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| Menu # 12 (carb. gm. ↓) |
| BBQ Riblet 12 |
| Tater Tot Casserole 22 |
| Green Beans 5 |
| Applesauce 13 |
| WG Bread serving 24 |
| Graham crackers 11 |
| 1% Milk 13 |
| Jelly 9 |
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| **Total Carbohydrate: 109 gm.** |
| **Fat: 27.5** |
| **Sodium: 1267 mg.** |
| **Calories: 666** |