



Menu

ORDER ONLINE ANYTIME AT: momsmeals.com/login
or by phone at: **866-204-6111** M-F 7 AM to 6 PM CST

Scan to
order online



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

AMERICAN CLASSICS			CARBS (g)	
95025	Salisbury Steak with Savory Beef Gravy, White Rice and Vegetables and Chocolate Cookie ↓ ⚡ P+ ⚡ —	53	88	
95172	Homestyle Meatloaf with Potatoes and Seasoned Vegetables and Whole Wheat Bread ↓ ⚡ P+ —	48	74	
95219	Swedish Style Meatballs with Creamy Mushroom Gravy over Pasta and Seasoned Vegetables and 100% Apple Juice ↓ ⚡ —	48	75	
95258	Macaroni & Cheese and Seasoned Vegetables and Oatmeal Raisin Cookie ↓ ⚡ P+ —	47	88	
95291	Beef Pepper Steak with Gravy over Pasta and Spiced Fruit Crisp ↓ P+ ⚡ —	67	79	
95423	Cheesy Chicken and Rice with Broccoli and Cinnamon Apples and Chocolate Cookie ↓ ⚡ —	51	86	
95904	Beef Little Smokies with Baked Beans and Seasoned Vegetables and Gingerbread Cookie ↓ ⚡	44	82	
96168	Chicken Bacon Ranch Pasta and Seasoned Vegetables, and Oatmeal Raisin Cookie ↓ ⚡ P+	39	79	
SOUP OR SANDWICH			CARBS (g)	
95315	Meatball Marinara Sandwich and Cinnamon Apple Crisp and Whole Wheat Bun ♥ ↓ P+	50	88	
95347	Cheeseburger and Cinnamon Apples and Whole Wheat Bun ⚡ P+ —	24	62	
95495	Chicken & Vegetable Pot Pie Soup and Cinnamon Apple Crisp, Whole Wheat Bread and Margarine ↓ ⚡	61	87	
95922	Tomato Soup with Pretzel Bites, Orange and Triple Chocolate Cookie ♥ ↓ ⚡ P+ —	42	101	

INTERNATIONAL FLAVORS			CARBS (g)	
95013	Pasta & Meatballs with Marinara Sauce and Seasoned Vegetables and Gingerbread Cookie	56	93	95013
95074	Chicken Teriyaki with Stir Fry Vegetables and White Rice and Granola	60	102	95074
95303	Sweet and Sour Chicken with Stir Fry Vegetables and White Rice, Whole Wheat Bread and Peanut Butter	67	100	95303
95427	Chicken Alfredo Pasta and Seasoned Vegetables and Chocolate Cookie	47	82	95427
95768	Korean Style BBQ Meatballs, White Rice and Broccoli and Gingerbread Cookie	61	98	95768
95800	Mexican Style Beef Macaroni and Cheese with Fiesta Blend Vegetables	55	67	95800
95905	Beef Soft Tacos with Cheese and Santa Fe Style Rice and Flour Tortillas	49	87	95905
96131	Creamy Garlic and Rosemary Risotto with Seasoned Sweet Potatoes and Whole Wheat Bread	69	95	96131

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

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

INTERNATIONAL FLAVORS (cont.)		CARBS (g)	
96147	Whole Wheat Rotini with Pesto Sauce and Seasoned Vegetables and Gingerbread Cookie     	48	86
96162	Hawaiian Style Stir Fry Rice with Ham and Sweet Pineapple and Apples and Chocolate Cookie	68	104
96169	Cheese Tortellini, Marinara Sauce, and Seasoned Peas and Chocolate Cookie     	55	90
96204	Gluten Free Rotini with Pesto Sauce and Seasoned Peas, Whole Wheat Bread and 100% Apple Juice    	54	96
BREAKFAST MEALS		CARBS (g)	
95110	Breakfast Pork Sausage Gravy with Buttermilk Biscuit and Peaches & Cherries, Whole Wheat Bread and Peanut Butter  	45	78
95274	Breakfast Skillet (Pork Sausage, Scrambled Eggs, Potatoes, Cheese) and Fruit Crisp     	54	66
95277	Whole Grain Pancakes with Pork Sausage Patty and Cranberry Apple Crisp and Syrup  	53	93
95431	Cowboy Breakfast Skillet and Cranberry Apple Crisp Whole Wheat Bread and Peanut Butter  	47	79
95513	Pork Sausage Breakfast Burrito and Spiced Fruit Medley and Flour Tortillas 	37	75

95592	Farmer's Breakfast Scramble (Eggs, Pork, Breakfast Gravy, Cheese and Biscuit) and Cinnamon Apple Crisp  	59	71
95594	Cheesy Egg and Turkey Scramble with Cranberry Rice Pudding, Whole Wheat Bread and Peanut Butter 	38	71
95896	French Toast Sticks and Chipotle Berry Sauce and Granola      	66	108
95919	Buttermilk Pancakes with Egg Patty and Cinnamon Apple Crisp and Syrup      	75	114
95924	Breakfast Sandwich (Pork Sausage, Egg, Cheese) and Brown Sugar Peaches & Apples and Whole Wheat English Muffin     	23	57
96210	Maple Waffle, Pork Sausage Patty and Cinnamon Apple Crisp 	58	71
96231	Peaches & Cream Oatmeal with Scrambled Eggs, Whole Wheat Bread and Peanut Butter  	41	74

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

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 nutrimetics.

SUBSCRIBE TO THE FULL SCOOP!

Sign up to be educated and inspired with snackable stories that demonstrate how nourishing food impacts us all. You can get additional stories, information, insights and more from Mom's Meals!

momsmeals.com/TheFullScoop



* 0 0 7 9 9 8 / 3 3 3 3 *