu | DIABETES FRIENDLY

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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 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 and Seasoned Corn, Whole Wheat Hamburger Bun and Cranberry Nut Mix ↓ ⚡ P+	22	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
402	Southwestern Style Chicken with Vegetable Hash and White Rice and Oatmeal Raisin Cookie ♥ ↓ ⚡ P+	60	98
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 Cranberries & Apples, Orange-Tangerine Juice, Whole Wheat Bread and Peanut Butter ⚡ P+	29	75

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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BREAKFAST MEALS (cont.)		CARBS (g)	
274	Breakfast Skillet (Pork Sausage, Scrambled Eggs, Potatoes, Cheese) and Fruit Crisp ↓ ⚡ P+ —	54	66
431	Cowboy Breakfast Skillet and Cranberry Apple Crisp, Whole Wheat Bread and Peanut Butter ↓ ⚡ P+	52	84
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

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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 nutritional.

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