



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
♥ Heart-friendly: <800mg Sodium <30% Fat <10% Sat. Fat *** Lower Sodium:** <800mg sodium
V 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 	30 65
114	BBQ Chicken with Potato Medley and Seasoned Vegetables and Oatmeal Cream Pie 	51 89
* 172	Homestyle Meatloaf with Potatoes and Seasoned Vegetables and Whole Wheat Bread 	50 75
219	Swedish Style Meatballs with Creamy Mushroom Sauce over Pasta and Seasoned Vegetables and Whole Wheat Bread	48 74
*♥ 232	Chicken & Waffle and Peach Crisp, Syrup and Juice 	57 112
V 258	Creamy Macaroni & Cheese and Seasoned Vegetables and Oatmeal Cream Pie 	42 81
*♥ 259	Beef Goulash over Whole Wheat Pasta and Seasoned Vegetables and Cookie	46 86
* 291	Beef Pepper Steak with Gravy over Penne Pasta and Fruit Crisp 	71 83
423	NEW Cheesy Chicken, Rice, and Broccoli, and Sweet Pineapple and Apples and Fudge Round	51 87
*♥ 716	Tuna Casserole and Cornbread and Gelatin	60 92

Soup or Sandwich

065	Cheeseburger and Seasoned Mixed Vegetables, Whole Wheat Bun and Orange 	15 75
* 128	Pork Rib Patty with BBQ Sauce and Seasoned Vegetables, Whole Wheat Bun and Juice	22 78
*♥ 315	Meatball Marinara Sandwich and Sweet Pineapple & Apple Crisp and Whole Wheat Bun	49 91
757	Chicken Tortilla Soup and Cinnamon Apples and Oatmeal Cream Pie	47 85

International Flavors

* 013	Pasta & Meatballs with Marinara Sauce and Seasoned Green Beans 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 	81 93
292	Beef Tacos with Cheese and Santa Fe Style Rice and Flour Tortillas 	51 89

 Customer Favorite

 Available for a Limited Time

ITEM	International Flavors (continued)	CARBS (g)
*♥ 303	Sweet and Sour Chicken with Stir Fry Vegetables and White Rice and Cookie	66 97
* 427	NEW Chicken Alfredo Pasta, Seasoned Peas and Carrots and Cookie	46 77
*♥ 745	Pork Stir Fry Rice and Spiced Fruit Medley and Fudge Round	72 107
*♥ V 751	Mushroom Risotto and Seasoned Peas & Carrots and Fig Bar	52 96
763	Cajun Style Pasta with Chicken and Cinnamon Apple Crisp	82 94
768	Korean Style BBQ Meatballs with White Rice and Seasoned Broccoli and Cookie	55 86

Breakfast Meals

110	Biscuits & Pork Sausage Gravy, Gelatin and Fig Bar	23 88
*♥ 160	Cheese Omelet, French Toast Sticks and Turkey Sausage Link, Gelatin and Granola —	21 89
*♥ V 269	Waffle with Cheese Omelet and Cranberries and Apples, Orange and Syrup	45 103
* 274	Breakfast Skillet (Pork Sausage, Scrambled Eggs, Potatoes, Cheese) and Spiced Fruit Crisp —	63 75
277	Whole Grain Pancakes, Pork Sausage Patty and Cranberry-Apple Crisp and Syrup	67 107
*♥ 418	NEW Cowboy Breakfast Skillet and Cranberry Apple Crisp and Fig Bar	53 97
772	Cheese Omelet, Ham Patty and Spiced Fruit Medley and Granola	32 79
*♥ V 919	Buttermilk Pancakes, Egg Patty and Fruit Crisp and Syrup —	80 120
924	Breakfast Sandwich (Pork Sausage, Egg, Cheese) and Fruit Crisp and Whole Wheat English Muffin —	32 68
*♥ 962	Turkey Sausage, Egg and Cheese Stuffed Biscuit and Spiced Fruit Crisp and Orange Juice	73 99

— Customer Favorite

REFRIGERATE MEALS UPON ARRIVAL.

All Meals Include Milk.

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.

