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| Menu # 6 (carb. gm. ↓) |
| Chicken Breast 0 |
| Au Gratin Potatoes 20 |
| Peas 10 |
| Juice 14 |
| Whole Wheat Bread 24 |
| Graham crackers 11 |
| 1% Milk 13 |
| Jelly 9 |
|  |
| **Total Carbohydrate: 101 gm.** |
| **Fat: 13.5 gm.** |
| **Sodium: 943 mg.** |
| **Calories: 650** |