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|  Menu # 5 (carb. gm. ↓) |
| Sliced Beef 2 |
| Mashed Potatoes W/ Gravy 19 |
| Corn 21 |
| Juice 14 |
| Whole Wheat Bread 24 |
| Graham Crackers 11 |
| 1 % Milk 13 |
| Margarine 0 |
|  |
| **Total Carbohydrate: 104 gm.** |
| **Fat: 15.5 gm.** |
| **Sodium: 562 mg.** |
| **Calories: 966** |