

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

♥ **Heart-friendly:** <800mg Sodium <30% Fat <10% Sat. Fat

D **Diabetic-friendly** meals contain ≤75g of carbohydrates

ITEM	Breakfast Meals	CARBS (g)		
95130	Vegetable Egg Scramble and Peaches with Cherries, Whole Wheat Bread and Orange Juice	41	69	♥D
95158	Colby Cheese Omelet, Ham Patty and Spiced Fruit Medley, Orange Juice, Whole Wheat Bread and Margarine	34	61	D
95161	Colby Cheese Omelet, French Toast Sticks and Turkey Sausage Link, Syrup, Mandarin Orange Cup, Gelatin and Apple Juice	24	111	♥
95175	Ham, Egg and Cheese Scramble and Spiced Blueberries & Apples, Orange, Whole Wheat Bread and Peanut Butter	38	74	D
95229	Sausage, Egg & Cheese Breakfast Burrito and Cinnamon Apple Crisp and Flour Tortillas	50	76	
95237	Cheesy Scrambled Eggs, Turkey Sausage Links and Blueberry Crumb Loaf, Gelatin and Granola	19	74	D
95253	Fruit Breakfast Pizza and Turkey Sausage Links and Orange	61	79	
95254	Cinnamon Apple Oatmeal and Scrambled Eggs, Orange Juice, Whole Wheat Bread and Margarine	56	83	♥
95269	Waffle with Colby Cheese Omelet and Cranberries & Apples, Orange and Syrup	51	99	♥
95274	Breakfast Skillet (Pork Sausage, Scrambled Eggs, Potatoes, Cheese) and Spiced Fruit Crisp	71	-	D
95888	Whole Grain Pancakes, Pork Sausage Patty and Cranberry-Apple Crisp, Syrup and Orange Juice	74	118	♥
95919	Buttermilk Pancakes, Egg Patty and Cinnamon Apple Crisp, Syrup and String Cheese	80	111	
95924	Breakfast Sandwich (Pork Sausage, Egg, Cheese) and Brown Sugar Peach Crisp and Whole Wheat English Muffin	35	59	D
95962	Turkey Sausage, Egg and Cheese Stuffed Biscuit and Spiced Fruit Crisp and Orange Juice	79	93	

— Customer Favorite

Please select the meals that are most appropriate for your dietary needs.

Menus are subject to change.

As with any kitchen, there are times when availability of ingredients can fluctuate due to seasonal changes causing us to utilize alternative options with like nutritional.



TO PLACE AN ORDER or if you have comments or concerns, please call:

