



Menu

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



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    	51	86
95172	Homestyle Meatloaf with Potatoes and Vegetables and Whole Wheat Bread   	50	77
95219	Swedish Style Meatballs with Creamy Mushroom Sauce over Pasta and Vegetables and Whole Wheat Bread    	46	73
95258	Macaroni & Cheese and Vegetables and Oatmeal Raisin Cookie    	49	88
95291	Beef Pepper Steak with Gravy over Penne Pasta and Spiced Fruit Crisp    	69	81
96168	Chicken Bacon Ranch Pasta and Vegetables, and Oatmeal Raisin Cookie   	39	78
SOUP OR SANDWICH		CARBS (g)	
95315	Meatball Marinara Sandwich and Cinnamon Apple Crisp and Whole Wheat Bun   	54	92
95347	Cheeseburger and Cinnamon Apples and Whole Wheat Bun   	27	65
95495	Chicken & Vegetable Pot Pie Soup and Cinnamon Apple Crisp, Whole Wheat Bread and Butter Blend Cup  	70	97
95922	Tomato Soup with Pretzel Bites, Orange and Triple Chocolate Cookie    	45	102
96189	Sloppy Joe and Vegetables, Whole Wheat Hamburger Bun and Chocolate Cookie    	27	88

96213	White Bean and Ham Soup and Pretzel Bites and Chocolate Cookie  	38	73
96218	White Chicken Chili with Beans and Vegetables, Whole Wheat Bread and Butter Blend Cup  	37	64
INTERNATIONAL FLAVORS		CARBS (g)	
95013	Pasta & Meatballs with Marinara Sauce and Vegetables and Gingerbread Cookie   	57	95
95074	Chicken with Teriyaki Sauce, Stir Fry Vegetables and White Rice and Granola  	64	107
95303	Sweet and Sour Chicken with Stir Fry Vegetables and White Rice, Whole Wheat Bread and Peanut Butter 	69	102
95427	Chicken Alfredo Pasta and Vegetables and Chocolate Cookie   	49	84
95768	Korean Style BBQ Meatballs, White Rice and Vegetables and Gingerbread Cookie    	63	101
95800	Mexican Style Beef Macaroni and Cheese with Vegetables   	54	87
95905	Beef Soft Tacos with Cheese and Santa Fe Style Rice and Flour Tortillas    	52	90
96131	Garlic and Rosemary Vegetable Risotto with Sweet Potatoes and Whole Wheat Bread    	64	91

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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INTERNATIONAL FLAVORS (cont.)		CARBS (g)	
96147	Whole Wheat Rotini with Pesto Sauce and Vegetables and Gingerbread Cookie 🍷 P+ 🍴 🍷	52	90
96162	Hawaiian Style Stir Fry Rice with Ham and Sweet Pineapple and Apples and Chocolate Cookie	71	107
96169	Cheese Tortellini with Marinara Sauce and Vegetables and Chocolate Cookie ♥️ 🍷 P+ 🍴 🍷	57	93
96204	Gluten Free Rotini with Pesto Sauce and Vegetables, Whole Wheat Bread and 100% Apple Juice ♥️ 🍷 P+ 🍴	58	100
97168	NEW! Green Chile Chicken Bowl with Brown Rice and Black Bean Vegetable Medley and Chocolate Cookie ♥️ 🍷 P+	58	93
BREAKFAST MEALS		CARBS (g)	
95274	Breakfast Skillet (Pork Sausage, Scrambled Eggs, Potatoes, Cheese) and Apple Cranberry Crisp 🍷 P+ 🍴	55	67
95277	Whole Grain Pancakes with Pork Sausage Patty and Apple Cranberry Crisp and Syrup 🍷 🍴	57	99

95431	Cowboy Breakfast Skillet and Cranberry Apple Crisp, Whole Wheat Bread and Peanut Butter 🍷 🍷 P+	53	86
95513	Pork Sausage Breakfast Burrito and Spiced Fruit Medley and Flour Tortillas 🍷	42	80
95594	Cheesy Egg and Turkey Scramble with Cranberry Rice Pudding, Whole Wheat Bread and Peanut Butter P+	42	75
95896	French Toast Sticks and Chipotle Berry Sauce and Granola ♥️ 🍷 🍴 🍷	66	110
95919	Buttermilk Pancakes with Egg Patty and Cinnamon Apple Crisp and Syrup ♥️ 🍷 🍴 🍷 🍴	84	126
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 🍴 🍴	63	75
96231	Peaches & Cream Oatmeal with Scrambled Eggs, Whole Wheat Bread and Peanut Butter P+ 🍴	43	76

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REFRIGERATE MEALS UPON ARRIVAL

Phone order deadline is Tuesday at 5 PM CST for delivery the following week.

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.

Ingredients and nutrition information may vary as we continue to improve and enhance our meals. For the most up-to-date menu, ingredient and nutrition information, or to learn how our menus can support a variety of health conditions, please visit momsmeals.com/ourmenus.

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