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| Menu # 1 (carb. gm. ↓) |
| Sliced Turkey 0 |
| Mashed Potatoes W/gravy 19 |
| California Blend Vegetables 3 |
| Peaches 10 |
| Wheat Bread 24 |
| Animal Crackers 21 |
| 1 % Milk 13 |
| Margarine 0 |
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| **Total Carbohydrate: 87gm.** |
| **Fat: 17.5 gm.** |
| **Sodium:745 mg.** |
| **Calories: 854** |