

**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 (continued)	CARBS (g)		
		Tray Only	Full Meal	Notes
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 and Syrup	88	118	♥
95924	Breakfast Sandwich (Pork Sausage, Egg, Cheese) and Brown Sugar Peaches and Whole Wheat English Muffin	18	42	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.

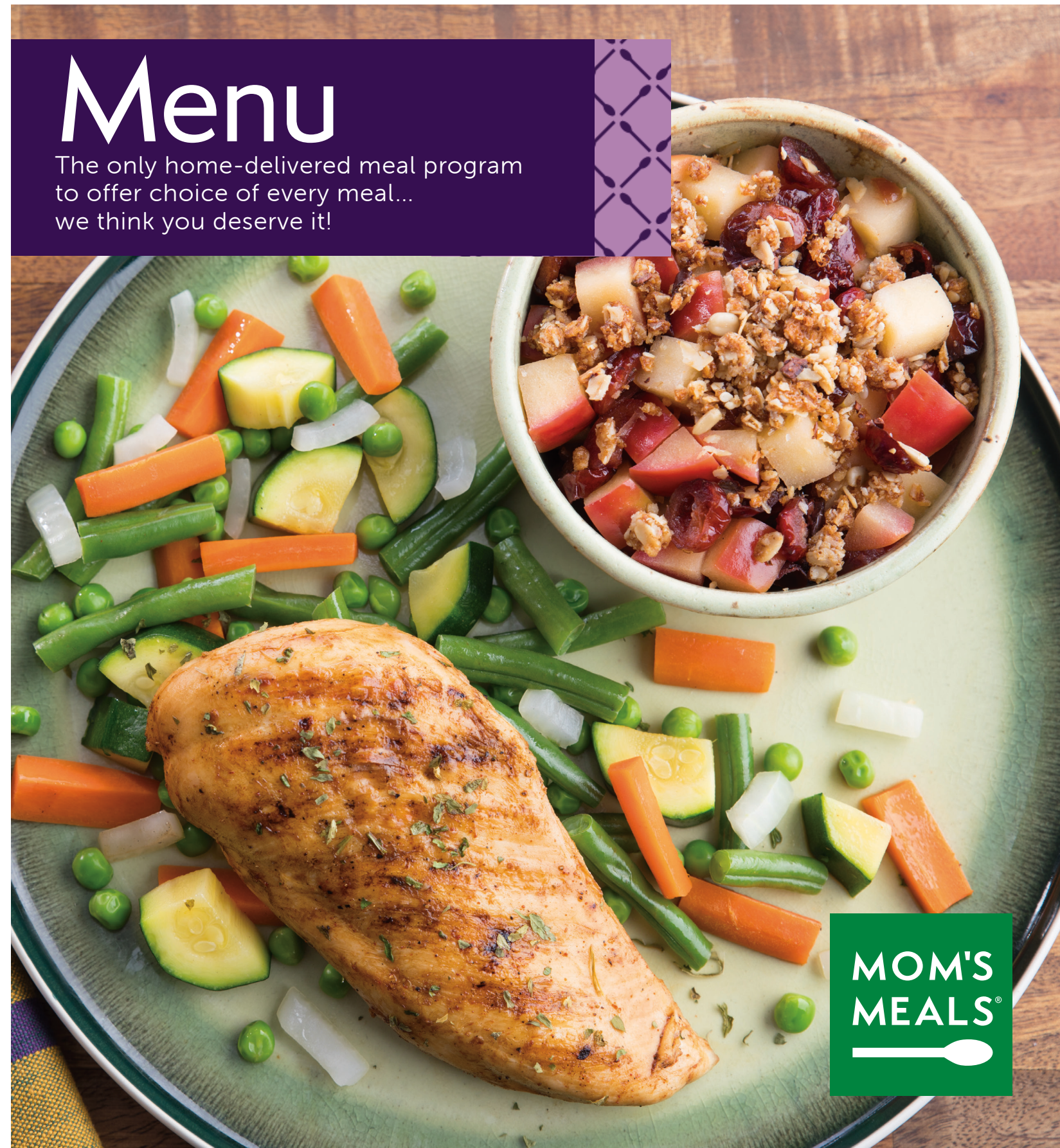


TO PLACE AN ORDER or if you have comments or concerns, please call:

**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!

**MOM'S MEALS**  
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ITEM	American Classics	CARBS (g)		
95023	Salisbury Steak with Mushroom Gravy, White Rice and Vegetables, Whole Wheat Bread and Margarine 	51	64	D
95114	BBQ Chicken with Potato Medley and Seasoned Green Beans and Fudge Round 	49	72	♥D
95144	Homestyle Meatloaf with Herb Pasta and Mixed Vegetables, Whole Wheat Dinner Roll and Pineapple Cup 	55	84	♥
95232	Chicken & Waffle and Peach Crisp, Syrup and Apple Juice 	60	105	♥
95301	Beef Pepper Steak with Gravy over Brown Rice and Spiced Blueberries & Apples and Grape Juice 	74	89	♥
95891	Creamy Macaroni & Cheese and Seasoned Vegetables, Mandarin Orange Cup and Blueberry Applesauce 	43	85	

### Soup or Sandwich

95065	Cheeseburger and Seasoned Vegetables, Whole Wheat Bun and Orange 	15	62	D
95128	Pork Rib Patty with BBQ Sauce and Seasoned Vegetables, Whole Wheat Bun and Grape Juice	37	81	
95135	Broccoli Cheese Soup and Spiced Blueberry and Apple Crisp and Fudge Round	64	87	
95293	Chili Dog and Seasoned Vegetables and Whole Wheat Coney Bun	27	56	D

### International Flavors




95013	Spaghetti & Meatballs with Marinara Sauce and Vegetables, Grape Juice and Granola 	45	94	♥
95109	Vegetable Primavera with Pasta and Sweet Pineapple & Apples and String Cheese	67	68	♥D

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ITEM	International Flavors (continued)	CARBS (g)		
95185	Sweet and Sour Chicken with Stir Fry Vegetables and White Rice, Grape Juice and Cookie 	54	95	♥
95188	Cheese Lasagna with Marinara Sauce and Spiced Fruit Crisp and Whole Wheat Dinner Roll 	83	98	
95230	Mexican Style Beef Macaroni & 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 Cookie	35	79	
95294	Beef Taco Filling with Cheese and Santa Fe Style Rice and Corn Tortillas	50	65	♥D

### Breakfast Meals

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 Apples and Flour Tortillas	46	72	D
95237	Cheesy Scrambled Eggs, Turkey Sausage Links and Blueberry Crumb Loaf, Gelatin and Granola	19	74	D
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	♥

 Customer Favorite