



# 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

ITEM	American Classics	CARBS (g)
* 023	<b>Salisbury Steak with Mushroom Gravy, White Rice and Vegetables,</b> Whole Wheat Bread and Margarine 	51 77
*♥ 114	<b>BBQ Chicken with Potato Medley and Seasoned Green Beans</b> and Fudge Round 	49 84
*♥ 172	<b>Homestyle Meatloaf with Herb Pasta and Mixed Vegetables</b> and Whole Wheat Bread	55 80
*♥ 291	<b>Beef Pepper Steak with Gravy over Brown Rice and Spiced Blueberries and Apples</b> 	74 87
*♥ 232	<b>Chicken &amp; Waffle and Peach Crisp,</b> Syrup and Apple Juice 	60 118
890	<b>Creamy Macaroni &amp; Cheese and Seasoned Vegetables,</b> Applesauce and Cookie 	43 93





## Sandwiches

065	<b>Cheeseburger and Seasoned Vegetables,</b> Whole Wheat Bun and Orange 	15 74
128	<b>Pork Rib Patty with BBQ Sauce and Seasoned Vegetables,</b> Whole Wheat Bun and Grape Juice	37 94
293	<b>Chili Dog and Seasoned Mixed Vegetables</b> and Whole Wheat Coney Bun	27 68

## International Flavors

*♥ 013	<b>Spaghetti &amp; Meatballs with Marinara Sauce and Vegetables,</b> Grape Juice and Granola 	45 107
*♥ 185	<b>Sweet and Sour Chicken with Stir Fry Vegetables and White Rice,</b> Grape Juice and Cookie 	54 107
188	<b>Cheese Lasagna with Marinara Sauce and Spiced Fruit Crisp</b> and Whole Wheat Dinner Roll 	83 110
230	<b>Mexican Style Beef Macaroni &amp; Cheese and Fiesta Blend Vegetables,</b> Orange and Oatmeal Cream Pie	58 114

 Customer Favorite

ITEM	Breakfast Meals	CARBS (g)	
160	Colby Cheese Omelet, French Toast Sticks and Turkey Sausage Link, Gelatin, Granola and Margarine 	24	91
229	Sausage, Egg & Cheese Breakfast Burrito and Cinnamon Apples and Flour Tortillas	46	84
*♥ 269	Waffle with Colby Cheese Omelet and Cranberries and Apples, Orange and Syrup	51	111
888	Whole Grain Pancakes, Pork Sausage Patty and Cranberry-Apple Crisp, Syrup and Orange Juice 	74	130
*♥ 919	Buttermilk Pancakes, Egg Patty and Cinnamon Apple Crisp and Syrup 	88	131
924	Breakfast Sandwich (Pork Sausage, Egg, Cheese) and Brown Sugar Peaches and Whole Wheat English Muffin 	18	54
962	Turkey Sausage, Egg and Cheese Stuffed Biscuit and Spiced Fruit Crisp and Orange Juice	79	105

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

