



Sample 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
✓ Vegetarian : Free from meat protein - may include dairy, eggs, beans, plant protein and nuts

| ITEM | American Classics | CARBS (g) |
|--------|--|-----------|
| *♥ 146 | Beef Stew Orange and Cookie | 40 98 |
| * 172 | Homestyle Meatloaf with Potatoes and Seasoned Corn and Whole Wheat Bread — | 50 75 |
| *♥ 232 | Chicken & Waffle and Peach Crisp, Syrup and Juice — | 57 112 |
| *♥ 259 | Beef Goulash over Whole Wheat Pasta and Seasoned Carrots and Cookie | 47 86 |
| *♥ 291 | Beef Pepper Steak with Gravy over Penne Pasta and Fruit Crisp — | 71 83 |
| * 733 | Chicken with Black Pepper Sherry Sauce, Brown Rice and Seasoned Broccoli and Cookie | 43 81 |

International Flavors


| | | |
|---------|--|--------|
| * ✓ 060 | Curry Vegetables with Pineapple and Brown Rice, String Cheese and Vanilla Pudding | 68 103 |
| *♥✓ 085 | Vegetarian Red Beans and Rice, String Cheese, Orange and Chocolate Pudding | 62 114 |
| *♥ 185 | Sweet and Sour Chicken with Stir Fry Vegetables and White Rice, Juice and Cookie — | 63 109 |
| *♥ 734 | Chicken Tikka Masala with Brown Rice and Peas and Carrots, Fruit Cup and Vanilla Pudding | 55 106 |
| *♥ 744 | Pasta & Meatballs with Marinara Sauce and Seasoned Green Beans, Whole Wheat Bread, Orange and Margarine — | 47 91 |
| *♥ 746 | Pork Stir Fry Rice and Spiced Fruit Medley, Whole Wheat Bread and Peanut Butter | 73 104 |
| *♥✓ 886 | Vegetable Primavera and Sweet Pineapple & Apples, Whole Wheat Dinner Roll and Peanut Butter | 65 97 |



— Customer Favorite

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| ITEM | Soup or Sandwich | CARBS (g) |
|---------|---|-----------|
| 065 | Cheeseburger and Seasoned Mixed Vegetables, Whole Wheat Bun and Orange  | 15 75 |
| *♥✓ 125 | Corn Chowder and Peaches with Cherries, Orange and Vanilla Pudding | 56 109 |
| * 128 | Pork Rib Patty with BBQ Sauce and Seasoned Vegetables, Whole Wheat Bun and Juice | 22 78 |
| *♥ 315 | Meatball Marinara Sandwich and Sweet Pineapple & Apple Crisp and Whole Wheat Bun | 50 91 |
| *♥ 273 | Creamy Turkey & Rice Soup and Brown Sugar Peaches, Juice and Chocolate Pudding | 46 95 |

| | Breakfast Meals | CARBS (g) |
|---------|--|-----------|
| *♥ 160 | Cheese Omelet, French Toast Sticks and Turkey Sausage Link, Gelatin and Granola  | 21 89 |
| 175 | Ham, Egg and Cheese Scramble and Fruit Compote, Orange, Whole Wheat Bread and Peanut Butter | 28 77 |
| *♥✓ 254 | Cinnamon Apple Oatmeal and Scrambled Eggs, Orange Juice, Whole Wheat Bread and Margarine | 54 94 |
| *♥✓ 269 | Waffle with Cheese Omelet and Cranberries & Apples, Orange and Syrup | 46 103 |
| * 274 | Breakfast Skillet (Pork Sausage, Scrambled Eggs, Potatoes, Cheese) and Spiced Fruit Crisp | 63 76 |
| *♥ 888 | Whole Grain Pancakes, Pork Sausage Patty and Cranberry-Apple Crisp, Syrup and Orange Juice | 68 121 |
| *♥✓ 919 | Buttermilk Pancakes, Egg Patty and Fruit Crisp and Syrup  | 80 119 |
| *♥ 962 | Turkey Sausage, Egg and Cheese Stuffed Biscuit and Spiced Fruit Crisp and Orange Juice | 74 100 |

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.

 Customer Favorite