

HEATING INSTRUCTIONS All microwaves are different, adjust time as needed. Please keep frozen until ready to eat. Peel back one corner of film to vent. Cook on high for 1-2 minutes. Carefully pull back film, stir contents, and cover again. Heat to 165F Remove film, stir, and let stand for 1-2 minutes.

Daily Calories with Grams of Carbs Per Meal			
Calories	1500	1800	2000
Breakfast	45 gms	60 gms	75 gms
Lunch	45 gms	60 gms	75 gms
Dinner	45 gms	60 gms	75 gms

Carbs (g) are shown next to each food item. For more nutritional information and suggested meals for sodium, carb and fat-controlled diets, please visit our website: www.selectmeals.org.

Available Cereals

Frosted Flakes (30)	Apples Jacks (24)
Corn Flakes (22)	Cocoa Krispies (34)
Fruit Loops (24)	Frosted Mini Wheats (24)
Corn Pops (24)	Rice Krispies (25)
Toasted Oats (21)	Raisin Bran (21)

Contest Announcement: We're excited to announce the winner of our gift card giveaway—
congratulations to Billy L! A huge thank you to everyone who shared your valuable feedback. Your input is vital and helps us enhance our service for you. Keep an eye out for our winter Puzzle Contest—puzzles will be sent out starting next week!

Win a \$25 gift card! **Crack the riddle**, and you'll be entered into the drawing. I offer ribs, tacos, sandwiches too, Veggies, potatoes, and sweets for you. Milk or juice, bread white or wheat— Guess who serves this tasty treat?

Contact us.
We hope you are enjoying our meals and would love to know what you think. Follow us on Facebook.

Select Meals
Phone: 330-515-6770
Fax: 330-294-1938
Email: forksupport@selectmeals.org

NAME:
DELIVERY DAY:
Route:
Enjoy our new menu! beginning
Monday, January 12, 2026

Select Meals



Menu

Good food is our Recipe.

Please have your menu ready for your driver

Please call 330-515-6770, if you need to reschedule your delivery.

www.selectmeals.org

January Menu

Entrees

Please Choose Entrees	
BBQ Ribs -Slow roasted pork spareribs for flavor and tender - 3oz (3)	
Breaded Chicken Breast - Southern style chicken fillet - 4oz (3)	
Pizza Pocket - Stuffed with pepperoni, mozzarella cheese - 4oz (35)	
Grilled Cheese Sandwich - Enjoy the cheesy goodness - 5oz (31)	
Street Taco - Seasoned chicken, peppers, & onions with a tortilla shell - 4oz (14)	
Meatloaf - Homestyle beef patty topped with gravy -3oz (8)	
Breakfast Sandwich -Sausage, egg, and cheese - 4oz (28)	

Vegetables

Please Choose Vegetables	
Green Beans - $\frac{1}{2}$ cup Green Beans are nutrient-packed with vitamin A&K (4)	
Collard Greens - $\frac{1}{2}$ cup is a good source of vitamins and minerals (4)	
Fresh Baby Carrots - Served in a snack pack bag - $\frac{1}{2}$ cup (4)	
Diced Beets - An excellent source of vitamin C and K - $\frac{1}{2}$ cup (8)	
Sweet Corn - $\frac{1}{2}$ cup of sweet corn is rich in Vitamins (12)	
Tomato Soup - Creamy tomato basil soup - 1 cup (20)	
Diced Peach Cup - $\frac{1}{2}$ cup is a reliable source of vitamin A and C (17)	

Bread – Please Choose One

White Bread (12)

Wheat Bread (12)

Complimentary Choice of Single Serve One

Crunchy Chips Assortment (15)

Cake (35)

Sides

Please Choose Side	
Southern Cornbread -Sweet and savory cornbread - $\frac{1}{2}$ cup (28)	
Mac and Cheese - Pasta tossed in a creamy cheese sauce - $\frac{1}{2}$ cup (16)	
Diced Potatoes - $\frac{1}{2}$ cup of wedge sliced potatoes (13)	
Seasoned Pasta -Tender noodles tossed in a butter sauce- $\frac{1}{2}$ cup (22)	
Spanish Rice - Cooked to perfection with a Spanish flair- $\frac{1}{2}$ cup (23)	
Mashed Potatoes - Home-made with real potatoes - $\frac{1}{2}$ cup (22)	
Cereal - enjoy a bowl of tasty cereal, selections on the back of the menu	

Fruit & Desserts

<p>Please Choose Treats</p>	
<p>Fresh Banana is a reliable source of Potassium and Vitamin B6 (20)</p>	
<p>Strawberry Craisins - is a reliable source of fiber (27)</p>	
<p>Nutty Buddy Bar- Wafer bar layered in peanut butter & chocolate. (11)</p>	
<p>Honey Graham Crackers- Enjoy this delicious snack (11)</p>	
<p>Lorna Doone Shortbread Cookies – 4 cookies per pack (29)</p>	
<p>Grape Juice - 4oz 100% juice, a source of antioxidants (20)</p>	
<p>Orange Juice - 4oz 100% juice, a source of vitamin C (15)</p>	

Milk – Please Choose **One**

Whole Milk (12)

2% Milk (12)

Chocolate Milk (24)

Vanilla Yogurt (10)

Happy New Year!

Please select the correct number of meals for your meal plan. If you make a mistake, don't worry, we'll adjust your order to match your approved meal plan.