



# 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	<b>BBQ Chicken with Potato Medley and Seasoned Vegetables</b> , Whole Wheat Bread and Peanut Butter 	50	81
172	<b>Homestyle Meatloaf with Potatoes and Seasoned Vegetables</b> , and Whole Wheat Bread 	48	73
219	<b>Swedish Style Meatballs with Creamy Mushroom Sauce over Pasta and Seasoned Vegetables</b> and Whole Wheat Bread 	47	73
259	<b>Beef Goulash over Whole Wheat Pasta and Seasoned Vegetables</b> and Whole Grain Cookie 	46	85
299	<b>Salisbury Steak with Mushroom Gravy, Potatoes and Seasoned Vegetables</b> , Whole Wheat Bread, Gelatin and Margarine 	31	77
311	<b>Chicken with Mushroom Gravy, Rice and Seasoned Carrots</b> , Whole Wheat Bread and 100% Fruit Juice	45	86
415	<b>Cheesy Chicken, Rice, and Broccoli</b> , and Sweet Pineapple and Apples and Whole Grain Cookie 	48	86
507	<b>Calico Beans with Pork and Cinnamon Apples</b> and Cookie	62	101
716	<b>Tuna Casserole and Cornbread</b> and Gelatin	62	95
890	<b>Creamy Macaroni &amp; Cheese and Seasoned Vegetables</b> and Whole Grain Cookie 	41	79
<b>Soup or Sandwich</b>			
279	<b>UPDATE Creamy Turkey &amp; Rice Soup and Cinnamon Apples</b> , String Cheese and Applesauce	53	77
315	<b>Meatball Marinara Sandwich and Sweet Pineapple &amp; Apple Crisp</b> and Whole Wheat Bun	44	86
495	<b>Chicken &amp; Vegetable Pot Pie Soup and Cinnamon Apple Crisp</b> , Whole Wheat Bread and Margarine	60	86
758	<b>Chicken Tortilla Soup and Cinnamon Apples</b> and Almonds 	45	63
<b>International Flavors</b>			
238	<b>Three Cheese Ravioli with Garlic Basil Butter Sauce and Seasoned Green Beans</b> , Applesauce and Whole Grain Cookie	35	86
303	<b>Sweet and Sour Chicken with Stir Fry Vegetables and White Rice</b> and Whole Grain Cookie 	66	97

ITEM	International Flavors (continued)	CARBS (g)	
402	Chicken with Southwestern Vegetable Hash, Ranchero Sauce and Rice and Fig Bar	60	104
416	Chicken Alfredo Pasta, Seasoned Peas and Carrots, 100% Fruit Juice and Whole Wheat Dinner Roll	46	87
503	Creamy Tomato Pasta with Italian Style Meatball Crumbles and Seasoned Vegetables, Whole Wheat Bread, Applesauce and Margarine	43	81
559	Creamy Pasta Primavera with Ham and Cornbread and Whole Grain Cookie	59	90
599	Chicken Parmesan over Pasta and Seasoned Vegetables, Whole Wheat Bread and Margarine	50	76
744	Pasta & Meatballs with Marinara Sauce and Seasoned Vegetables, Whole Wheat Bread, Orange and Margarine	49	93
755	<b>UPDATE</b> Creamy Risotto with Mushroom and Seasoned Peas & Carrots and Cranberry Nut Snack Mix	54	78
770	Korean Style BBQ Meatballs with White Rice and Seasoned Vegetables and Whole Grain Cookie 	56	95

## Breakfast Meals

162	Cheese Omelet, French Toast Sticks and Fruit Compote and Almonds 	47	65
175	Ham, Egg and Cheese Scramble and Cranberries & Apples, Orange, Whole Wheat Bread and Peanut Butter 	29	78
274	Breakfast Skillet (Pork Sausage, Scrambled Eggs, Potatoes, Cheese) and Spiced Fruit Crisp 	59	71
513	Breakfast Burrito and Spiced Fruit Medley and Flour Tortillas	37	75
592	Farmer's Breakfast Skillet (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	80
594	Cheesy Egg and Turkey Scramble with Cranberry Rice Pudding, Whole Wheat Bread and Peanut Butter	37	68
772	Cheese Omelet, Ham Patty and Spiced Fruit Medley and Granola	30	72
924	Breakfast Sandwich (Pork Sausage, Egg, Cheese) and Brown Sugar Peaches & Apple Crisp and Whole Wheat English Muffin 	33	68

 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 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.

