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|  Menu # 8 (carb. gm. ↓) |
| Meat Loaf 7 |
| Mashed Potatoes W/ Gravy 16 |
| Diced Peas & Carrots 8 |
| Applesauce 13 |
| Whole Wheat roll 24 |
| Animal Crackers 21  |
| 1% Milk 13 |
| Margarine 0 |
|  |
| **Total Carbohydrate: 102 gm.** |
| **Fat: 22.5 gm.** |
| **Sodium: 755 mg.** |
| **Calories: 960** |