



# Menu

ORDER ONLINE ANYTIME AT: [momsmeals.com/login](https://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 ♥️ ↓ ⚡ ♻️ ♻️	42	101

96189	Sloppy Joe and Seasoned Corn, Whole Wheat Hamburger Bun and Chocolate Cookie ↓ P+ ♻️ —	27	88
96213	White Bean and Ham Soup and Pretzel Bites and Chocolate Cookie ↓ ⚡ P+ ♻️	40	75
96218	White Chicken Chili with Beans and Seasoned Peas, Whole Wheat Bread and Margarine ⚡ P+	37	64
INTERNATIONAL FLAVORS		CARBS (g)	
95013	Pasta & Meatballs with Marinara Sauce and Seasoned Vegetables and Gingerbread Cookie ♥️ ↓ ⚡ P+	56	93
95074	Chicken Teriyaki with Stir Fry Vegetables and White Rice and Granola P+ —	60	102
95303	Sweet and Sour Chicken with Stir Fry Vegetables and White Rice, Whole Wheat Bread and Peanut Butter ♥️ ↓ P+	67	100
95427	Chicken Alfredo Pasta and Seasoned Vegetables and Chocolate Cookie ↓ ⚡ P+ ♻️	47	82
95768	Korean Style BBQ Meatballs, White Rice and Broccoli and Gingerbread Cookie ♥️ ↓ ♻️	61	98
95800	Mexican Style Beef Macaroni and Cheese with Fiesta Blend Vegetables ⚡ P+	55	67
95905	Beef Soft Tacos with Cheese and Santa Fe Style Rice and Flour Tortillas ♥️ ↓ ⚡ P+	49	87
96131	Creamy Garlic and Rosemary Risotto with Seasoned Sweet Potatoes and Whole Wheat Bread ♥️ ↓ P+ ♻️	69	95

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 ↓ ♡ P+ 🌿 🍴	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 ♡ ↓ ♡ P+ 🌿 🍴	55	90	
96204	Gluten Free Rotini with Pesto Sauce and Seasoned Peas, Whole Wheat Bread and 100% Apple Juice ♡ ↓ ♡ P+ 🌿	54	96	
BREAKFAST MEALS			CARBS (g)	
95110	Breakfast Pork Sausage Gravy with Buttermilk Biscuit and Peaches & Cherries, Whole Wheat Bread and Peanut Butter ♡ P+	45	78	
95274	Breakfast Skillet (Pork Sausage, Scrambled Eggs, Potatoes, Cheese) and Fruit Crisp ↓ ♡ P+ 🍴	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 ↓ ♡ P+	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 ♡ P+	59	71	
95594	Cheesy Egg and Turkey Scramble with Cranberry Rice Pudding, Whole Wheat Bread and Peanut Butter P+	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 ♡ P+ 🍴	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 P+ 🌿	41	74	

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

## 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](https://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.

## 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](https://momsmeals.com/TheFullScoop)

