



Menu

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



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

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



✓ **Vegetarian:** Free from meat protein - may include dairy, eggs, beans, plant protein and nuts

ITEM	American Classics	CARBS (g)
* 025	Salisbury Steak with Mushroom Gravy, Potatoes and Seasoned Vegetables and Fudge Round 	31 66
114	BBQ Chicken with Potato Medley and Seasoned Vegetables and Oatmeal Cream Pie 	50 89
* 172	Homestyle Meatloaf with Potatoes and Seasoned Vegetables and Whole Wheat Bread 	48 73
219	Swedish Style Meatballs with Creamy Mushroom Sauce over Pasta and Seasoned Vegetables and Whole Wheat Bread	47 73
* ✓ 258	Creamy Macaroni & Cheese and Seasoned Vegetables and Oatmeal Cream Pie 	41 80
*♥ 259	Beef Goulash over Whole Wheat Pasta and Seasoned Vegetables and Cookie	46 85
* 291	Beef Pepper Steak with Gravy over Penne Pasta and Spiced Fruit Crisp 	70 83
423	Cheesy Chicken, Rice, and Broccoli, and Sweet Pineapple and Apples and Fudge Round 	48 83
* 498	Chicken Tender over Potatoes and Roasted Peppers & Onions and Smokehouse Creamed Corn and Oatmeal Cream Pie	38 77
*♥ 507	Calico Beans with Pork and Cinnamon Apples and Cookie	62 101
*♥ 716	Tuna Casserole and Cornbread and Gelatin	62 95

Soup or Sandwich

065	Cheeseburger and Seasoned Vegetables, Whole Wheat Bun and Orange 	13 73
*♥ 315	Meatball Marinara Sandwich and Sweet Pineapple & Apple Crisp and Whole Wheat Bun	44 86
*♥ 495	Chicken & Vegetable Pot Pie Soup and Cinnamon Apple Crisp, Whole Wheat Bread and Margarine	60 86
757	Chicken Tortilla Soup and Cinnamon Apples and Oatmeal Cream Pie 	45 83

International Flavors






* 013	Pasta & Meatballs with Marinara Sauce and Seasoned Vegetables and Oatmeal Cream Pie 	49 87
074	Chicken and Stir Fry Vegetables with Teriyaki Sauce and White Rice, Juice and Fudge Round 	54 106

 Customer Favorite

 Available for a Limited Time

ITEM	International Flavors (continued)	CARBS (g)	
*♥V 188	Cheese Lasagna with Marinara Sauce and Spiced Fruit Crisp	78	90
*♥ 303	Sweet and Sour Chicken with Stir Fry Vegetables and White Rice and Cookie	66	97
* 427	Chicken Alfredo Pasta, Seasoned Peas and Carrots and Cookie	46	77
* 500	Creamy Tomato Pasta with Italian Style Meatball Crumbles and Seasoned Vegetables and Oatmeal Cream Pie	43	81
559	Creamy Pasta Primavera with Ham and Cornbread and Cookie	59	90
599	Chicken Parmesan over Pasta and Seasoned Vegetables, Whole Wheat Bread and Margarine	50	76
*♥ 745	Pork Stir Fry Rice and Spiced Fruit Medley and Fudge Round	69	104
*♥V 751	UPDATE Creamy Risotto with Mushroom and Seasoned Peas & Carrots and Fig Bar	54	98
*♥ 763	Cajun Style Pasta with Chicken and Cinnamon Apple Crisp	81	93
768	Korean Style BBQ Meatballs with White Rice and Seasoned Vegetables and Cookie	56	87

Breakfast Meals

110	Biscuits & Pork Sausage Gravy, Gelatin and Fig Bar	24	88
*♥ 160	Cheese Omelet, French Toast Sticks and Fruit Compote, Juice and Syrup 	47	102
* 274	Breakfast Skillet (Pork Sausage, Scrambled Eggs, Potatoes, Cheese) and Spiced Fruit Crisp 	59	71
* 277	Whole Grain Pancakes, Pork Sausage Patty and Cranberry-Apple Crisp and Syrup 	64	104
*♥ 418	Cowboy Breakfast Skillet and Cranberry Apple Crisp and Fig Bar	52	96
513	Breakfast Burrito and Spiced Fruit Medley and Flour Tortillas	37	75
592	Farmer's Breakfast Skillet (Eggs, Pork, Breakfast Gravy, Cheese and Biscuit) and Cinnamon Apple Crisp	51	64
594	Cheesy Egg and Turkey Scramble with Cranberry Rice Pudding, Whole Wheat Bread and Peanut Butter	37	68
* 772	Cheese Omelet, Ham Patty and Spiced Fruit Medley and Granola	30	72
*♥V 919	Buttermilk Pancakes, Egg Patty and Cinnamon Apple Crisp and Syrup 	76	117
924	Breakfast Sandwich (Pork Sausage, Egg, Cheese) and Brown Sugar Peaches & Apple Crisp and Whole Wheat English Muffin 	33	68
*♥ 962	Turkey Sausage, Egg and Cheese Stuffed Biscuit and Spiced Fruit Crisp and Orange	66	96

 Customer Favorite

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All Meals Include Milk.

REFRIGERATE MEALS UPON ARRIVAL.

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 causing us to utilize alternative options with like nutritional.

