

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

010224-040124/0888

Menu

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

ITEM	Breakfast Meals (continued)	CARBS (g)
* 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
✓ 302	Cheesy Egg Scramble with Roasted Peppers and Onions and Peaches & Cherries, Orange, Whole Wheat English Muffin and Margarine	36 89
*♥ 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
* ✓ 593	Cinnamon Apple Oatmeal and Scrambled Eggs, Whole Wheat Bread and Peanut Butter	49 81
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
*♥✓ 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



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.



TO PLACE AN ORDER
1-866-204-6111
 M-F 7 AM to 6 PM CST
ORDER DEADLINE:
 Tuesday at 5 PM CST
 for delivery the following week

REFRIGERATE MEALS UPON ARRIVAL.

ORDER DEADLINE: Tuesday at 5 PM CST for delivery the following week

TO PLACE AN ORDER

or if you have comments or concerns, please call:

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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
*♥ 146	Beef Stew and Cornbread, Juice and Cookie	40 94
* 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
* ✓ 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
311	Chicken with Mushroom Gravy, Rice and Seasoned Carrots, Whole Wheat Bread and Juice	45 86
417	Chicken with Gravy, Potatoes, and Seasoned Carrots, Whole Wheat Bread, Orange and Margarine	32 76
* 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
* 804	Ham Patty, Cheesy Potatoes, and Cinnamon Apples, Juice and Cranberry Nut Mix	38 77

Soup or Sandwich

065	Cheeseburger and Seasoned Vegetables, Whole Wheat Bun and Orange	13 72
* ✓ 124	Corn Chowder and Peaches & Cherries and Fudge Round	57 92
* 278	Creamy Turkey & Rice Soup and Cinnamon Apples and Oatmeal Cream Pie	53 91
*♥ 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
* 699	White Bean and Ham Soup and Cornbread and Cookie	41 79
* 726	Beef Chili with Beans and Cornbread with Fudge Round	41 76

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ITEM	International Flavors	CARBS (g)
*♥ 013	Pasta & Meatballs with Marinara Sauce and Seasoned Vegetables and Oatmeal Cream Pie	51 89
* ✓ 060	Curry Vegetables with Pineapple and Rice, String Cheese and Vanilla Pudding	63 98
074	Chicken Teriyaki over White Rice and Stir Fry Vegetables, Juice and Fudge Round	56 106
✓ 095	Teriyaki Stir Fry Vegetables over Rice and Sweet Pineapple & Apples, Orange and String Cheese	81 112
*♥✓ 188	Cheese Lasagna with Marinara Sauce and Spiced Fruit Crisp	78 90
✓ 238	Three Cheese Ravioli with Garlic Basil Butter Sauce and Seasoned Green Beans, Applesauce and Cookie	35 86
*♥✓ 257	Vegetable Primavera and Sweet Pineapple & Apples, Whole Wheat Bread and Peanut Butter	59 91
*♥✓ 272	Vegetarian Red Beans and Rice, Juice and Cookie	62 116
*♥ 303	Sweet and Sour Chicken with Stir Fry Vegetables and White Rice and Cookie	66 97
402	Southwestern Style Chicken with Vegetable Hash and White Rice and Fig Bar	60 104
* 427	Chicken Alfredo Pasta and 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
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
*♥✓ 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
175	Cheesy Egg Scramble with Ham and Cranberries & Apples, Orange, Whole Wheat Bread and Peanut Butter	29 79

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