

Nye County
Senior Nutrition Program, Inc.

September 23, 2020

Dear Seniors:

With the closing of the Beatty Senior Center and the current situation with the COVID-19 Pandemic, the Nye County Senior Nutrition Program will be offering meals delivered to qualified seniors through a meal delivery service, Mom's Meals.

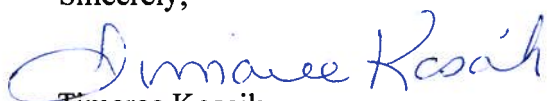
Fourteen (14) fresh meals are delivered bi-weekly to your front door via Fed Ex.; the meals are selected by you from the attached menu and there are a variety of homestyle choices available, including **breakfast, soups, meatloaf, lasagna, etc.** - and you can select different meals each time you place your order with us. Once the meals are delivered, they are to be placed in your refrigerator. The meals are good for up to 14 days in the refrigerator, but you can also freeze them; the option is entirely up to you. When you receive your meals, detailed instructions are included on how to handle and store the meals.

We will also be delivering milk, fresh fruit and bread twice per month, close to the day that your meals are received. When the milk, fresh fruit and bread are delivered, the driver will provide you with an envelope that you can place a donation in, if you are able to (the suggested donation is \$3.00 per meal, but will not preclude you from receiving meals if you are unable to make a donation). He will then pick up the sealed envelope the next time he delivers food items to you.

If you think you would be interested in trying Mom's Meals or if you have any questions, please contact our office at (775) 482-7300. We will be happy to answer any concerns and get you signed up for meals; if you want to sign up, there is no required cost to you and you can cancel anytime; as mentioned above, there is only the suggested donation of \$3.00 per meal, but is not a required fee to receive meals.

We look forward to hearing from you.

Sincerely,



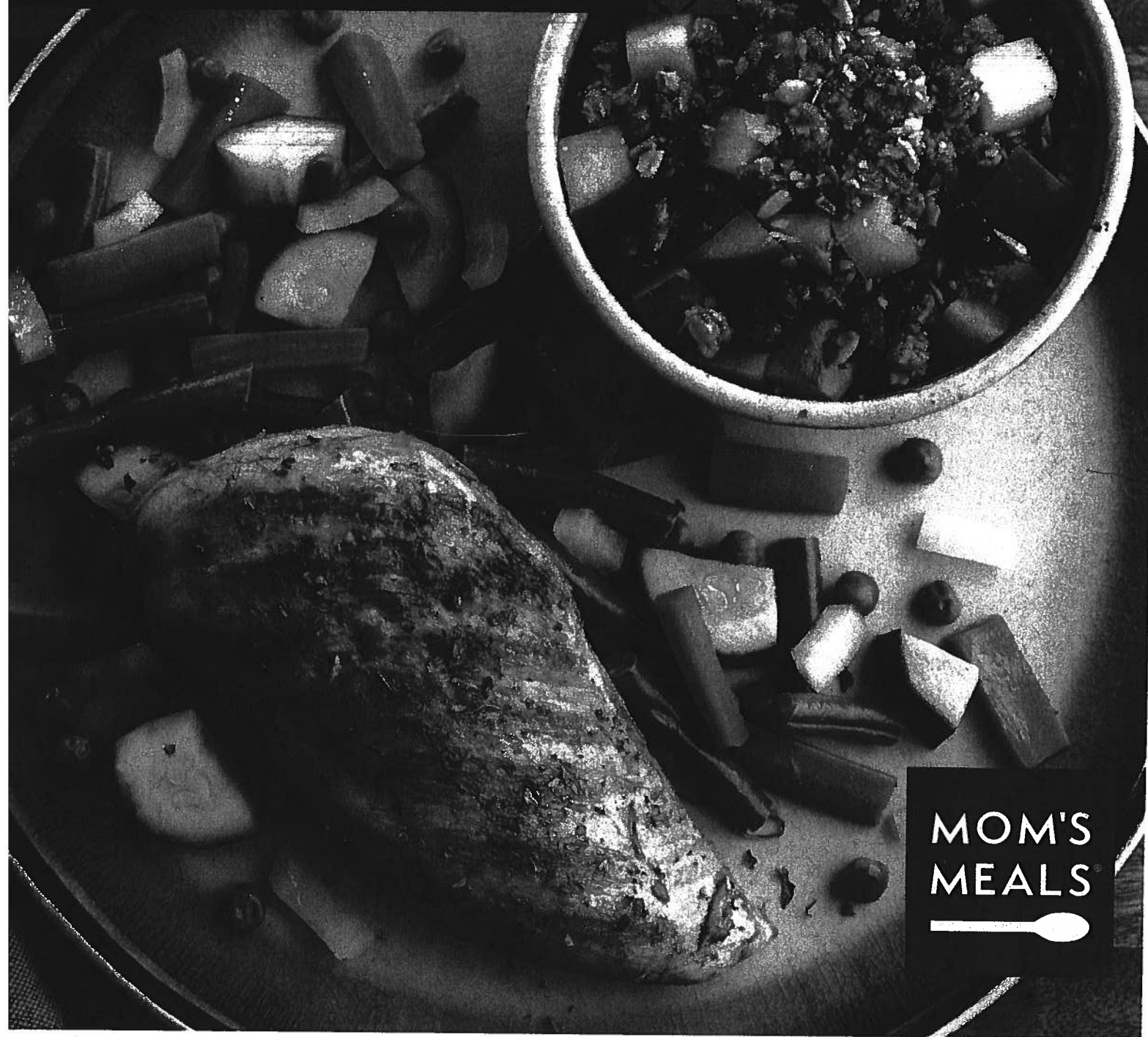
Timaree Koscik
Manager
Nye County Senior Nutrition Program &
Transportation Services
PO Box 392
Tonopah, NV 89049
(775) 482-7300 - Office
(775) 482-7261 - Fax

