



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

ITEM	American Classics	CARBS (g)
* 023	Salisbury Steak with Mushroom Gravy, White Rice and Vegetables, Whole Wheat Bread and Margarine 	51 76
*♥ 114	BBQ Chicken with Potato Medley and Seasoned Green Beans and Fudge Round 	49 84
* 172	Homestyle Meatloaf with Potatoes and Seasoned Vegetables, Whole Wheat Bread and Margarine 	51 76
219	Swedish Style Meatballs with Creamy Mushroom Sauce over Pasta and Seasoned Vegetables and Whole Wheat Bread	46 72
*♥ 232	Chicken & Waffle and Peach Crisp, Syrup and Apple Juice 	58 112
*♥ 259	<b>UPDATE</b> Beef Goulash over Pasta and Seasoned Vegetables and Oatmeal Raisin Cookie	43 82
*♥ 291	Beef Pepper Steak with Gravy over Brown Rice and Spiced Blueberries and Apples 	74 86
311	<b>UPDATE</b> Chicken with Mushroom Gravy, Brown Rice and Vegetables and Whole Wheat Bread	52 78
*♥ 716	Tuna Casserole and Gelatin	52 85
890	Creamy Macaroni & Cheese and Seasoned Vegetables, Whole Wheat Bread, Apple Juice and Margarine 	43 84

## Soup or Sandwich

065	Cheeseburger and Seasoned Vegetables, Whole Wheat Bun and Orange 	14 73
* 128	Pork Rib Patty with BBQ Sauce and Seasoned Vegetables, Whole Wheat Bun and Grape Juice	22 78
* 273	Creamy Turkey & Wild Rice Soup and Brown Sugar Peaches, Grape Juice and Double Chocolate Chip Loaf	43 91
293	Chili Dog and Seasoned Mixed Vegetables and Whole Wheat Coney Bun	27 68
315	Meatball Marinara Sandwich and Sweet Pineapple & Apple Crisp and Whole Wheat Bun	53 94

 Customer Favorite

ITEM	International Flavors	CARBS (g)
*♥ 013	<b>Pasta &amp; Meatballs with Marinara Sauce and Vegetables,</b> Grape Juice and Oatmeal Cream Pie —●	47 100
074	<b>Chicken and Stir Fry Vegetables with Teriyaki Sauce and White Rice,</b> Apple Juice and Fudge Round	58 108
188	<b>Cheese Lasagna with Marinara Sauce and Spiced Fruit Crisp</b> and Whole Wheat Dinner Roll —●	87 114
230	<b>Mexican Style Beef Macaroni &amp; Cheese and Fiesta Blend Vegetables,</b> Orange and Oatmeal Cream Pie	58 114
*♥ 303	<b>Sweet and Sour Chicken with Stir Fry Vegetables and White Rice</b> and Triple Chocolate Cookie	62 100

## Breakfast Meals

110	<b>Biscuit &amp; Pork Sausage Gravy,</b> Gelatin and Granola	26 93
159	<b>Colby Cheese Omelet, Ham Patty and Spiced Fruit Medley,</b> Orange Juice and Granola	36 97
160	<b>Colby Cheese Omelet, French Toast Sticks and Turkey Sausage Link,</b> Gelatin and Granola —●	24 91
229	<b>Sausage, Egg &amp; Cheese Breakfast Burrito and Cinnamon Apples</b> and Flour Tortillas	53 91
*♥ 269	<b>Waffle with Colby Cheese Omelet and Cranberries and Apples,</b> Orange and Syrup	52 110
* 274	<b>Breakfast Skillet (Pork Sausage, Scrambled Eggs, Potatoes, Cheese) and Spiced Fruit Crisp</b>	66 78
888	<b>Whole Grain Pancakes, Pork Sausage Patty and Cranberry-Apple Crisp,</b> Syrup and Orange Juice —●	75 129
*♥ 919	<b>Buttermilk Pancakes, Egg Patty and Cinnamon Apple Crisp</b> and Syrup —●	94 133
924	<b>Breakfast Sandwich (Pork Sausage, Egg, Cheese) and Brown Sugar Peach Crisp</b> and Whole Wheat English Muffin —●	39 74
962	<b>Turkey Sausage, Egg and Cheese Stuffed Biscuit and Spiced Fruit Crisp</b> and Orange Juice —●	80 106

—● Customer Favorite

REFRIGERATE MEALS UPON ARRIVAL.

All Meals Include Milk.

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.

