



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 540 mg sodium in the tray and 800 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)	
023	Salisbury Steak with Mushroom Gravy, White Rice and Vegetables, Whole Wheat Bread and Margarine 	51	77
115	BBQ Chicken with Potato Medley and Seasoned Green Beans, Applesauce, Whole Wheat Bread and Margarine 	49	86
172	Homestyle Meatloaf with Herb Pasta and Mixed Vegetables and Whole Wheat Bread 	55	80
250	Chicken & Waffle and Peach Crisp, String Cheese and Applesauce 	60	85
259	IT'S BACK! Beef Goulash over Pasta and Double Chocolate Chip Loaf, Gelatin Cup, Whole Wheat Bread and Margarine	52	98
890	Creamy Macaroni & Cheese and Seasoned Vegetables, Applesauce and Cookie 	43	93

Soup or Sandwich




128	Pork Rib Patty with BBQ Sauce and Seasoned Vegetables, Whole Wheat Bun and Grape Juice 	37	94
135	Broccoli Cheese Soup and Spiced Blueberry and Apple Crisp and Fudge Round	64	100
279	IT'S BACK! Creamy Turkey & Wild Rice Soup and Brown Sugar Peaches, String Cheese and Gelatin	44	77

International Flavors

013	Spaghetti & Meatballs with Marinara Sauce and Vegetables, Grape Juice and Oatmeal Cream Pie	45	98
185	Sweet and Sour Chicken with Stir Fry Vegetables and White Rice, Grape Juice and Cookie 	54	107

 Customer Favorite

momsmeals.com/national-diabetes-awareness-month

ITEM	Breakfast Meals	CARBS (g)	
159	Colby Cheese Omelet, Ham Patty and Spiced Fruit Medley, Orange Juice and Granola	34	95
160	Colby Cheese Omelet, French Toast Sticks and Turkey Sausage Link, Gelatin, Granola and Margarine 	24	91
175	Ham, Egg and Cheese Scramble and Spiced Blueberries & Apples, Orange, Whole Wheat Bread and Peanut Butter 	38	86
254	Cinnamon Apple Oatmeal and Scrambled Eggs, Orange Juice, Whole Wheat Bread and Margarine	56	95
271	Waffle with Colby Cheese Omelet and Cranberries & Apples, Gelatin and String Cheese	51	84
924	Breakfast Sandwich (Pork Sausage, Egg, Cheese) and Brown Sugar Peaches and Whole Wheat English Muffin 	18	54

 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 due to seasonal changes causing us to utilize alternative options with like nutritional.