



Menu

Diabetes-Friendly









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

Developed in accordance with guidelines of the American Diabetes Association (ADA)


Meals contain <65 g of carbohydrates in the tray and <110 g in the full meal (tray, sides and milk).

On average, meals have about 520 mg sodium in the tray and 770 mg in the full meal with
<30% calories from fat and <10% calories from saturated fat






Carbs (g): Approximate grams of carbohydrates are shown for the **tray only** and the full meal.

ITEM	American Classics	CARBS (g)	
115	BBQ Chicken with Potato Medley and Seasoned Vegetables, Whole Wheat Bread and Peanut Butter 	50	81
172	Homestyle Meatloaf with Potatoes and Seasoned Vegetables, and Whole Wheat Bread 	46	72
219	Swedish Style Meatballs with Creamy Mushroom Sauce over Pasta and Seasoned Vegetables and Whole Wheat Bread 	49	75
259	Beef Goulash over Whole Wheat Pasta and Seasoned Vegetables and Whole Grain Cookie 	46	86
299	Salisbury Steak with Mushroom Gravy, Potatoes and Seasoned Vegetables, Whole Wheat Dinner Roll, Applesauce and Margarine 	30	68
311	UPDATE Chicken with Mushroom Gravy, Brown Rice and Seasoned Carrots, Whole Wheat Bread and 100% Fruit Juice	46	87
415	Cheesy Chicken, Rice, and Broccoli, and Sweet Pineapple and Apples and Whole Grain Cookie 	51	90
716	Tuna Casserole and Gelatin	60	92
890	Creamy Macaroni & Cheese and Seasoned Vegetables and Whole Grain Cookie 	41	79
Soup or Sandwich			
279	Creamy Turkey & Rice Soup and Fruit Compote, String Cheese and Applesauce	58	82
315	Meatball Marinara Sandwich and Sweet Pineapple & Apple Crisp and Whole Wheat Bun	49	91
495	Chicken & Vegetable Pot Pie Soup and Cinnamon Apple Crisp and Whole Wheat Bread	64	90
758	Chicken Tortilla Soup and Cinnamon Apples and Almonds	47	65
International Flavors			
238	Three Cheese Ravioli with Garlic Basil Butter Sauce and Seasoned Green Beans, Orange and Whole Grain Cookie	35	92
303	Sweet and Sour Chicken with Stir Fry Vegetables and White Rice and Whole Grain Cookie 	65	96

 Customer Favorite

ITEM	International Flavors (continued)	CARBS (g)
402	Chicken with Southwestern Vegetable Hash, Ranchero Sauce and Brown Rice and Fig Bar	62 106
416	Chicken Alfredo Pasta, Seasoned Peas and Carrots, 100% Fruit Juice and Whole Wheat Dinner Roll	46 88
503	Creamy Tomato Pasta with Italian Style Meatball Crumbles and Seasoned Vegetables, Whole Wheat Bread, Applesauce and Margarine	41 79
744	Pasta & Meatballs with Marinara Sauce and Seasoned Green Beans, Whole Wheat Bread, Orange and Margarine	47 91
755	Mushroom Risotto and Seasoned Peas & Carrots and Cranberry Nut Snack Mix	53 76
770	Korean Style BBQ Meatballs with White Rice and Seasoned Vegetables and Whole Grain Cookie 	56 95

Breakfast Meals

160	Cheese Omelet, French Toast Sticks and Fruit Compote, Gelatin and Syrup 	49 110
175	Ham, Egg and Cheese Scramble and Cranberries & Apples, Orange, Whole Wheat Bread and Peanut Butter 	29 78
254	Cinnamon Apple Oatmeal and Scrambled Eggs, 100% Orange Juice, Whole Wheat Bread and Margarine 	53 93
274	Breakfast Skillet (Pork Sausage, Scrambled Eggs, Potatoes, Cheese) and Spiced Fruit Crisp 	60 72
513	Breakfast Burrito and Spiced Fruit Medley and Flour Tortillas	38 77
772	Cheese Omelet, Ham Patty and Spiced Fruit Medley and Granola	30 72
924	Breakfast Sandwich (Pork Sausage, Egg, Cheese) and Cinnamon Apple Crisp and Whole Wheat English Muffin 	41 76

 Customer Favorite

REFRIGERATE MEALS UPON ARRIVAL.

All Meals Include Milk

Please select the meals that are most appropriate for your dietary needs and remember to always consult your health care provider, certified diabetes educator or registered dietitian nutritionist with any specific questions regarding your diabetes or other chronic health condition.

If a meal includes more carbohydrates than your recommended level, you may consider eating only a portion of the meal and saving the rest for a snack at a later time.

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.

