



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 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

ITEM	American Classics	CARBS (g)
* 025	Salisbury Steak with Mushroom Gravy, Potatoes and Seasoned Vegetables and Fudge Round 	32 67
114	BBQ Chicken with Potato Medley and Seasoned Vegetables and Oatmeal Cream Pie 	50 88
* 172	Homestyle Meatloaf with Potatoes and Seasoned Vegetables and Whole Wheat Bread 	48 73
219	Swedish Style Meatballs with Creamy Mushroom Sauce over Pasta and Seasoned Vegetables and Whole Wheat Bread	49 75
* V 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 86
* 291	Beef Pepper Steak with Gravy over Penne Pasta and Spiced Fruit Crisp 	70 82
423	Cheesy Chicken, Rice, and Broccoli, and Sweet Pineapple and 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
*♥ 507	NEW Calico Beans with Pork and Cinnamon Apples and Cookie	62 101
*♥ 716	Tuna Casserole and Cornbread and Gelatin	62 95

Soup or Sandwich

065	Cheeseburger and Seasoned Vegetables, Whole Wheat Bun and Orange 	10 69
*♥ 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
757	Chicken Tortilla Soup and Cinnamon Apples and Oatmeal Cream Pie	45 83






International Flavors

* 013	Pasta & Meatballs with Marinara Sauce and Seasoned Vegetables and Oatmeal Cream Pie 	47 85
074	Chicken and Stir Fry Vegetables with Teriyaki Sauce and White Rice, Juice and Fudge Round 	53 103
*♥ V 188	Cheese Lasagna with Marinara Sauce and Spiced Fruit Crisp	78 90

 Customer Favorite

ITEM	International Flavors (continued)	CARBS (g)
*♥ 303	Sweet and Sour Chicken with Stir Fry Vegetables and White Rice and Cookie	65 97
* 427	Chicken Alfredo Pasta, Seasoned Peas and Carrots and Cookie	46 77
* 500	Creamy Tomato Pasta with Italian Style Meatball Crumbles and Seasoned Vegetables and Oatmeal Cream Pie	41 79
559	NEW Creamy Pasta Primavera with Ham and Cornbread and Cookie	59 90
599	NEW 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
*♥ V 751	Mushroom Risotto and Seasoned Peas & Carrots and Fig Bar	53 97
*♥ 763	Cajun Style Pasta with Chicken and Cinnamon Apple Crisp	82 94
768	Korean Style BBQ Meatballs with White Rice and Seasoned Vegetables and Cookie	56 87

Breakfast Meals

110	Biscuits & Pork Sausage Gravy, Gelatin and Fig Bar	24 88
*♥ 160	Cheese Omelet, French Toast Sticks and Fruit Compote, Juice and Syrup 	47 102
* 274	Breakfast Skillet (Pork Sausage, Scrambled Eggs, Potatoes, Cheese) and Spiced Fruit Crisp 	59 71
* 277	Whole Grain Pancakes, Pork Sausage Patty and Cranberry-Apple Crisp and Syrup 	64 104
*♥ 418	Cowboy Breakfast Skillet and Cranberry Apple Crisp and Fig Bar	59 99
513	Breakfast Burrito and Spiced Fruit Medley and Flour Tortillas	37 75
592	NEW Farmer's Breakfast Skillet (Eggs, Pork, Breakfast Gravy, Cheese and Biscuit) and Cinnamon Apple Crisp	52 64
594	NEW 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
*♥ V 919	Buttermilk Pancakes, Egg Patty and Cinnamon Apple Crisp and Syrup 	76 117
924	Breakfast Sandwich (Pork Sausage, Egg, Cheese) and Cinnamon Apple Crisp and Whole Wheat English Muffin 	41 76
*♥ 962	Turkey Sausage, Egg and Cheese Stuffed Biscuit and Spiced Fruit Crisp and Orange	66 96

 Customer Favorite

All Meals Include Milk.

REFRIGERATE MEALS UPON ARRIVAL.

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.

