



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 🍷 P+ 🍷	51	86	
95172	Homestyle Meatloaf, Potatoes and Vegetables and Whole Wheat Bread 🍷 🍷 P+	53	80	
95219	Swedish Style Meatballs with Creamy Mushroom Sauce over Pasta and Vegetables and Whole Wheat Bread 🍷 P+ 🍷	46	73	
95258	Macaroni & Cheese and Vegetables, Whole Wheat Bread and Butter Blend Cup 🍷 P+ 🍷	53	79	
95291	IMPROVED Beef Pepper Steak with Gravy over Penne Pasta and Spiced Fruit Crisp 🍷 P+ 🍷	68	80	
95423	IMPROVED Cheesy Chicken, Rice, Broccoli and Cinnamon Apples and Chocolate Cookie 🍷 🍷	52	87	
95904	Beef Little Smokies with Baked Beans and Mixed Vegetables and Gingerbread Cookie 🍷	43	81	
96168	Chicken Bacon Ranch Pasta and Vegetables, and Oatmeal Raisin Cookie 🍷 🍷 P+	39	78	
96268	NEW Chicken Pot Pie Pasta and Apple & Cranberry Crisp, Whole Wheat Bread and Butter Blend 🍷 🍷 P+	66	92	
96277	HOLIDAY MEAL Turkey with Poultry Gravy, Potato Medley and Green Bean Casserole, Whole Wheat Dinner Roll and Gingerbread Cookie P+	42	95	
96294	NEW Chicken with Black Pepper Sherry Sauce, Multigrain Blend and Vegetables and Gingerbread Cookie 🍷 🍷 🍷 P+	46	83	

SOUP OR SANDWICH			CARBS (g)	
95315	IMPROVED Meatball Marinara Sandwich Filling and Cinnamon Apple Crisp and Whole Wheat Bun 🍷 🍷 🍷 P+	51	89	
95347	IMPROVED Cheeseburger and Cinnamon Apples and Whole Wheat Bun 🍷 P+	25	63	
96189	Sloppy Joe and Vegetables, Whole Wheat Hamburger Bun and Chocolate Cookie 🍷 P+ 🍷	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 🍷 P+	39	66	
INTERNATIONAL FLAVORS			CARBS (g)	
95013	Pasta & Meatballs with Marinara Sauce and Vegetables and Gingerbread Cookie 🍷 🍷 P+	58	95	
95074	Chicken with Teriyaki Sauce, Stir Fry Vegetables and White Rice and Granola P+	64	107	
95303	IMPROVED Sweet and Sour Chicken with Stir Fry Vegetables and White Rice, Whole Wheat Bread and Peanut Butter P+	64	97	
95427	Chicken Alfredo Pasta and Vegetables and Chocolate Cookie 🍷 P+ 🍷	49	84	
95768	Korean Style BBQ Sauce with Meatballs, White Rice and Vegetables and Gingerbread Cookie 🍷 🍷	69	107	
95800	Mexican Style Beef Macaroni and Cheese with Vegetables P+ 🍷	58	70	
95905	IMPROVED Beef Soft Tacos with Cheese and Santa Fe Style Rice and Flour Tortillas 🍷 P+	52	90	

Symbols indicate meals also support these conditions

♥ Heart Friendly 🍷 Lower Sodium

🍷 Diabetes Friendly P+ Protein Plus 🍷 Vegetarian

🍷 Gluten Free 🍷 Renal Friendly

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INTERNATIONAL FLAVORS (cont.)		CARBS (g)	
96131	Garlic and Rosemary Vegetable Risotto and Sweet Potatoes, Whole Wheat Bread and Butter Blend Cup 🍴	59	86
96147	Whole Wheat Rotini with Pesto Sauce and Vegetables and Gingerbread Cookie P+ 🍴	55	93
96162	IMPROVED Hawaiian Style Stir Fry Rice with Ham and Sweet Pineapple and Apples and Chocolate Cookie	69	105
96169	Cheese Tortellini with Marinara Sauce and Vegetables and Chocolate Cookie ♥️ 🍴 🍴 🍴 🍴	55	90
97168	Green Chile Chicken Bowl with Brown Rice and Black Bean Vegetable Medley and Chocolate Cookie ♥️ P+	57	92
BREAKFAST MEALS		CARBS (g)	
95274	Breakfast Skillet (Pork Sausage, Scrambled Eggs, Potatoes, Cheese) and Apple Cranberry Crisp P+	62	74
95277	Whole Grain Pancakes with Pork Sausage Patty and Apple Cranberry Crisp and Syrup	58	100
95431	Cowboy Breakfast Skillet and Apple Cranberry Crisp, Whole Wheat Bread and Peanut Butter 🍴 P+	54	87

95513	IMPROVED Pork Sausage Breakfast Burrito and Spiced Fruit Medley and Flour Tortillas 🍴	40	78
95592	Farmers Breakfast Scramble and Cinnamon Apple Crisp 🍴 P+	54	66
95594	IMPROVED Cheesy Egg and Turkey Scramble and Cranberry Rice Pudding, Whole Wheat Bread and Peanut Butter 🍴 P+	41	73
95896	French Toast Sticks and Chipotle Berry Sauce and Granola ♥️ 🍴 🍴 🍴	72	115
95919	IMPROVED Buttermilk Pancakes, Egg Patty, and Cinnamon Apple Crisp and Syrup ♥️ 🍴 🍴 🍴	73	115
95924	IMPROVED Breakfast Sandwich (Pork Sausage, Egg, Cheese) and Brown Sugar Peaches & Apples and Whole Wheat English Muffin 🍴 P+	23	57
96210	IMPROVED Maple Waffle, Pork Sausage Patty and Cinnamon Apple Crisp 🍴	57	69
96231	IMPROVED Peaches & Cream Oatmeal with Scrambled Eggs, Whole Wheat Bread and Peanut Butter 🍴 P+ 🍴	40	73
97151	Breakfast Pork Sausage Gravy with Buttermilk Biscuit and Peaches & Cherry Crisp 🍴	62	74

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- P+ Protein Plus
- 🍴 Vegetarian
- 🍴 Gluten Free
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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.

Meals marked with **IMPROVED** meet one or more of the following criteria: **20% or more increase** in fiber, **20% or more reduction** in sodium, **20% or more reduction** in calories from saturated fats or **20% or more reduction** of added sugars.

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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