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| Menu # 7 (carb. gm. ↓) |
| Beef Stew 17 |
| Corn 21 |
| Green Beans 5 |
| Juice 14 |
| WG Bread serving 24 |
| Lg. Biscuit 27 |
| 1% Milk 13 |
| Jelly 9 |
|  |
| **Total Carbohydrate: 130 gm.** |
| **Fat: 17.5. gm.** |
| **Sodium: 965 mg.** |
| **Calories: 684** |