



# Menu

**TO PLACE AN ORDER**  
or if you have comments  
or concerns, please call:  
**1-866-204-6111**  
M-F 7 AM to 6 PM CST  
**ORDER DEADLINE:**  
Tuesday at 5 PM CST for  
delivery the following week

**Carbs (g):** Approximate grams of carbohydrates are shown for the **entrée only** and the entrée plus extras  
**\* Lower Sodium:** <800mg sodium **♥ Heart friendly:** <800mg Sodium <30% Fat <10% Sat. Fat  
**V Vegetarian:** Free from meat protein - may include dairy, eggs, beans, plant protein and nuts  
**D Diabetes friendly:** ≤65g of carbohydrates for the **entrée only** and  
 ≤110g for the entrée plus extras including milk. **P+ Protein Plus:** >600 calories and >25g Protein

ITEM	American Classics		CARBS (g)	
* <b>DP+</b> 025	Salisbury Steak with Savory Beef Gravy, White Rice and Vegetables and Chocolate Cookie		51	87
* <b>DP+</b> 137	Chicken Bacon Ranch Pasta and Seasoned Vegetables, and Chocolate Cookie		38	74
* <b>DP+</b> 172	Homestyle Meatloaf with Potatoes and Seasoned Vegetables and Whole Wheat Bread		48	74
* <b>D</b> 219	Swedish Style Meatballs with Creamy Mushroom Gravy over Pasta and Seasoned Vegetables and Apple Juice		48	75
* <b>VD</b> 258	Macaroni & Cheese and Seasoned Vegetables and Oatmeal Cream Pie		48	86
* <b>♥ DP+</b> 259	Beef Goulash over Whole Wheat Pasta and Seasoned Vegetables and Cookie		53	91
* <b>P+</b> 291	Beef Pepper Steak with Gravy over Pasta and Spiced Fruit Crisp		70	82
* <b>D</b> 423	Cheesy Chicken and Rice with Broccoli and Cinnamon Apples and Fudge Round		51	86
* <b>D</b> 498	Chicken Tender over Potatoes and Roasted Peppers & Onions and Smokehouse Creamed Corn and Oatmeal Cream Pie		36	75
* <b>D</b> 904	Beef Little Smokies with Baked Beans and Seasoned Vegetables and Gingerbread Cookie		44	82

## Soup or Sandwich




<b>DP+</b> 065	Cheeseburger and Cinnamon Apples and Whole Wheat Bun		24	65
* <b>♥ DP+</b> 315	Meatball Marinara Sandwich and Sweet Pineapple & Apple Crisp and Whole Wheat Bun		52	93
* <b>D</b> 495	Chicken & Vegetable Pot Pie Soup and Cinnamon Apple Crisp, Whole Wheat Bread and Margarine		63	89
* <b>DP+</b> 726	Beef Chili with Beans and Cornbread with Chocolate Cookie		41	77
* <b>♥VD</b> 922	Tomato Soup with Pretzel Bites, Oatmeal Cream Pie and Orange		42	98

## International Flavors

* <b>♥ DP+</b> 013	Pasta & Meatballs with Marinara Sauce and Seasoned Vegetables and Gingerbread Cookie		57	95
<b>P+</b> 074	Chicken Teriyaki with Stir Fry Vegetables and White Rice, Apple Juice and Fudge Round		62	112

ITEM	International Flavors (continued)		CARBS (g)	
*♥V P+ 131	Creamy Garlic and Rosemary Risotto with Seasoned Sweet Potatoes and Whole Wheat Bread		70	96
*♥V 147	Whole Wheat Rotini with Pesto Sauce and Seasoned Vegetables and Fig Bar		45	89
162	Hawaiian Style Stir Fry Rice with Ham and Sweet Pineapple and Apples, and Fudge Round		67	102
*♥D 303	Sweet and Sour Chicken with Stir Fry Vegetables and White Rice and Cookie		63	94
* DP+ 427	Chicken Alfredo Pasta and Seasoned Vegetables and Fig Bar		45	89
DP+ 559	Pasta Primavera with Ham and Cornbread and Cookie		59	90
*♥D 768	Korean Style BBQ Meatballs, White Rice and Seasoned Vegetables and Gingerbread Cookie		61	99
DP+ 800	Mexican Style Beef Macaroni and Cheese with Fiesta Blend Vegetables		55	67
*♥DP+ 905	Beef Soft Tacos with Cheese and Santa Fe Style Rice and Flour Tortillas		47	85

## Breakfast Meals

D 110	Biscuits & Pork Sausage Gravy and Peaches & Cherries and Fig Bar		47	91
VDP+ 142	Strawberries & Cream Oatmeal and Scrambled Eggs, Whole Wheat Bread and Peanut Butter		38	70
*♥VD 160	Cheese Omelet, French Toast Sticks and Brown Sugar Peaches & Apples, Apple Juice and Syrup 		44	99
* DP+ 274	Breakfast Skillet (Pork Sausage, Scrambled Eggs, Potatoes, Cheese) and Cinnamon Apple Crisp 		59	71
* D 277	Whole Grain Pancakes with Pork Sausage Patty and Cranberry-Apple Crisp and Syrup		59	99
*♥D 418	Cowboy Breakfast Skillet and Cranberry Apple Crisp and Fig Bar		51	95
D 513	Pork Sausage Breakfast Burrito and Spiced Fruit Medley and Flour Tortillas		37	74
DP+ 592	Farmer's Breakfast Scramble (Eggs, Pork, Breakfast Gravy, Cheese and Biscuit) and Cinnamon Apple Crisp		53	65
DP+ 594	Cheesy Egg and Turkey Scramble with Cranberry Rice Pudding, Whole Wheat Bread and Peanut Butter		37	69
*♥DP+ 896	French Toast Sticks, Turkey Sausage Links and Chipotle Berry Sauce, Granola and Margarine		56	98
*♥V 919	Buttermilk Pancakes with Egg Patty and Cinnamon Apple Crisp and Syrup 		75	115
DP+ 924	Breakfast Sandwich (Pork Sausage, Egg, Cheese) and Brown Sugar Peaches & Apple Crisp and Whole Wheat English Muffin		23	58

 Customer Favorite

All meals include milk or milk alternative.

Please select the meals that are most appropriate for your dietary needs.

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.

REFRIGERATE MEALS UPON ARRIVAL.

