



Menu







Diabetes-Friendly

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



Developed in accordance with guidelines of the American Diabetes Association (ADA)

Meals contain <65 g of carbohydrates in the tray and <110 g in the full meal (tray, sides and milk).
On average, meals have about 560 mg sodium in the tray and 820 mg in the full meal with
<30% calories from fat and <10% calories from saturated fat

Carbs (g): Approximate grams of carbohydrates are shown for the **tray only** and the full meal.

ITEM	American Classics	CARBS (g)
115	BBQ Chicken with Potato Medley and Seasoned Vegetables , Whole Wheat Bread and Peanut Butter 	51 82
172	Homestyle Meatloaf with Potatoes and Seasoned Vegetables , and Whole Wheat Bread	50 75
219	Swedish Style Meatballs with Creamy Mushroom Sauce over Pasta and Seasoned Vegetables and Whole Wheat Bread 	48 74
250	Chicken & Waffle and Peach Crisp , String Cheese and Applesauce 	57 81
259	Beef Goulash over Whole Wheat Pasta and Seasoned Vegetables and Whole Grain Cookie 	46 86
299	Salisbury Steak with Mushroom Gravy, Potatoes and Seasoned Vegetables , Whole Wheat Dinner Roll, Gelatin and Margarine 	30 77
311	Chicken with Mushroom Gravy, Potatoes and Seasoned Vegetables , Whole Wheat Bread and 100% Fruit Juice	38 79
415	Cheesy Chicken, Rice, and Broccoli , and Sweet Pineapple and Apples and Whole Grain Cookie	51 90
716	Tuna Casserole and Gelatin	52 85
890	Creamy Macaroni & Cheese and Seasoned Vegetables , Whole Wheat Bread, 100% Fruit Juice and Margarine 	42 83

Soup or Sandwich

128	Pork Rib Patty with BBQ Sauce and Seasoned Vegetables , Whole Wheat Bun and 100% Fruit Juice  	22 78
279	Creamy Turkey & Rice Soup and Fruit Compote , String Cheese and Gelatin	58 90
315	Meatball Marinara Sandwich and Sweet Pineapple & Apple Crisp and Whole Wheat Bun	49 91
758	Chicken Tortilla Soup and Cinnamon Apples and Almonds	47 65

 Customer Favorite

 Available for a Limited Time

ITEM	International Flavors	CARBS (g)	
238	Three Cheese Ravioli with Garlic Basil Butter Sauce and Seasoned Green Beans, Orange and Whole Grain Cookie	35	92
303	Sweet and Sour Chicken with Stir Fry Vegetables and White Rice and Whole Grain Cookie	66	97
402	Chicken with Southwestern Vegetable Hash, Ranchero Sauce and Brown Rice and Fig Bar	62	106
416	Chicken Alfredo Pasta, Seasoned Peas and Carrots, 100% Fruit Juice and Whole Wheat Dinner Roll	46	88
744	Pasta & Meatballs with Marinara Sauce and Seasoned Green Beans, Whole Wheat Bread, Orange and Margarine	47	91
755	Mushroom Risotto and Seasoned Peas & Carrots and Cranberry Nut Snack Mix	52	77
770	Korean Style BBQ Meatballs with White Rice and Seasoned Broccoli and Whole Grain Cookie	55	94

Breakfast Meals

160	Cheese Omelet, French Toast Sticks and Turkey Sausage Link, Gelatin and Granola	21	89
175	Ham, Egg and Cheese Scramble and Cranberries & Apples, Orange, Whole Wheat Bread and Peanut Butter	29	78
254	Cinnamon Apple Oatmeal and Scrambled Eggs, 100% Orange Juice, Whole Wheat Bread and Margarine	53	93
274	Breakfast Skillet (Pork Sausage, Scrambled Eggs, Potatoes, Cheese) and Spiced Fruit Crisp	63	75
772	Cheese Omelet, Ham Patty and Spiced Fruit Medley and Granola	32	79
924	Breakfast Sandwich (Pork Sausage, Egg, Cheese) and Fruit Crisp and Whole Wheat English Muffin	32	68

 Customer Favorite

REFRIGERATE MEALS UPON ARRIVAL.

All Meals Include Milk

Please select the meals that are most appropriate for your dietary needs and remember to always consult your health care provider, certified diabetes educator or registered dietitian nutritionist with any specific questions regarding your diabetes or other chronic health condition.

If a meal includes more carbohydrates than your recommended level, you may consider eating only a portion of the meal and saving the rest for a snack at a later time.

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.

