



Menu | DIABETES FRIENDLY


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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, Potatoes and Vegetables and Whole Wheat Bread 📏 🍷 P+	53	80
95219	Swedish Style Meatballs with Creamy Mushroom Sauce over Pasta and Vegetables and Whole Wheat Bread 🍷 P+ 🍷	46	73
95258	Macaroni & Cheese and Vegetables, Whole Wheat Bread and Butter Blend Cup 🍷 P+ 🍷	53	79
95261	Beef Goulash Style Pasta, Whole Wheat Bread and Peanut Butter 📏 🍷 P+	54	87
95415	IMPROVED Cheesy Chicken, Rice, Broccoli and Cinnamon Apples and Almonds 🍷 P+	52	70
95900	Beef Little Smokies with Baked Beans and Mixed Vegetables and Almonds 📏 🍷 P+ 🍷	43	62
96166	Salisbury Steak with Savory Beef Gravy, White Rice and Vegetables, Whole Wheat Bread and Peanut Butter 📏 🍷 P+	51	84
96168	Chicken Bacon Ranch Pasta and Vegetables, and Oatmeal Raisin Cookie 📏 🍷 P+	39	78
96192	IMPROVED BBQ Chicken Patty with Potatoes and Vegetables, Whole Wheat Bread and Peanut Butter 🍷 P+	43	75
96246	Chicken with Mustard Sauce, Multigrain Blend and Vegetables, Whole Wheat Bread and Orange ❤️ 📏 🍷 P+	42	86
96276	🍊 HOLIDAY MEAL Turkey with Poultry Gravy, Potato Medley and Green Bean Casserole, Cranberry Nut Mix, Whole Wheat Dinner Roll and Butter Blend 🍷 P+	42	80
96284	NEW Chicken with Black Pepper Sherry Sauce, Multigrain Blend and Vegetables, Whole Wheat Bread and Peanut Butter 🍷 P+	46	78

SOUP OR SANDWICH		CARBS (g)	
95065	IMPROVED Cheeseburger and Cinnamon Apples, Whole Wheat Bun and Orange 🍷 P+	25	81
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+	39	66
97159	Tomato Soup and Pretzel Bites, Orange and Almonds 🍷 🍷	46	83
INTERNATIONAL FLAVORS		CARBS (g)	
95427	Chicken Alfredo Pasta and Vegetables and Chocolate Cookie 🍷 P+ 🍷	49	84
95905	IMPROVED Beef Soft Tacos with Cheese and Santa Fe Style Rice and Flour Tortillas 🍷 P+	52	90
96171	Cheese Tortellini with Marinara Sauce and Vegetables and Almonds 🍷 P+ 🍷	55	87
96225	Beef & Broccoli and Brown Rice and Cranberry Nut Mix 📏 🍷 P+ 🍷	48	72
96286	NEW Chicken Parmesan over Whole Wheat Rotini and Vegetables and Almonds 🍷 P+	45	63
96292	NEW Pesto Chicken with Whole Wheat Rotini and Vegetables, Whole Wheat Bread and Peanut Butter 🍷 P+	45	78

Symbols indicate meals also support these conditions

- ❤️ Heart Friendly 📏 Lower Sodium
 🍷 Diabetes Friendly P+ Protein Plus 🍷 Vegetarian
 🍷 Gluten Free 🍷 Renal Friendly

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BREAKFAST MEALS		CARBS (g)	
95175	Cheesy Egg Scramble with Ham and Apples & Cranberries, 100% Orange-Tangerine Juice, Whole Wheat Bread and Peanut Butter ☪ P+	25	73
95431	Cowboy Breakfast Skillet and Apple Cranberry Crisp, Whole Wheat Bread and Peanut Butter ☪ P+	54	87
95513	IMPROVED Pork Sausage Breakfast Burrito and Spiced Fruit Medley and Flour Tortillas ☪	40	78

95592	Farmers Breakfast Scramble and Cinnamon Apple Crisp ☪ P+	54	66
95924	IMPROVED Breakfast Sandwich (Pork Sausage, Egg, Cheese) and Peaches & Apples and Whole Wheat English Muffin ☪ P+	23	57

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- ⬇ Lower Sodium
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- P+ Protein Plus
- 🌱 Vegetarian
- Ⓜ Gluten Free
- 👤 Renal Friendly

REFRIGERATE MEALS UPON ARRIVAL

Phone order deadline is Tuesday at 5 PM CST for delivery the following week.

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.

Meals marked with **IMPROVED** meet one or more of the following criteria: **20% or more increase** in fiber, **20% or more reduction** in sodium, **20% or more reduction** in calories from saturated fats or **20% or more reduction** of added sugars.

Menus are subject to change.
Ingredients and nutrition information may vary as we continue to improve and enhance our meals. For the most up-to-date menu, ingredient and nutrition information, or to learn how our menus can support a variety of health conditions, please visit momsmeals.com/ourmenus.

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