



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
V 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	54 92
* 172	Homestyle Meatloaf with Potatoes and Seasoned Vegetables and Whole Wheat Bread	48 74
219	Swedish Style Meatballs with Creamy Mushroom Gravy over Pasta and Seasoned Vegetables and Whole Wheat Bread	46 73
* V 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 Pasta and Spiced Fruit Crisp	70 83
* 423	Cheesy Chicken and Rice with Broccoli and Sweet Pineapple & 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

Soup or Sandwich





065	Cheeseburger and Seasoned Vegetables, Whole Wheat Bun and Orange	13 72
*♥ 315	Meatball Marinara Sandwich and Sweet Pineapple & Apple Crisp and Whole Wheat Bun	44 85
* 495	Chicken & Vegetable Pot Pie Soup and Cinnamon Apple Crisp, Whole Wheat Bread and Margarine	60 86
605	Cheeseburger Soup and Pretzel Bites and Oatmeal Cream Pie	35 73
* 726	Beef Chili with Beans and Cornbread with Fudge Round	41 76

International Flavors

*♥ 013	Pasta & Meatballs with Marinara Sauce and Seasoned Vegetables and Oatmeal Cream Pie	51 89
074	Chicken Teriyaki over White Rice and Stir Fry Vegetables, Juice and Fudge Round	56 106
*♥ 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 & Carrots and Cookie	44 76
* 500	Creamy Tomato Pasta with Italian Style Meatball Crumbles and Seasoned Vegetables and Oatmeal Cream Pie	43 81

ITEM	International Flavors (continued)	CARBS (g)	
559	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 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, White Rice and Seasoned Vegetables and Cookie	54	86
800	Mexican Style Beef Macaroni and Cheese with Fiesta Blend Vegetables	55	67

Breakfast Meals

110	Biscuits & Pork Sausage Gravy, Gelatin and Fig Bar	24	88
*♥	160 Colby Cheese Omelet, French Toast Sticks and Brown Sugar Peaches & Apples, Juice and Syrup	46	102
*	274 Breakfast Skillet (Pork Sausage, Scrambled Eggs, Potatoes, Cheese) and Spiced Fruit Crisp 	62	74
*	277 Whole Grain Pancakes with Pork Sausage Patty and Cranberry-Apple Crisp and Syrup	59	99
*♥	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 Scramble (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	69
*	772 Colby Cheese Omelet with Ham Patty and Spiced Fruit Medley and Granola	30	72
*♥V	919 Buttermilk Pancakes with 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

 Available for a Limited Time

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 causing us to utilize alternative options with like nutritional.

