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|  Menu # 3 (carb. gm. ↓) |
| Sliced Pork W/Gravy 4 |
| Sauer Kraut 8 |
| Sweet Potatoes 30 |
| Applesauce 13 |
| Stuffing W/ Gravy 25 |
| Whole Wheat Bread 24 |
| 1% Milk 13 |
| Jelly 9 |
|  |
| **Total Carbohydrate: 126 gm.** |
| **Fat: 17.5 gm.** |
| **Sodium: 1291 mg.** |
|  **Calories: 725** |