|  |
| --- |
|  Menu # 10 (carb. gm. ↓) |
| Salisbury Steak 9 |
| Mashed Potatoes W/ Gravy 16 |
| Corn 21 |
| Strawberries 5.5 |
| Roll 35 |
| Graham Crackers 11 |
| 1% Milk 13 |
| Margarine 0 |
|  |
| **Total Carbohydrate: 110.5 gm.** |
| **Fat:13.5 gm.** |
| **Sodium: 872 mg.** |
| **Calories: 931** |