



# Menu

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

AMERICAN CLASSICS		CARBS (g)	
025	Salisbury Steak with Savory Beef Gravy, White Rice and Vegetables and Chocolate Cookie ↓ ♡ P+ ♢ —	53	89
137	Chicken Bacon Ranch Pasta and Seasoned Vegetables, and Chocolate Cookie ↓ ♡ P+ ♢	39	75
172	Homestyle Meatloaf with Potatoes and Seasoned Vegetables and Whole Wheat Bread ↓ ♡ P+ —	47	74
219	Swedish Style Meatballs with Creamy Mushroom Gravy over Pasta and Seasoned Vegetables and Apple Juice ↓ ♡ —	48	75
258	Macaroni & Cheese and Seasoned Vegetables and Oatmeal Raisin Cookie ↓ ♡ P+ ♢ —	47	86
259	Beef Goulash over Whole Wheat Pasta and Seasoned Vegetables and Oatmeal Raisin Cookie ♡ ↓ ♡ P+	53	91
291	Beef Pepper Steak with Gravy over Pasta and Spiced Fruit Crisp ↓ P+ ♢ —	67	79
423	Cheesy Chicken and Rice with Broccoli and Cinnamon Apples and Chocolate Cookie ↓ ♡ ♢ —	51	87
904	Beef Little Smokies with Baked Beans and Seasoned Vegetables and Gingerbread Cookie ↓ ♡ ♢	44	83
SOUP OR SANDWICH		CARBS (g)	
189	Sloppy Joe (Beef with Sauce) and Seasoned Corn, Whole Wheat Hamburger Bun and Chocolate Cookie ↓ ♡ P+	27	89
315	Meatball Marinara Sandwich and Cinnamon Apple Crisp and Whole Wheat Bun ♡ ↓ ♡ P+	50	88

347	Cheeseburger and Cinnamon Apples and Whole Wheat Bun ↓ ♡ P+	24	62
495	Chicken & Vegetable Pot Pie Soup and Cinnamon Apple Crisp, Whole Wheat Bread and Margarine ↓ ♢	63	89
922	Tomato Soup with Pretzel Bites, Orange and Triple Chocolate Cookie ♡ ↓ ♡ ♢ ♢	42	97
INTERNATIONAL FLAVORS		CARBS (g)	
013	Pasta & Meatballs with Marinara Sauce and Seasoned Vegetables and Gingerbread Cookie ♡ ↓ ♡ P+	56	94
074	Chicken Teriyaki with Stir Fry Vegetables and White Rice, Apple Juice and Chocolate Cookie P+ —	63	113
131	Creamy Garlic and Rosemary Risotto with Seasoned Sweet Potatoes and Whole Wheat Bread ♡ ↓ P+ ♢	70	96
147	Whole Wheat Rotini with Pesto Sauce and Seasoned Vegetables and Gingerbread Cookie ↓ ♡ ♢ ♢	45	83
162	Hawaiian Style Stir Fry Rice with Ham and Sweet Pineapple and Apples and Chocolate Cookie	68	104
169	Cheese Tortellini, Marinara Sauce, and Seasoned Peas and Chocolate Cookie ♡ ↓ ♡ ♢ ♢	54	90
303	Sweet and Sour Chicken with Stir Fry Vegetables and White Rice, Whole Wheat Bread and Peanut Butter ♡ ↓ P+	67	99
427	Chicken Alfredo Pasta and Seasoned Vegetables and Chocolate Cookie ↓ ♡ P+ ♢	47	83

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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INTERNATIONAL FLAVORS (cont.)		CARBS (g)	
768	Korean Style BBQ Meatballs, White Rice and Seasoned Vegetables and Gingerbread Cookie   	61	99
800	Mexican Style Beef Macaroni and Cheese with Fiesta Blend Vegetables  	56	69
905	Beef Soft Tacos with Cheese and Santa Fe Style Rice and Flour Tortillas  	50	88
BREAKFAST MEALS		CARBS (g)	
142	Strawberries & Cream Oatmeal and Scrambled Eggs, Whole Wheat Bread and Peanut Butter   	39	71
160	Cheese Omelet, French Toast Sticks and Brown Sugar Peaches & Apples, Apple Juice and Syrup      	44	99
274	Breakfast Skillet (Pork Sausage, Scrambled Eggs, Potatoes, Cheese) and Fruit Crisp    	54	66
277	Whole Grain Pancakes with Pork Sausage Patty and Cranberry-Apple Crisp and Syrup   	59	100

431	Cowboy Breakfast Skillet and Cranberry Apple Crisp Whole Wheat Bread and Peanut Butter   	53	94
513	Pork Sausage Breakfast Burrito and Spiced Fruit Medley and Flour Tortillas 	47	79
594	Cheesy Egg and Turkey Scramble with Cranberry Rice Pudding, Whole Wheat Bread and Peanut Butter  	39	71
896	French Toast Sticks and Chipotle Berry Sauce and Granola    	66	108
919	Buttermilk Pancakes with Egg Patty and Cinnamon Apple Crisp and Syrup     	75	115
924	Breakfast Sandwich (Pork Sausage, Egg, Cheese) and Brown Sugar Peaches & Apples and Whole Wheat English Muffin  	23	58

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

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To learn more about how our menus can support a variety of health conditions, visit: [momsmeals.com/ourmenus](https://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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