Atch: Mom's Meals Menu



Menu

The only home-delivered meal program
to offer choice of every meal...
we think you deserve it!



MOM'S
MEALS



TO PLACE AN ORDER or if you have
comments or concerns, please call:

1-844-657-8721

M-F 7 AM to 6 PM CST



* 0 0 7 1 6 5 / 3 3 3 3 *



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

D **Diabetic-friendly** meals contain ≤75g of carbohydrates

| ITEM | American Classics | CARBS (g) | | |
|-------|---|-----------|-----|----|
| 95023 | Salisbury Steak with Mushroom Gravy, White Rice and Vegetables, Whole Wheat Bread and Margarine — | 51 | 64 | D |
| 95058 | IT'S BACK! Turkey Breast with Orange Wild Rice Salad and Spiced Fruit Medley, Gelatin and Applesauce | 67 | 99 | ♥ |
| 95114 | BBQ Chicken with Potato Medley and Seasoned Green Beans and Fudge Round — | 49 | 72 | ♥D |
| 95144 | Homestyle Meatloaf with Herb Pasta and Mixed Vegetables, Whole Wheat Dinner Roll and Pineapple Cup — | 55 | 84 | ♥ |
| 95232 | Chicken & Waffle and Peach Crisp, Syrup and Apple Juice — | 60 | 105 | ♥ |
| 95260 | IT'S BACK! Beef Goulash over Pasta and Double Chocolate Chip Loaf and Gelatin Cup | 52 | 72 | ♥D |
| 95301 | Beef Pepper Steak with Gravy over Brown Rice and Spiced Blueberries & Apples and Grape Juice — | 74 | 89 | ♥ |
| 95891 | Creamy Macaroni & Cheese and Seasoned Vegetables, Mandarin Orange Cup and Blueberry Applesauce — | 43 | 85 | |

Soup or Sandwich

| | | | | |
|-------|---|----|----|---|
| 95065 | Cheeseburger and Seasoned Vegetables, Whole Wheat Bun and Orange — | 15 | 62 | D |
| 95128 | Pork Rib Patty with BBQ Sauce and Seasoned Vegetables, Whole Wheat Bun and Grape Juice | 37 | 81 | |
| 95135 | Broccoli Cheese Soup and Spiced Blueberry and Apple Crisp and Fudge Round | 64 | 87 | |
| 95280 | IT'S BACK! Creamy Turkey & Wild Rice Soup and Brown Sugar Peaches, Gelatin and Vanilla Pudding | 44 | 87 | |
| 95293 | Chili Dog and Seasoned Vegetables and Whole Wheat Coney Bun | 27 | 56 | D |

