


Menu | GLUTEN FREE

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








AMERICAN CLASSICS		CARBS (g)	
193	NEW! BBQ Chicken Patty with Potatoes and Seasoned Mixed Vegetables, String Cheese and Apple Juice	41	68
298	Salisbury Steak with Savory Beef Gravy, White Rice and Vegetables, Gluten Free Multigrain Bread and Grape Juice	53	94
424	Cheesy Chicken and Rice with Broccoli and Cinnamon Apples, Fruit Cup and Chocolate Pudding	51	99
589	Ham Patty, Cheesy Potatoes, and Cinnamon Apples, Orange and Vanilla Pudding	37	90
902	Beef Little Smokies with Baked Beans and Seasoned Vegetables, Grape Juice and Vanilla Pudding	44	94
SOUP OR SANDWICH		CARBS (g)	
176	Sloppy Joe (Beef with Sauce) and Seasoned Corn, Gluten Free Bun, Orange and Chocolate Pudding	27	106
824	Cheeseburger and Cinnamon Apples, Gluten Free Bun and Applesauce	24	76
INTERNATIONAL FLAVORS		CARBS (g)	
132	Creamy Garlic and Rosemary Risotto with Seasoned Sweet Potatoes and Chocolate Pudding	70	104
164	Hawaiian Style Stir Fry Rice with Ham and Sweet Pineapple and Apples, String Cheese and Applesauce	68	94

173	Chicken Teriyaki with Stir Fry Vegetables and White Rice, Orange and Vanilla Pudding	63	116
186	Sweet and Sour Chicken with Stir Fry Vegetables and White Rice, Mandarin Orange Cup and String Cheese	67	95
198	Teriyaki Stir Fry Vegetables over Rice and and Sweet Pineapple & Apples, Applesauce and String Cheese	81	107
403	Southwestern Style Chicken with Vegetable Hash and White Rice, Orange and Chocolate Pudding	61	113
968	Beef Soft Tacos with Cheese and Santa Fe Style Rice, Corn Tortillas and Vanilla Pudding	50	104
BREAKFAST MEALS		CARBS (g)	
138	Cheesy Egg Scramble with Ham and Apples & Cranberries, Orange, Gluten Free Multigrain Bread and Peanut Butter	22	72
146	Breakfast Sandwich (Pork Sausage, Egg, Cheese) and Brown Sugar Peaches & Apples, Gluten Free Bun and Orange	23	80

Symbols indicate meals also support these conditions










- Heart Friendly
 Lower Sodium
 Diabetes Friendly
 Protein Plus
 Vegetarian
 Gluten Free
 Renal Friendly
 Customer Favorite
 Available for a limited time

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BREAKFAST MEALS (cont.)		CARBS (g)	
157	Cheese Omelet with Ham Patty and Spiced Fruit Medley, Gluten Free Multigrain Bread, Applesauce and Peanut Butter    	30	76
177	Pork Sausage Breakfast Burrito and Spiced Fruit Medley and Corn Tortillas   	37	68

595	Cheesy Egg and Turkey Scramble with Cranberry Rice Pudding, Gluten Free Multigrain Bread and Peanut Butter    	39	71
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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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