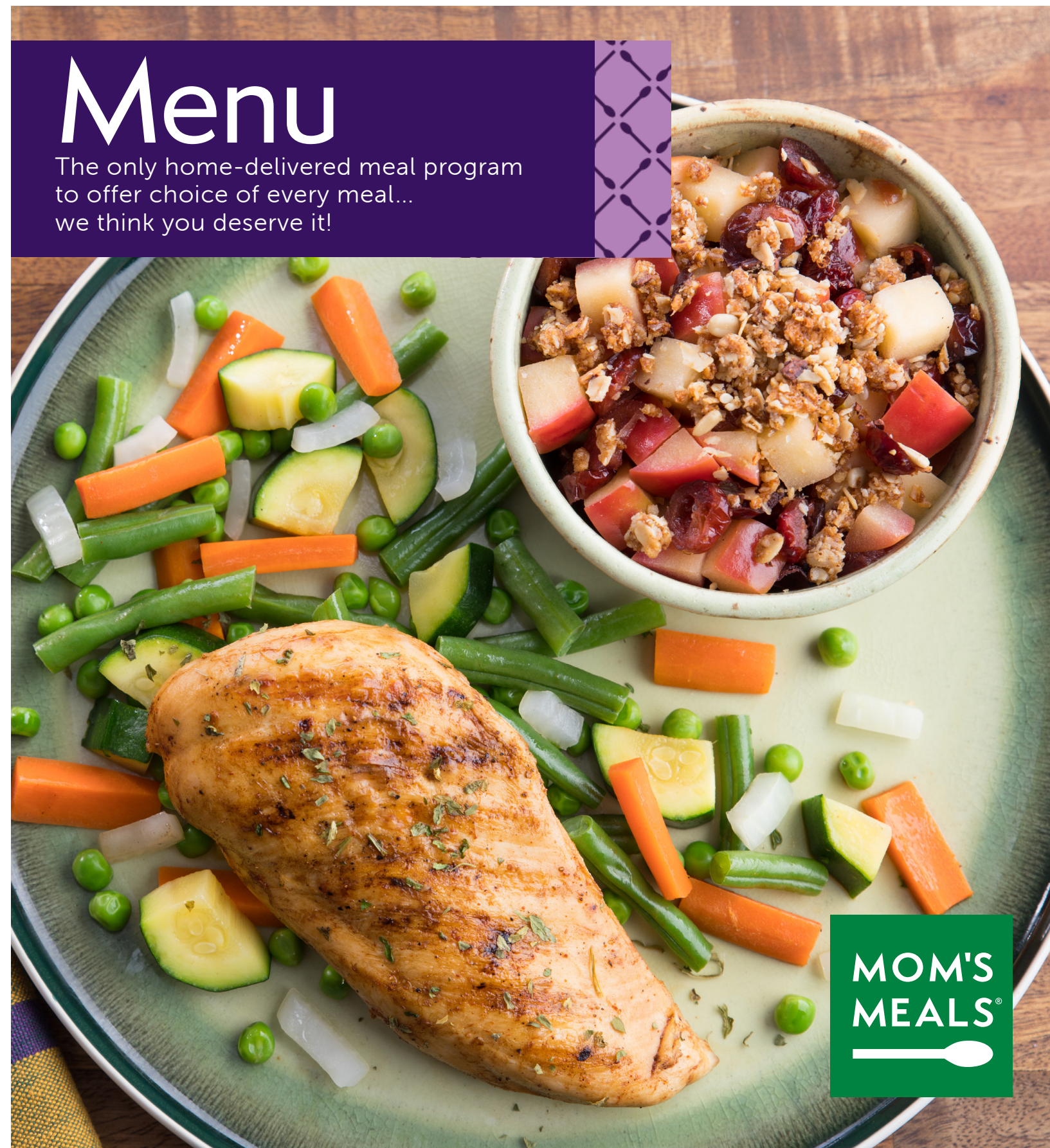
1-844-657-8721

M-F 7 AM to 6 PM CST
www.momsmeals.com

REFRIGERATE MEALS UPON ARRIVAL.

Menu

The only home-delivered meal program to offer choice of every meal... we think you deserve it!



TO PLACE AN ORDER or if you have comments or concerns, please call:




1-844-657-8721

M-F 7 AM to 6 PM CST
www.momsmeals.com



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

♥ **Heart-friendly:** <800mg Sodium <30% Fat <10% Sat. Fat

D **Diabetic-friendly** meals contain ≤75g of carbohydrates

ITEM	American Classics	CARBS (g)		
95023	Salisbury Steak with Mushroom Gravy, Potatoes and Seasoned Vegetable Blend, Whole Wheat Bread and Margarine 	42	56	D
95026	Salisbury Steak with Mushroom Gravy, White Rice and Mixed Vegetables and Gelatin	53	74	♥D
95058	Turkey Breast with Orange Wild Rice Salad and Spiced Fruit Medley, Gelatin and Applesauce 	67	99	♥
95114	BBQ Chicken with Potato Medley and Seasoned Green Beans and Fudge Round 	49	72	♥D
95144	Homestyle Meatloaf with Herbed Pasta and Mixed Vegetables, Whole Wheat Dinner Roll and Pineapple Cup	55	84	♥
95147	Beef Stew and Cornbread, Gelatin and Applesauce 	35	67	♥D
95154	Turkey Breast with Apple-Cranberry Sauce, Rice Pilaf and Green Beans and Pumpkin Loaf	71	91	♥
95201	Beef Pepper Steak with Gravy over White Rice and Spiced Blueberries & Apples and Grape Juice 	72	87	♥
95204	Creamy Chicken with Vegetables and Buttermilk Biscuit, Apple Juice and Triple Chocolate Cookie 	33	74	D
95219	Swedish Style Meatballs with Creamy Mushroom Sauce over Pasta and Seasoned Peas & Carrots and Grape Juice 	55	70	D
95232	Chicken & Waffle and Peach Crisp, Syrup and Apple Juice	60	105	♥
95259	Beef Goulash over Pasta with Seasoned Vegetables, Gelatin, Whole Wheat Bread and Margarine	45	79	♥
95377	Homestyle Beef Meatloaf with Mashed Potatoes and Seasoned Mixed Vegetables, Apple Juice and Gelatin 	48	83	
95716	Tuna Casserole and Chocolate Chocolate Chip Loaf and Orange	56	74	♥D
95891	Creamy Macaroni & Cheese and Seasoned Vegetable Blend, Mandarin Orange Cup and Blueberry Applesauce	43	85	