International Flavors

| | | | | |
|-------|---|----|----|----|
| 95013 | Spaghetti & Meatballs with Marinara Sauce and Green Beans, Grape Juice and Oatmeal Cream Pie — | 45 | 86 | ♥ |
| 95109 | Vegetable Primavera with Pasta and Sweet Pineapple & Apples and String Cheese | 67 | 68 | ♥D |

— Customer Favorite

Carbs (g): Approximate grams of carbohydrates are shown for the **tray only** and the full meal

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| ITEM | International Flavors (continued) | CARBS (g) | | |
|-------|---|-----------|-----|----|
| 95185 | Sweet and Sour Chicken with Stir Fry Vegetables and White Rice, Grape Juice and Cookie —● | 54 | 95 | ♥ |
| 95188 | Cheese Lasagna with Marinara Sauce and Spiced Fruit Crisp and Whole Wheat Dinner Roll —● | 83 | 98 | |
| 95230 | Mexican Style Beef Macaroni & Cheese and Fiesta Blend Vegetables, Orange and Oatmeal Cream Pie —● | 58 | 102 | ♥ |
| 95238 | Three Cheese Ravioli with Garlic Basil Butter Sauce and Seasoned Italian Green Beans, Orange and Cookie | 35 | 79 | |
| 95294 | Beef Taco Filling with Cheese and Santa Fe Style Rice and Corn Tortillas | 50 | 65 | ♥D |

Breakfast Meals

| | | | | |
|-------|--|----|-----|----|
| 95027 | IT'S BACK! Biscuit & Pork Sausage Gravy and Gelatin | 26 | 46 | D |
| 95130 | Vegetable Egg Scramble and Peaches with Cherries, Whole Wheat Bread and Orange Juice | 41 | 69 | ♥D |
| 95158 | Colby Cheese Omelet, Ham Patty and Spiced Fruit Medley, Orange Juice, Whole Wheat Bread and Margarine | 34 | 61 | D |
| 95161 | Colby Cheese Omelet, French Toast Sticks and Turkey Sausage Link, Syrup, Mandarin Orange Cup, Gelatin and Apple Juice —● | 24 | 111 | ♥ |
| 95175 | Ham, Egg and Cheese Scramble and Spiced Blueberries & Apples, Orange, Whole Wheat Bread and Peanut Butter —● | 38 | 74 | D |
| 95229 | Sausage, Egg & Cheese Breakfast Burrito and Cinnamon Apples and Flour Tortillas | 46 | 72 | D |
| 95237 | Cheesy Scrambled Eggs, Turkey Sausage Links and Blueberry Crumb Loaf, Gelatin and Granola | 19 | 74 | D |
| 95254 | Cinnamon Apple Oatmeal and Scrambled Eggs, Orange Juice, Whole Wheat Bread and Margarine | 56 | 83 | ♥ |
| 95269 | Waffle with Colby Cheese Omelet and Cranberries & Apples, Orange and Syrup | 51 | 99 | ♥ |

—● Customer Favorite



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| ITEM | Breakfast Meals (continued) | CARBS (g) | | |
|-------|---|-----------|-----|---|
| 95888 | Whole Grain Pancakes, Pork Sausage Patty and Cranberry-Apple Crisp, Syrup and Orange Juice | 74 | 118 | ♥ |
| 95919 | Buttermilk Pancakes, Egg Patty and Cinnamon Apple Crisp and Syrup | 88 | 118 | ♥ |
| 95924 | Breakfast Sandwich (Pork Sausage, Egg, Cheese) and Brown Sugar Peaches and Whole Wheat English Muffin | 18 | 42 | D |
| 95962 | Turkey Sausage, Egg and Cheese Stuffed Biscuit and Spiced Fruit Crisp and Orange Juice | 79 | 93 | |

— Customer Favorite

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.



TO PLACE AN ORDER or if you have comments or concerns, please call:

1-844-657-8721

M-F 7 AM to 6 PM CST

www.momsmeals.com

REFRIGERATE MEALS UPON ARRIVAL.

