





















































Menu | DIABETES FRIENDLY

 Scan to
order online


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

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









AMERICAN CLASSICS		CARBS (g)	
95172	Homestyle Meatloaf with Potatoes and Vegetables and Whole Wheat Bread  P+ 	47	73
95219	Swedish Style Meatballs with Creamy Mushroom Sauce over Pasta and Vegetables and Whole Wheat Bread  P+  	46	72
95258	Macaroni & Cheese and Vegetables and Oatmeal Raisin Cookie  P+ 	49	89
95261	Beef Goulash-Style Sauce with Whole Wheat Rotini and Vegetables, Whole Wheat Bread and Peanut Butter   P+	53	86
95415	Cheesy Chicken and Rice with Broccoli and Cinnamon Apples and Almonds  P+ 	54	72
96166	Salisbury Steak with Savory Beef Gravy, White Rice and Vegetables, Whole Wheat Bread and Peanut Butter  P+ 	50	83
96168	Chicken Bacon Ranch Pasta and Vegetables, and Oatmeal Raisin Cookie   P+	39	79
96195	BBQ Chicken Patty with Potatoes and Vegetables, Whole Wheat Bread and Orange    P+	39	83
SOUP OR SANDWICH		CARBS (g)	
95065	Cheeseburger and Cinnamon Apples, Whole Wheat Bun and Orange  P+ 	24	80
96174	Sloppy Joe and Vegetables, 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+ 	38	61






96218	White Chicken Chili with Beans and Vegetables, Whole Wheat Bread and Butter Blend Cup  P+	37	64
97159	Tomato Soup with Pretzel Bites, Orange and Almonds   	45	81
INTERNATIONAL FLAVORS		CARBS (g)	
95427	Chicken Alfredo Pasta and Vegetables and Chocolate Cookie  P+ 	49	84
95744	Pasta & Meatballs with Marinara Sauce and Vegetables and Cranberry Nut Mix   P+	58	81
95800	Mexican Style Beef Macaroni and Cheese with Vegetables  P+ 	54	67
95905	Beef Soft Tacos with Cheese and Santa Fe Style Rice and Flour Tortillas    P+	52	90
96147	Whole Wheat Rotini with Pesto Sauce and Vegetables and Gingerbread Cookie  P+  	49	86
96171	Cheese Tortellini with Marinara Sauce and Vegetables and Almonds   P+ 	57	76
96209	Gluten Free Rotini with Pesto Sauce and Vegetables, Whole Wheat Bread and Butter Blend Cup   P+ 	55	81
96225	Beef and Broccoli with Brown Rice and Cranberry Nut Mix   P+ 	57	80

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		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 Apple Cranberry Crisp  P+ 	54	66
95431	Cowboy Breakfast Skillet and Cranberry Apple Crisp, Whole Wheat Bread and Peanut Butter   P+	53	86

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
95924	Breakfast Sandwich (Pork Sausage, Egg, Cheese) and Brown Sugar Peaches & Apples and Whole Wheat English Muffin  P+ 	23	57

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 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

