



Menu | GLUTEN FREE

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

AMERICAN CLASSICS		CARBS (g)	
95298	Salisbury Steak with Savory Beef Gravy, White Rice and Vegetables, Gluten Free Multigrain Bread and 100% Grape Juice        	53	95
95424	Cheesy Chicken and Rice with Broccoli and Cinnamon Apples, Fruit Cup and Chocolate Pudding   	51	100
95902	Beef Little Smokies with Baked Beans and Seasoned Vegetables, 100% Grape Juice and Vanilla Pudding     	44	95
96193	BBQ Chicken Patty with Potatoes and Seasoned Peas & Carrots, String Cheese and 100% Apple Juice    	40	68
96200	Homestyle Meatloaf with Potatoes and Seasoned Vegetables, Gluten Free Multigrain Bread and Peanut Butter    	48	81
SOUP OR SANDWICH		CARBS (g)	
95824	Cheeseburger and Cinnamon Apples, Gluten Free Bun and Applesauce    	24	77
96176	Sloppy Joe and Seasoned Corn, Gluten Free Bun, Orange and Chocolate Pudding   	27	107
96220	White Chicken Chili with Beans and Seasoned Peas and Gluten Free Multigrain Bread   	37	64

INTERNATIONAL FLAVORS		CARBS (g)	
95186	Sweet and Sour Chicken with Stir Fry Vegetables and White Rice, Mandarin Orange Cup and String Cheese     	67	96
95198	Teriyaki Stir Fry Vegetables over Rice and Sweet Pineapple & Apples, Applesauce and String Cheese  	81	108
95968	Beef Soft Tacos with Cheese and Santa Fe Style Rice, Corn Tortillas and Vanilla Pudding     	49	103
96164	Hawaiian Style Stir Fry Rice with Ham and Sweet Pineapple and Apples, String Cheese and Applesauce 	68	95
96230	Beef and Broccoli with Brown Rice Mandarin Oranges and Chocolate Pudding     	54	105
BREAKFAST MEALS		CARBS (g)	
95138	Cheesy Egg Scramble with Ham and Apples & Cranberries, Orange, Gluten Free Multigrain Bread and Peanut Butter    	22	73
95157	Cheese Omelet with Ham Patty and Spiced Fruit Medley, Gluten Free Multigrain Bread, Applesauce and Peanut Butter   	30	77

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)	
95595	Cheesy Egg and Turkey Scramble with Cranberry Rice Pudding, Gluten Free Multigrain Bread and Peanut Butter   	38	71
96146	Breakfast Sandwich (Pork Sausage, Egg, Cheese) and Brown Sugar Peaches & Apples, Gluten Free Bun and Orange    	23	80
96183	Vegetarian Breakfast Skillet with Ranchero Sauce and Cheesy Potatoes, Gluten Free Bread and 100% Orange-Tangerine Juice      	46	88

96224	Pork Sausage Breakfast Burrito and Spiced Fruit Medley, Corn Tortillas and Orange    	37	86
96235	Gluten Free Peaches & Cream Oatmeal with Scrambled Eggs, Gluten Free Multigrain Bread and Peanut Butter   	41	74
96243	Gluten Free Cinnamon Oatmeal with Turkey and Egg Scramble Gluten Free Multigrain Bread and 100% Orange-Tangerine Juice     	37	79

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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.

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