



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 Mixed Vegetables, Whole Wheat Bread and Margarine 	51 76
*♥ 114	BBQ Chicken with Potato Medley and Seasoned Green Beans and Fudge Round 	45 80
* 172	Homestyle Meatloaf with Potatoes and Seasoned Corn and Whole Wheat Bread 	53 78
219	Swedish Style Meatballs with Creamy Mushroom Sauce over Pasta and Seasoned Green Beans and Whole Wheat Bread	45 71
*♥ 232	Chicken & Waffle and Peach Crisp, Syrup and Apple Juice 	58 112
*♥ 259	UPDATE Beef Goulash over Whole Wheat Pasta and Seasoned Carrots and Oatmeal Raisin Cookie	47 86
*♥ 291	Beef Pepper Steak with Gravy over Brown Rice and Spiced Blueberries and Apples 	74 86
311	Chicken with Mushroom Gravy, Brown Rice and Green Beans and Whole Wheat Bread	52 78
716	Tuna Casserole and Buttermilk Biscuit and Gelatin	52 85
740	NEW Turkey Meatballs and Garlic Basil Butter Sauce over Brown Rice and Seasoned Scandinavian Blend Vegetables, Whole Wheat Bread and Apple Juice	53 94
890	Creamy Macaroni & Cheese and Seasoned Vegetable Blend, Whole Wheat Bread, Apple Juice and Margarine 	43 84

Soup or Sandwich

065	Cheeseburger and Seasoned Carrots, Whole Wheat Bun and Orange 	13 73
* 128	Pork Rib Patty with BBQ Sauce and Seasoned Country Blend Vegetables, Whole Wheat Bun and Grape Juice	22 78
293	Chili Dog and Seasoned Vegetable Blend and Whole Wheat Coney Bun	26 68
*♥ 315	Meatball Marinara Sandwich and Sweet Pineapple & Apple Crisp and Whole Wheat Bun	50 92
* 741	Creamy Turkey & Wild Rice Soup and Brown Sugar Peaches and Triple Chocolate Cookie	43 82

 Customer Favorite

ITEM	International Flavors	CARBS (g)
*♥ 013	Pasta & Meatballs with Marinara Sauce and Green Beans, Grape Juice and Oatmeal Cream Pie —	50 103
074	Chicken and Stir Fry Vegetables with Teriyaki Sauce and White Rice, Apple Juice and Fudge Round	58 108
188	Cheese Lasagna with Marinara Sauce and Spiced Fruit Crisp and Whole Wheat Bread —	82 108
292	NEW Beef Tacos with Cheese and Santa Fe Style Rice, Flour Tortillas and Grape Juice	50 103
*♥ 303	Sweet and Sour Chicken with Stir Fry Vegetables and White Rice and Triple Chocolate Cookie	61 99

Breakfast Meals

110	Biscuit & Pork Sausage Gravy, Gelatin and Granola	26 93
159	Colby Cheese Omelet, Ham Patty and Spiced Fruit Medley, Orange Juice and Granola	36 97
*♥ 160	Colby Cheese Omelet, French Toast Sticks and Turkey Sausage Link, Gelatin and Granola —	21 89
229	Sausage, Egg & Cheese Breakfast Burrito and Cinnamon Apples and Flour Tortillas	53 91
*♥ 269	Waffle with Colby Cheese Omelet and Cranberries and Apples, Orange and Syrup	52 110
* 274	Breakfast Skillet (Pork Sausage, Scrambled Eggs, Potatoes, Cheese) and Spiced Fruit Crisp	64 76
*♥ 888	Whole Grain Pancakes, Pork Sausage Patty and Cranberry-Apple Crisp, Syrup and Orange Juice —	71 125
*♥ 919	Buttermilk Pancakes, Egg Patty and Cinnamon Apple Crisp and Syrup —	87 126
924	Breakfast Sandwich (Pork Sausage, Egg, Cheese) and Brown Sugar Peach Crisp and Whole Wheat English Muffin —	32 68
*♥ 962	Turkey Sausage, Egg and Cheese Stuffed Biscuit and Spiced Fruit Crisp and Orange Juice —	74 100

— 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.