Soup or Sandwich

95065	Cheeseburger and Seasoned Mixed Vegetables, Whole Wheat Bun and Orange 	15	62	D
95101	BBQ Pulled Pork and Smokehouse Creamed Corn, Whole Wheat Bun and Grape Juice 	37	81	♥
95124	Corn Chowder and Peaches with Cherries and Fudge Round	79	102	♥

 Customer Favorite





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

♥ **Heart-friendly:** <800mg Sodium <30% Fat <10% Sat. Fat

D **Diabetic-friendly** meals contain ≤75g of carbohydrates

ITEM	Soup or Sandwich (continued)	CARBS (g)		
95128	Pork Rib Patty with BBQ Sauce and Seasoned Country Blend Vegetables, Whole Wheat Bun and Grape Juice	37	81	
95135	Broccoli Cheese Soup and Spiced Blueberry-Apple Crisp and Fudge Round	64	87	
95275	Turkey Chili with Beans and Cornbread, Grape Juice and Triple Chocolate Cookie	31	72	D
95280	Creamy Turkey & Wild Rice Soup and Brown Sugar Peaches, Gelatin and Vanilla Pudding	44	87	♥

International Flavors

95013	Spaghetti & Meatballs with Marinara Sauce and Italian Green Beans, Grape Juice and Granola 	45	94	♥
95062	Gluten Free Rotini with Meat Sauce and Seasoned Italian Green Beans and Gelatin	44	64	♥D
95073	Chicken and Stir Fry Vegetables with Teriyaki Sauce and White Rice and Applesauce 	58	70	♥D
95085	Vegetarian Red Beans and Rice, Orange, String Cheese and Chocolate Pudding	62	103	♥
95095	Teriyaki Stir Fry Vegetables over Brown Rice and Sweet Pineapple & Apples, Orange and Double Chocolate Chip Snack Loaf	94	132	♥
96103	Curry Vegetables with Pineapple and Brown Rice, String Cheese and Pineapple Cup	70	86	♥
95109	Vegetable Primavera with Pasta and Sweet Pineapple & Apples and String Cheese	67	68	♥D
95185	Sweet and Sour Chicken with Stir Fry Vegetables and White Rice, Grape Juice and Triple Chocolate Cookie 	54	95	♥
95188	Cheese Lasagna with Marinara Sauce and Spiced Fruit Crisp and Whole Wheat Dinner Roll 	83	98	
95206	Ziti Bake with Meat Sauce and Seasoned Vegetables, Orange and Whole Wheat Dinner Roll	58	90	♥
95230	Mexican Style Beef Macaroni and Cheese and Fiesta Blend Vegetables, Orange and Oatmeal Cream Pie	58	102	
95238	Three Cheese Ravioli with Garlic Basil Butter Sauce and Seasoned Italian Green Beans, Orange and Triple Chocolate Cookie	35	79	
95262	Creole Style Chicken & Sausage Gumbo and Brown Rice, Grape Juice and Triple Chocolate Cookie	59	100	♥
95265	Shredded Pork Tacos with Ranchero Sauce, Fiesta Corn and Brown Rice and Flour Tortillas	53	79	

 Customer Favorite