



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

Menu developed based on input from the American Diabetes Association.

Meals contain <65 g of carbohydrates in the entrée and <110 g in the full meal (entrée, sides and milk).
On average, meals have about 540 mg sodium in the entrée 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, Potatoes and Seasoned Green Beans, Grape Juice and Whole Wheat Bread 	36	76
115	BBQ Chicken with Potato Medley and Seasoned Green Beans, Apple Juice, Whole Wheat Dinner Roll and Margarine	48	90
172	Homestyle Meatloaf with Herbed Pasta and Mixed Vegetables, Whole Wheat Dinner Roll and Orange	43	88
174	Salisbury Steak with Mushroom Gravy, White Rice and Mixed Vegetables, Whole Wheat Dinner Roll, Peanut Butter and Orange	53	102
204	Creamy Chicken with Vegetables and Buttermilk Biscuit, Apple Juice and Triple Chocolate Cookie	34	87
219	Swedish Style Meatballs with Creamy Mushroom Sauce over Pasta and Seasoned Peas & Carrots and Grape Juice 	54	82
250	Chicken & Waffle and Peach Crisp, String Cheese and Applesauce 	57	82
259	NEW Beef Goulash over Pasta with Seasoned Vegetables, Gelatin, Whole Wheat Bread and Margarine	45	91
406	Homestyle Beef Meatloaf with Mashed Potatoes and Mixed Vegetables, Apple Juice and Whole Wheat Dinner Roll 	46	88
890	Creamy Macaroni & Cheese and Seasoned Vegetable Blend, Applesauce and Triple Chocolate Cookie 	43	93

Soup or Sandwich

128	Pork Rib Patty with BBQ Sauce and Seasoned Country Blend Vegetables, Whole Wheat Bun and Apple Juice	32	88
142	BBQ Pulled Pork and Smokehouse Creamed Corn, Whole Wheat Bun and Grape Juice	37	93

International Flavors

060	Coconut Curry Vegetables and Brown Rice, Pineapple Cup and Triple Chocolate Cookie	50	103
074	Chicken with Teriyaki Sauce over White Rice and Stir Fry Vegetables, Orange and Oatmeal Raisin Cookie	50	108

 Customer Favorite

ITEM	International Flavors (continued)	CARBS (g)
185	Sweet and Sour Chicken over White Rice with Stir Fry Vegetables , Grape Juice and Triple Chocolate Cookie —●	52 105
206	Ziti Bake with Meat Sauce and Seasoned Vegetables , Orange and Whole Wheat Dinner Roll	55 100
238	Three Cheese Ravioli with Garlic Basil Butter Sauce and Seasoned Italian Style Peas , Grape Juice and Triple Chocolate Cookie	40 93
262	NEW Creole Style Chicken & Sausage Gumbo and Brown Rice , Grape Juice and Triple Chocolate Cookie	46 99
265	NEW Pork Taco Kit (Shredded Pork with Ranchero Sauce) and Fiesta Corn with Brown Rice and Flour Tortillas	51 89
886	Vegetable Primavera with Pasta and Sweet Pineapple & Apples , Whole Wheat Dinner Roll and Peanut Butter	68 99

Breakfast Meals

159	Colby Cheese Omelet, Ham Patty and Spiced Fruit Medley , Orange Juice, Applesauce, and Granola —●	27 100
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 —●	37 85
253	Fruit Breakfast Pizza and Turkey Sausage Links and Orange	59 90
254	Cinnamon Apple Oatmeal and Scrambled Eggs , Orange Juice, Whole Wheat Bread and Margarine	56 95
271	NEW Waffle with Colby Cheese Omelet and Cranberries & Apples , Gelatin and String Cheese	51 84
924	Breakfast Sandwich (Pork Sausage, Egg, Cheese) and Pineapple-Apple Crisp and Whole Wheat English Muffin —●	36 71

—● 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.

