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| Menu # 4 (carb. gm. ↓) |
| Chicken Leg 7 |
| Au Gratin Potatoes 20 |
| Peas 10 |
| Pineapple 19 |
| Whole Wheat Bread 24 |
| Graham Crackers 11 |
| 1 % Milk 13 |
| Jelly 9 |
|  |
| **Total Carbohydrate: 113 gm.** |
| **Fat: 22.5 gm.** |
| **Sodium: 1063 mg.** |
| **Calories: 730** |