



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 over Whole Wheat Pasta and Seasoned Vegetables and Oatmeal Raisin Cookie ♥ ↓ ⚡ P+ —	53	93
95415	Cheesy Chicken and Rice with Broccoli and Cinnamon Apples and Almonds ↓ ⚡ P+ —	51	69
95804	UPDATE 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
96240	HOLIDAY MEAL Ham Patty with Brown Sugar Glazed Sweet Potatoes and Creamed Corn and Whole Wheat Dinner Roll ⚡ 🕒	46	74

SOUP OR SANDWICH		CARBS (g)	
95065	NEW! Cheeseburger and Cinnamon Apples, Whole Wheat Bun and Orange ⚡ P+ —	24	80
95922	Tomato Soup with Pretzel Bites, Orange and Triple Chocolate Cookie ♥ ↓ ⚡ ✂ 🍷	42	100
96174	Sloppy Joe and Seasoned Corn, Whole Wheat Hamburger Bun and Cranberry Nut Mix ↓ ⚡ P+ —	27	77
96214	NEW! White Bean and Ham Soup and Pretzel Bites and Cranberry Nut Mix ↓ ⚡ P+	40	65
96218	NEW! White Chicken Chili with Beans and Seasoned Peas, Whole Wheat Bread and Margarine ⚡ P+	37	64
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	83
95744	Pasta & Meatballs with Marinara Sauce and Seasoned Vegetables, Whole Wheat Bread and Applesauce ♥ ↓ ⚡ P+	53	93
95800	Mexican Style Beef Macaroni and Cheese with Fiesta Blend Vegetables ⚡ P+	56	69
95905	Beef Soft Tacos with Cheese and Santa Fe Style Rice and Flour Tortillas ⚡ P+	50	88

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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96147	Whole Wheat Rotini with Pesto Sauce and Seasoned Vegetables and Gingerbread Cookie ⬇️ ⚡️ P+ 🍴 🍷	48	86	95431	Cowboy Breakfast Skillet and Cranberry Apple Crisp, Whole Wheat Bread and Peanut Butter ⬇️ ⚡️ P+	47	79
96171	Cheese Tortellini, Marinara Sauce, and Seasoned Peas, Whole Wheat Bread and Peanut Butter ⚡️ P+ 🍴	55	87	95513	Pork Sausage Breakfast Burrito and Spiced Fruit Medley and Flour Tortillas ⚡️	37	74
96209	NEW! Gluten Free Rotini with Pesto Sauce and Seasoned Peas, Whole Wheat Bread and Margarine ⬇️ ⚡️ P+ 🍴	54	81	95592	IT'S BACK! Farmer's Breakfast Scramble (Eggs, Pork, Breakfast Gravy, Cheese and Biscuit) and Cinnamon Apple Crisp ⚡️ P+	59	72
96225	NEW! Beef and Broccoli with Brown Rice and Cranberry Nut Mix ⬇️ ⚡️ P+	54	78	95772	Cheese Omelet with Ham Patty and Spiced Fruit Medley and Granola ⬇️ ⚡️ P+ 🍴	30	72
BREAKFAST MEALS				CARBS (g)			
95110	IT'S BACK! Breakfast Pork Sausage Gravy with Buttermilk Biscuit and Peaches & Cherries, Whole Wheat Bread and Peanut Butter ⚡️ P+	45	77	95924	Breakfast Sandwich (Pork Sausage, Egg, Cheese) and Brown Sugar Peaches & Apples and Whole Wheat English Muffin ⚡️ P+ 🍴	23	58
95175	Cheesy Egg Scramble with Ham and Apples & Cranberries, 100% Orange-Tangerine Juice, Whole Wheat Bread and Peanut Butter ⚡️ P+ 🍴	22	69	96236	NEW! Peaches & Cream Oatmeal with Scrambled Eggs and Granola ❤️ ⬇️ ⚡️ P+ 🍴	41	83
95274	Breakfast Skillet (Pork Sausage, Scrambled Eggs, Potatoes, Cheese) and Fruit Crisp ⬇️ ⚡️ P+ 🍴	54	66				

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- P+ Protein Plus
- 🍴 Vegetarian
- 🌾 Gluten Free
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- 🍴 Customer Favorite
- 🕒 Available for a limited time

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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.

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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